

NUTRITION



INTERNATIONAL MEDICAL UNIVERSITY
MALAYSIA



**SCHOOL OF
HEALTH SCIENCES
2023**

What are IMU's Programmes in Nutrition and Dietetics About?



Students learn the concept and skills on healthy eating through various simulation settings and community projects.

OVERVIEW

Nutrition and Dietetics are centred around food, healthy diets and nutrition.

At IMU, students of both programmes are trained to:

- Assess nutritional status and needs of individuals and groups
- Provide nutrition education to individuals and groups for disease prevention / disease management
- Advise on nutrition and diet for general good health and prevention of diseases
- Contribute towards the development of policies and programmes in nutrition and health
- Undertake research in nutrition-related areas

Nutrition

- 3-year programme
- Graduates are qualified nutritionists trained specifically to:
 - Facilitate individuals and groups to adopt healthy lifestyles, balance and nutritious diets for prevention of diseases
 - Plan, develop, execute, monitor and evaluate the nutrition programmes implemented for the targeted groups and community
 - Communicate and educate different population (sportsman, pregnant mothers and babies, teenagers, adults, elderly) on their nutritional needs
 - Conduct research and development in nutrition and diet related fields
 - Venture into entrepreneurship

Dietetics with Nutrition

- 4-year programme
- Graduates are qualified dietitians trained specifically to:
 - Execute the Nutrition Care Process (assess, diagnose nutritionally and plan) at the individual and group level
 - Facilitate dietary management in medical conditions
 - Plan and implement community dietetics intervention programmes
 - Monitor and evaluate community dietetics programmes
 - Provide and manage a large scale of food planning and service
 - Conduct research and development in nutrition and diet related fields
 - Venture into entrepreneurship

A Word from the Programme Director

“ Our nutrition programme prepares work-ready, competent graduates to meet the needs for nutritionists by government agencies, industries, sport centres, universities, research institutions, mass media and businesses involved with food, nutrition, wellness, fitness and health. ”

DR MEGAN CHONG HUEH ZAN

Senior Lecturer and Programme Director
BSc (Nutrition & Community Health) (Mal),
PhD (Nutritional Science) (Mal)

DEGREE / DURATION

**Bachelor of Science (Hons)
Nutrition (IMU) – 3 years**

**Degree from Partner
University – 3 years**

COMMENCEMENT

July and September

PARTNER UNIVERSITY

AUSTRALIA



How Does IMU's Nutrition Programme Work?

OVERVIEW

The IMU Nutrition programme is a 3-year programme with 6 long and 3 short semesters. The programme features a comprehensive curriculum that integrates knowledge from the physical, biological and social sciences including human biology, biochemistry, principles of human nutrition, basic food preparation, the role of nutrition in health and disease, and diet plans for healthy individuals and groups for disease prevention.

ASSESSMENT

Students will be assessed through their class tests, practicals, assignments, reflective journals, problem based learning, projects, presentations, thesis, practical examinations and end-of-semester (EOS) examinations.

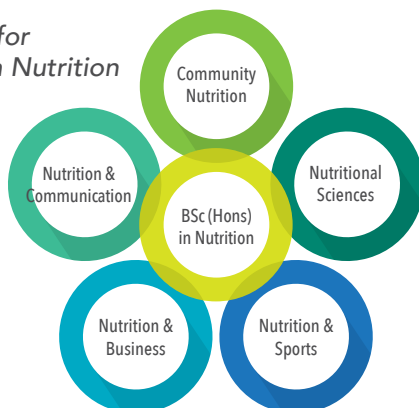
CAREER PATHWAY

Nutritionists are trained professionals who promote healthy eating habits to maintain health and wellness among individuals, communities and the population as a whole.

They work together with other healthcare professionals to ensure the wellness of the community by formulating, implementing and monitoring nutrition policies, programmes and guidelines.

This profession encompasses many levels of expertise and a wide variety of career possibilities.

Focus areas for BSc (Hons) in Nutrition



- Students gain research and practicum experiences from future employment focus areas.
- Students polish competencies locally or aboard through the mobility programme.
- Students conduct research with experienced researchers in an established and supportive environment.
- Students work at established community healthcare settings and food related industries during their practicum aligned to their profession.

AREAS AND SCOPE OF WORK OF NUTRITIONISTS

KEY AREA	ROLE/ RESPONSIBILITY	POTENTIAL WORK SETTING
Community Nutrition	<ul style="list-style-type: none"> • Assessment of nutritional status and needs • Dissemination of nutrition education and health promotion to individuals and groups • Plan, develop, execute, monitor and evaluate the nutrition programmes 	<ul style="list-style-type: none"> • Government health clinics • Wellness and health centres • Diagnostic centres • Schools
Nutritional Sciences	<ul style="list-style-type: none"> • Conduct community and nutritional sciences research • Product development in the field of foods and nutrition related field 	<ul style="list-style-type: none"> • Research centres • Food and health industries • Universities
Nutrition and Sports	<ul style="list-style-type: none"> • Assessment of nutritional status and needs • Dissemination of nutrition education and health promotion to individuals and groups 	<ul style="list-style-type: none"> • Sports centres • Fitness centres • Wellness and health centres
Nutrition and Communication	<ul style="list-style-type: none"> • Dissemination of nutrition education and health promotion to individuals and groups • Develop guidelines and policies • Formulation of nutrition programmes and food safety regulations • Scientific affairs and regulatory 	<ul style="list-style-type: none"> • Government agencies • Media and Journalism • Food and health industries
Nutrition and Business	<ul style="list-style-type: none"> • Provision of consultancy and professional advice in various sectors • New product development • Provide product training and education to healthcare professionals 	<ul style="list-style-type: none"> • Food and health industries • Nutritional supplement companies • Nutrition companies • Private consultancy

How Does the Programme Work?

PROGRAMME STRUCTURE



Notes:

The curriculum is reviewed periodically and is subject to change.

The MPU modules are compulsory modules imposed by Ministry of Higher Education under the Private Higher Educational Institutions Act 1996 (Act 555).

All students must take these modules and pass as a prerequisite for the award of the degree.

Students will undergo Practicum in relevant community settings and industry.

Learn from Our Experienced Lecturers



A/PROF SNIGDHA MISRA

Associate Professor
BSc, MSc, MPhil, PhD (India)

Dr Snigdha Misra is an Associate Professor in Division of Nutrition and Dietetics, IMU. Her main area of research interest is in Public Health Nutrition. She is currently working on sustainable nutrition across the life span. Some of her specific research areas are micronutrients status, Glycaemic Index, geriatric nutrition, prebiotics and probiotics as well as metabolic syndrome. Her community project in collaboration with an Industry Partner on improving the appetite of the elderly through application of Umami, earned her team a Silver Award for the Best Community Programme at the 9th Annual Global CSR Summit & Awards and the Global Good Governance Awards 2017. As a faculty for the past 29 years, she has been an academic par excellence. She has been a research mentor and portrayed her leadership in Nutrition. She is a Life Member of Nutrition Society of Malaysia and Nutrition Society of India. She also held the position of Senior Advisor for East Asia, under the Choices International Foundation, Netherlands. She has been awarded as the Fellow Member of the Nutrition Society of Malaysia.



DR SERENE TUNG EN HUI

Senior Lecturer
BSc, MSc, PGDTP, PhD (Malaysia)

Dr Serene is currently a Senior Lecturer in the Division of Nutrition and Dietetics, IMU. She has more than 10 years of academic teaching and research experience in the field of nutrition and her research interest includes child and adolescent nutrition, nutrition of the underprivileged, sustainable nutrition and nutrition of various communities. Throughout her academic career, she collaborates in research nationally and internationally and is a committee member of the dietary guidelines for Maternal, Child and Adolescent and the Malaysian Dietary Guidelines under the Technical Working Group of Ministry of Health Malaysia. She is an active member of the Nutrition Society of Malaysia, Malaysian Association of the Study of Obesity, Malaysian Society of Body Composition, and an Expert Panel for Positive Parenting.

Learn from Our Experienced Lecturers



DR MEGAN CHONG HUEH ZAN

Senior Lecturer
BSc (Mal), PhD (Mal)

Dr Megan Chong Hueh Zan is a Senior Lecturer in the Division of Nutrition and Dietetics, IMU. She is one of the recipients of the Ministry of Higher Education Fundamental Research Grant Scheme (FRGS) for her Vitamin D research and is a co-researcher in multiple international and national research activities. Her research interests are in the areas of Vitamin D, maternal and child health as well as functional foods. In addition, Dr Megan is also the committee member for the development of Dietary Guidelines for Elderly and Malaysian Dietary Guideline revision committee under the Technical Working Group of Ministry of Health Malaysia. She is a member of the Nutrition Society of Malaysia and an active trainer for health professionals courses. She is also participating in community projects involving the children and elderly population.



DR CHONG PEI NEE

Lecturer
PhD Nutr (UKM), MHSn Nutr (UKM), BSc Nutr (UKM)

Dr Chong Pei Nee is a Lecturer in the Division of Nutrition and Dietetics, IMU. She has more than 15 years of working experience in both nutraceutical product marketing and manufacturing industries as well as academic setting. Dr Chong had won "The Best Poster Award" at The Genetic Influence on Obesity and Associated Disease Meeting, London, "The Best Oral Presentation Award 2014 – Third Prize" at The 29th NSM Annual Scientific Conference. She also received the "NSM Postgraduate Prize 2016" & "NSM Postgraduate Prize 2011" at 32th & 26th NSM Annual Scientific. Dr Chong is a life member of Malaysian Association for both the Study of Obesity (MASO) and Nutrition Society of Malaysia (NSM). She is Professional member for Malaysian Institute of Food Technology (MIFT). Also, she is Human Resources Development Fund (HRDF) certified trainer. Her current research interest dwells around the nutraceutical product formulation and development, as well as nutrigenomic studies.

What Our Students Say



“ I have always been passionate about promoting public health and wellness, especially by emphasising healthy eating and living. Food is a basic necessity of our lives and we can never live without it! It is therefore incredibly fulfilling for me to directly or indirectly help people achieve their goals and inspire them to take control of their health by eating right and staying fit. ”

Darsheka Wanithasan Alumna

“ The 3 years of studying in IMU flies so fast. IMU has prepared me well in term of the essential skills in nutrition education, nutrition communication development and project management. I have learnt the importance of working independently, being persistent, multitasking and at the same time be flexible. The IMU Nutrition curriculum is comprehensive and provided many opportunities to develop our soft skills. I truly enjoyed it. ”

Lee Juen Jiat, Jake Alumnus



“ A once in a lifetime experience does not come every day, so I jumped at the opportunity to attend the Winter Course 2019 with 57 students from different health professions and countries including, Indonesia, Taiwan, Timor Leste and Sweden. The course focused on interprofessional education through lectures, clinical observations and lab training. Along with the other Malaysians, we went with an open mind, not knowing what to expect, but little did we know that what was in store for us would be a memorable experience!” shared Zuanne, who had the opportunity to represent the programme to join the Winter Course 2019 organised by the University of Gadjah Mada, Yogyakarta, with the theme - Women’s Health and Wellness. ”

Tan Zuanne Alumna



“ I am a person who is passionate about food, nutrition and living a healthy lifestyle. Joining the IMU Nutrition programme was the best decision I made! Over the 3 years of my studies, I enjoyed studying the programme, the student life, my co-curriculum activities and the food in IMU. We get to meet nutritionists from various industries and I appreciated the career exploration opportunities. This certainly helped me to build and develop my future goals and aspirations. I am very fortunate to be one of the Best Thesis winners in conjunction with the 34th Scientific Conference of Nutrition Society of Malaysia 2019. ”

Teo Chun Yi, Jennifer Alumna



Why Study Nutrition at IMU?

1

An Established Private Healthcare University

IMU is Malaysia's first and most established private medical and healthcare university with over 31 years of dedicated focus in healthcare education. IMU achieved the SETARA-2018/2019 Tier 6 status (Outstanding) under the Mature University category.

2

Build Your Future Healthcare Professional Network

As IMU offers the widest range of healthcare programmes, our students are fully immersed in a vibrant community of students and practitioners from all healthcare fields. This allows for the development of strong friendships amongst peers that will be the foundation of an extensive healthcare professional network upon graduation.

3

Well-Known Faculty Members

The lecturers in the Division of Nutrition and Dietetics are recipients of research grants, high impact publications and key opinion leaders in the field of nutrition and dietetics.

4

Training Future Leaders

Our curriculum provides opportunity to develop leadership and team working skills due to strong emphasis on Interprofessional learning and group projects. The courses place great emphasis on building good communication skills through various oral presentation, case study discussions, training with simulated and real life patients.

5

Opportunity for Work Life Experience and Student Mobility

The innovative curriculum offers early exposure to work experience and hands-on opportunity to enhance skills through community projects. There are also opportunities for student mobility programmes in community and other healthcare settings which improves work preparedness of the graduates.

CONTACT US

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☎ +603 2727 7515

📌 InternationalMedicalUniversity

PROGRAMMES AT IMU

Pre-University

Foundation in Science

KPT/JPT(R/010/3/0186)09/2023

MQA/FA3974

Undergraduate

Biomedical Science

KPT/JPT(R3/421/6/0011)12/2027
MQA/A8230

Chinese Medicine

KPT/JPT(R2/721/6/0059)01/2027
MQA/A10260

Chiropractic

KPT/JPT(R/726/6/0054)08/2026
MQA/A9294

Dentistry

KPT/JPT(R3/724/6/0010)01/2030
MQA/FA7026

Dietetics with Nutrition

KPT/JPT(R2/726/6/0021)09/2029
MQA/A8176

Digital Health

KPT/JPT(N/482/6/0209)03/2028
MQA/PSA14380

Medical Biotechnology

KPT/JPT(R2/545/6/0014)09/2027
MQA/FA15505

Medicine

KPT/JPT(R2/721/6/0033)09/2026
MQA/FA6155

Nutrition

KPT/JPT(R2/726/6/0011)06/2027
MQA/FA1298

Nursing

KPT/JPT(R/723/6/0125)04/2027
MQA/FA8944

Pharmaceutical Chemistry

KPT/JPT(R3/442/6/0003)01/2028
MQA/A8229

Pharmacy

KPT/JPT(R2/727/6/0050)09/2026
MQA/FA8374

Psychology

KPT/JPT(R3/311/6/0013)09/2027
MQA/A8177

Postgraduate

Acupuncture (MSc)

KPT/JPT(R/721/7/0071)03/2027
MQA/PA8570

Analytical & Pharmaceutical Chemistry (MSc)

KPT/JPT(R2-CDL/442/7/0001)01/2027
KPT/JPT(N-DL/442/7/0022)02/2026
MQA/FA1191

Business Administration in Healthcare Management (PG Cert/PG Dip/Master)

KPT/JPT(N/345/7/1082)9/2023
MQA/PSA11354
KPT/JPT(N/345/7/1090)12/2023
MQA/PSA11355
KPT/JPT(N/345/7/1085)10/2023
MQA/PSA11353

Counselling (Master)

KPT/JPT(N/762/7/0046)09/2026
MQA/PA12002

Diabetes Management & Education (PG Dip)

KPT/JPT(R/726/7/0030)01/2028
MQA/SWA9086

Endodontics (PG Dip)

KPT/JPT(N/724/7/0043)05/2024
MQA/SWA12162

Health Informatics and Analytics (PG Cert/PG Dip/Master)

KPT/JPT(N/720/7/0131)09/2025
MQA/PSA13973
KPT/JPT(N/720/7/0130)09/2025
MQA/PSA13972
KPT/JPT(N/720/7/0129)09/2025
MQA/PSA13974

Health Professions Education (PG Cert/PG Dip/Master)

KPT/JPT(R/145/7/0066)09/2025
MQA/SWA05162
KPT/JPT(R/145/7/0064)09/2025
MQA/PA5163
KPT/JPT(R/145/7/0070)09/2025
MQA/SWA5164
KPT/JPT(N-DL/145/7/0120)02/2026
MQA/SWA05162

Implant Dentistry (PG Dip)

KPT/JPT(R/724/7/0019)06/2026
MQA/SWA6111

Molecular Medicine (MSc)

KPT/JPT(R2/545/7/0078)07/2027
MQA/FA1299
KPT/JPT(N-DL/545/7/0101)09/2025
MQA/SWA 11357

Pharmacy Practice (Master)

KPT/JPT(R/727/7/0051)03/2024
MQA/SWA02796

Prosthodontics (PG Dip)

KPT/JPT(N/724/7/0042)05/2024
MQA/PSA12163

Public Health (MSc)

KPT/JPT(R2/720/7/0077)09/2025
MQA/A10261
KPT/JPT(N-DL/720/7/0118)09/2023
MQA/SWA11356

Medical & Health Sciences (MSc/PhD)

KPT/JPT(R2/720/7/0049)06/2026
MQA/A10618
KPT/JPT(R2/721/8/0043)01/2027
MQA/A3767



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MALAYSIA



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The IMU has been certified with ISO 9001: 2015 for the provision of Pre-University, Undergraduate and Postgraduate Programmes for the Medical and Healthcare Professions.

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