

Diploma Programme in Applied Nutrition and Family Health (Part-time)

Certificate Programme in Applied Nutrition and Family Health (Part-time)

Programme Director

Programme Director: **Professor Suzanne C Ho**

Background

The Diploma and Certificate programmes in Applied Nutrition and Family Health are organized by the Centre of Research and Promotion of Women's Health (CRPWH), with input from the Centre for Nutritional Studies (CNS) of the School of Public Health. CRPWH was established in 2001, with leading key members specializing in Epidemiology, Geriatrics, Psychiatry, Nutrition, Nursing, Gynecology, Pharmacy and Anthropology from various faculties. Aiming at improving the community and families' health throughout their whole lifespan, CRPWH together with CNS, conduct research studies in nutrition, particularly in disease prevention and the nutritional aspects of acute and chronic diseases. It is hoped that the importance of nutrition for early preventive measures and treatments of diseases can be promoted in the community and healthcare sector.

Why Study Here

Our programmes are designed to equip professionals in health care and related fields with an in-depth understanding of the role of nutrition and diet in health and disease for family and community settings. The courses should thus prepare healthcare personnel for more advanced roles in health care service and practice.

Who Should Apply

The programmes are suitable for workers in healthcare settings, in food industries, teachers, social workers, and other members who are interested in promoting health

and preventing diseases through a strong grasp of the knowledge and understanding of the role of nutrition in health protection for family and community.

Aims and Features

Two programmes are being offered to meet the different requirements of health care workers and professionals.

The Certificate programme provides a comprehensive theoretical background and application base of nutritional science in disease prevention and health promotion. The programme will also examine a wide variety of nutritional issues, and cover the management of common health problems through diet, from both individual and family perspectives.

The Diploma programme is an extension of the Certificate programme. It will build upon the basic training with a broader range of topics, and provide more in-depth perspectives on the application of nutritional and health knowledge in improving family and community health. At the end of the Diploma course, graduates will be in a stronger position to benefit their profession as well as the community.

Programme Structure

The part-time Certificate programme comprises 6 modules, with additional symposia and seminars to enhance the students' knowledge base. Credits are equivalent to the modules in the Diploma in Applied Nutrition and Family Health, and are transferable.

The Diploma programme, also structured on a part-time basis, comprises 10 modules, with additional symposia and seminars. Participants will be required to undertake a project on a nutrition-related topic.

The modules:-

Module 1	Basic Nutrition
Module 2	Family Health and Special Nutrition Requirements Throughout the Lifespan
Module 3	Physical Activity
Module 4	Diet-related Chronic Diseases and Diet Management

Module 5	Nutritional Therapy for Common Diseases
Module 6	Food Safety and Food Borne Illnesses
Module 7	Communication and Counselling (Diploma only)
Module 8	Basic Research and Evidence Based Health Care (Diploma only)
Module 9	Community Nutrition (Diploma only)
Module 10	Writing-Up of Project (Diploma only)

Core Courses:-

Module 1 Basic Nutrition

- Macronutrients and Micronutrients
- Dietary assessment and healthy eating guidelines
- Introduction of health supplements and functional food

Module 2 Family Health and Special Nutrition Requirements throughout the Lifespan

- Introduction to family health
- Nutritional requirements of different stages throughout lifespan
- Preventive medicine and health enhancement

Module 3 Physical Activity

- Physical activity for the general population
- Nutrition for exercise and sports

Module 4 Diet-Related Chronic Diseases and Diet Management

- Obesity and eating disorders
- Cancer prevention and dietary management
- Cardiovascular disease, hypertension and stroke
- Diabetes mellitus
- Osteoporosis
- Anaemia, gout and food allergy

Module 5 Nutritional Therapy for Common Diseases

- Gastrointestinal disorders
- Liver diseases
- Renal diseases

Module 6 Food Safety and Food-Borne Illnesses

- Food-borne illnesses

- Food safety and food hygiene
- Food labelling

Module 7 Communication and Counselling (For Diploma Programme Only)

- Introduction of behavioural studies
- Communication and counselling

Module 8 Basic Research and Evidence Based Health Care (For Diploma Programme Only)

- Data appreciation in health research
- Nutrition studies and data interpretation
- Development and evaluation of nutritional materials and sources of data

Module 9 Community Nutrition (For Diploma Programme Only)

- Introduction of community nutrition
- Food policy and global nutrition
- Programme planning and evaluation

Module 10 Writing-Up of Project (For Diploma Programme Only)

- Literature search in health-related databases
- Development of chosen nutrition and health project
- Discussion with supervisors
- Presentation of project

Teaching Format

Both Diploma and Certificate programmes are organized as part-time modular courses. Participants will normally be required to attend one evening session per week, with an equivalent amount of time spent in self-directed learning. Classes are usually conducted on Thursday evenings from 6:30 pm to either 8:30 pm or 9:30 pm. There are also tutorials or seminars arranged on other weekdays.

Classroom sessions are usually held at the School of Public Health. The teaching format will include lectures, seminars, tutorials, and practical sessions. The medium of instruction is Chinese (Cantonese). Supplementary teaching materials will be in English.

Teaching Faculty

Students will be taught by experienced dietitians and professionals in related fields from the Chinese University of Hong Kong, the Hospital Authority, and other governmental and non-governmental organisations.

Duration / Modes of study / Tuition fees

Programme	Duration	Mode of Study	Tuition Fee
Certificate Programme	7 months	Part-time	HK\$9,800
Diploma Programme	10 months	Part-time	HK\$23,400

Note: An application fee of HK\$120 is required. All paid fees are non-refundable and non-transferable.

Recognition of the Programmes

The Centre of Research and Promotion of Women's Health (CRPWH) is accredited as a provider of continuing nursing education (CNE) by the Nursing Council of Hong Kong. Please note that graduates of the Diploma and Certificate Programmes in Applied Nutrition and Family Health are not considered as registered dietitians.

Course and Unit Exemptions

Graduates of the Certificate programme in Applied Nutrition and Family Health, who apply for further studies in the corresponding Diploma programme, may apply for exemptions for Modules 1 to 6 within a validation period of up to 3 years after graduation.

The programme fees paid for the Certificate programme can be credited toward the fees for the Diploma programme.

Graduation Requirements

Certificate Programme:

Participants must pass the examination and overall assessment, complete the necessary course requirements, and attend at least 80% of the lectures, seminars, and tutorials of Modules 1 to 6.

Diploma Programme:

Participants must pass the examinations and the overall assessment, complete the necessary course requirements and attend at least 80% of the lectures, seminars, tutorials and practical sessions of Modules 1 to 10.

How to Apply

Admission requirements:-

Applicants should have qualifications at Form 7 or above, and preferably have basic knowledge on human biological sciences.

Admission procedures:-

Download application form

Completed application form should be returned to:

Ms Michelle Li

4/F, School of Public Health, Prince of Wales Hospital, Shatin, N.T.,

Please attach photocopies of relevant academic or professional qualification certificates, and a cheque for the application fee of HK\$120, made payable to “The Chinese University of Hong Kong”.

Application deadline:-

June 30, 2009

Administrative Staff

Programme Administrator : Ms Michelle Li

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Alumni

Sydney Ko,

**Graduate of the Diploma Programme in Applied Nutrition and Family Health
07-08**

**Associate of Society of Dyers and Colourist,
Chartered Colourist**

Due to relocation of most of the textile factories in PR China, I lost my job before retiring age. Though not happy with the situation, I decided to explore my interests in nutrition, a subject having relationship with chemistry. I applied to take the Certificate Programme in Applied Nutrition and Family Health in the Chinese University of Hong Kong. After finishing the certificate, I felt I have great interest in this field, so I transferred to the Diploma programme. I found that the programme is very comprehensive, lectures from various discipline are inspiring and interesting. The diploma programme offered me a great chance to broaden and deepen my knowledge in the field of nutrition.

I want to find meaning in my second half and contribute myself to the society. Now I can give talks to grass-root sectors, showing them options to get less costly foods which can even provide better benefits to their health.

More Information

<http://www.cuhk.edu.hk/crpwh/>