



Health Services Academy Islamabad

Course Outline

“Professional Personalized Nutritionist”

Every Month
A New Batch.

HSA
Certification

Online Classes
Saturday &
Sunday's

Course
Duration:
36 Hrs Max.



Course Fee:

- For Pakistani Students PKR 15,000/-
- For Foreign Students US \$ 125/-

Health Services Academy. Park Road ,Chakshahzad , Islamabad

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“Professional Personalized Nutritionist”

Course Description

Personalized Nutrition is designed to serve healthcare professionals to expand their understanding and practice of person-centered nutrition. It attracts great interest to nutritional therapists, as well as other health professionals including doctors, pharmacists, nurses, aids, nutritionists and complementary therapists.

This course can also be taken by qualified non-health care individuals that work at the point care to enhance their knowledge on nutrition for patients.

Course Objective

This course concludes with guidance on how to work with clients. Personalized Nutrition focuses on the basic understanding of the relationship between food and nutrition, and the foundational science involved in developing personalized nutritional meal plans for individuals depending on their health and their lifestyle and to reduce the risk of chronic as well as other diseases and ailments.



“Professional Personalized Nutritionist”



Instructor: Miss. Asma Elahi

Miss Asma Elahi has done her BSc in Biotechnology and PG. Dip in Stem Cell Biology MSc. In Personalized/Stratified Medicine from Ulster University NI. She has also done her Diploma as a Diet and Nutritional Advisor. A practicing Nutritionist she specializes in working with patients with chronic diseases advising them both on the most suitable medicines as well as nutrition . Her research work includes, 1. Investigating a stratified approach for the treatment of primary open angle glaucoma, 2. Efficacy of using adipose tissue derived stem cells to replace the use of articular cartilage chondrocytes from the patient's own healthy knee for the treatment of a knee injury. **Email:** asmaelahi12@gmail.com



“Professional Personalized Nutritionist”

Knowledge Outcomes



- Principles of personalized nutrition
- Role of different food groups and their importance?
- Different types of meal plans.
- Nutrition involved in the management of diseases
- Working with clients
- Design customized meal plans

Abilities Outcomes



- Understand Personalized nutrition
- Able to compliment nutrition with clients health and lifestyle
- Communication with the clients effectively
- Should be able to make sure and do follow-ups with clients to see their outcomes of the designated meal plans after a few days or weeks.

Skills Outcomes



- Personalized nutrition advisor
- Work with different clients
- Create customized meal plans
- Communication skills
- Group presentation skills



Teaching and Learning Methodology

This course will build on presentations, videos, readings, case studies and assignments. This course rests on several components – self-study, case discussions, interaction, as well as implementing Strategies to practice and application in the subject area:

- Self-Study:
- Student-Instructor Interaction on line.
- Discussion of selected questions, finding of examples, answering of questions etc.
- Group Discussions.
- Group project to practice and for application of concepts.
- Preparation of short assignments.
- Final report/project and discussion on a selected topic.



"Professional Personalized Nutritionist"

Contents

S #	Chapters	Session Topic
1	Principles of Nutrition	Introduction Part 1: The Importance of Nutrition and Types of Nutrition Part 2: The Basic Food Groups Part 3: How to Balance Your Diet
2	Macronutrients	Part 1: Carbohydrates Part 2: Fats Part 3: Proteins and the Ideal Macronutrient Balance
3	Micronutrients- Macro minerals	Part 1: Calcium and Magnesium Part 2: Phosphorous, Sodium and Potassium Part 3: Chloride and Sulphur
4	Micronutrients- Microminerals	Part 1: Iron and Copper Part 2: Iodine and Zinc Part 3: Fluoride, Manganese, Cobalt and Selenium
5	Vitamins and Other Dietary Concerns	Part 1: Vitamin A Part 2: B-Vitamins Part 3: Vitamins C and D Part 4: Vitamins E and K Part 5: Omega 3



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Contents

S #	Chapters	Session Topic
6	Special Considerations	Part 1: Overweight Individuals Part 2: Athletes and Bodybuilders Part 3: Pregnant Women Part 4: Infants, Children and the Elderly
7	Treating and Disease Management with Diet	Part 1: Candida Part 2: Crohn's Disease and Autoimmune Diseases Part 3: Attention Deficit Hyperactivity Disorder and Diabetes
8	Allergies	Part 1: Food Allergies Part 2: Food Intolerances and Food Poisoning Part 3: Undergoing a Diagnosis
9	Special Diets	Part 1: A Vegetarian Diet Part 2: A Vegan Diet Part 3: A Ketogenic Diet Part 4: The Mediterranean Diet Part 5: The South Beach Diet Part 6: The Alkaline Diet
10	Superfoods	Part 1: Herb Superfoods Part 2: Fruit and Nut Superfoods Part 3: Vegetable Superfoods and Additional Superfoods



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Contents

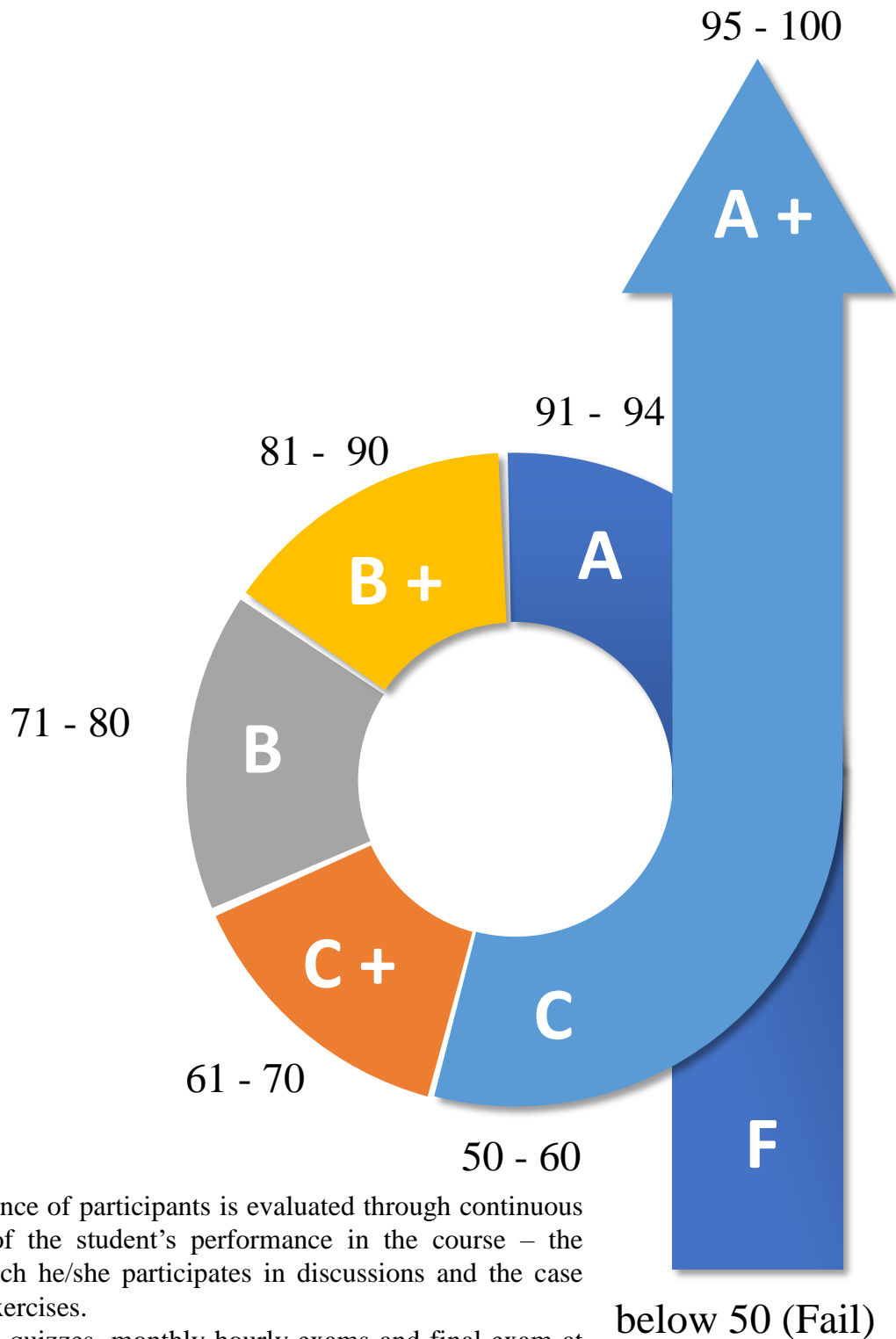
S #	Chapters	Session Topic
11	Supplements	Part 1: Probiotics Part 2: Antifungal Supplements and Herbal Supplements
12	Working with Clients	Part 1: Initial Consultation Part 2: Ongoing Care and Ethics
13	Creating Meal Plans	Part 1: How to Build a Meal Plan and Factors Affecting Meal Planning Part 2: Meal Planning Assessment and Help to Get the Client Started Conclusion

Text Book and Pre Course Reading Material

Recommended Text/Book:

1. An Introduction to Nutrition by Dr. Maureen Zimmerman
2. Personal Nutrition 10th Edition by Marie A. Boyle
(Textbooks may be added as needed)

EVALUATION AND GRADING



The performance of participants is evaluated through continuous observation of the student's performance in the course – the extent to which he/she participates in discussions and the case studies and exercises.

There will be quizzes, monthly hourly exams and final exam at the end of the program. The total marks for passing the course will be 50 out of a total of 100 marks.

Participants, who do not meet attendance or any other eligibility criteria, will not be allowed to appear in the final examination.