



Course Outline and Policies

For Health Services Academy Islamabad

Course title:	Professional Personalised Nutritionist
Instructors:	Miss. Asma Elahi
Instructor CV/Profile	<p>Miss Asma Elahi has done her BSc in Biotechnology from Manipal University India, Dubai Campus, PG. Dip in Stem Cell Biology, and an MSc. in Stratified/ Personalised Medicine from the University of Ulster, NI, UK. She has also done her Diploma as a Diet and Nutritional Advisor from UK. A practicing Nutritionist she specialises 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.</p>
Course Fee	Pakistani Candidates: PKR 20,000/- Overseas Candidates: USD 150/-

Class details	
Class Timing and Room	Online
Session Day(s)	Weekdays

Course Description
<p>Personalised 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.</p>

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. Personalised Nutrition focuses on the basic understanding of the relationship between food and nutrition, and the foundational science involved in developing personalised 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.

Course Learning Outcomes

Knowledge Outcomes

- Principles of personalised 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 Personalised nutrition
- Able to compliment nutrition with client's 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

- Personalised nutrition advisor
- Work with different clients
- Create customised 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 online.
- 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.

Course Plan

Session	Chapters	Session Topic	Assessments	%
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		
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		
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		
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Prerequisite Skills and Knowledge to take this Course
Academic Conduct
At HSA academic honesty is mandatory. Absolutely no plagiarism/ cheating in any examination, quiz, assignment, report, and/or presentation by any student is tolerated.
Attendance Policy
<ul style="list-style-type: none"> • Students are required to regularly attend all lectures, computer laboratory sessions, seminars and fieldwork as may be specified. In case, a student accumulates more than the allowed number of absences, he will not be eligible for the Diploma for Professional Development. • The provision of absences is only for emergencies. • If absent on the final examination the certificate will not be issued. • Students who are unable to appear for the final exam are required to submit a written application stating the reason for not appearing for the exam. HSA reserves the right to approve or deny such applications. If approved, the student will be allowed to sit for the exam within one month. Failure to do so, the student will only be given a Certificate of Attendance. • The attendance on the first day of the Diploma is a must. • A student must attend 80% of the classes to be eligible for the certificate. • Students are required to be in time for their sessions. After 10 minutes of the start of class, the entrant will be marked late. • Maximum of 4 late attendances will be allowed. Decision will be made by the faculty. • It is expected that the students will always maintain proper dress code.
CONDUCT AND DISCIPLINE

A disciplinary action, leading to rustication, will be taken against students whose conduct is found objectionable at any time during study. The faculty and Vice Chancellor HSA will be the decision maker.

EVALUATION AND GRADING

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

There will be quizzes, monthly hourly exams, and final exams at the end of the program. The total marks for passing the Diploma will be 60 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.

In the rating of participants, the following grading plan is used:

A+	95 - 100
An	87 - 94
B+	81 - 86
B	72 - 80
C+	66 - 71
C	60 - 65
F	below 60 (Fail)