



INTERNATIONAL MEDICAL UNIVERSITY
MALAYSIA

NUTRITION

SCHOOL OF
HEALTH SCIENCES

2019



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

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 TAN SEOK SHIN — Lecturer & Programme Director
BSc (Nutrition & Community Health) (UPM), PhD (Vaccine Technology) (UPM)

DEGREE / DURATION

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

COMMENCEMENT

July and September

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 physiology, 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, presentation, 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.



- 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 health care settings and food related industries during their practicum aligned to their profession.

AREAS & 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 & 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 & health industries • Universities
Nutrition & 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 & health centres
Nutrition & 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 & Journalism • Food & health industries
Nutrition & 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 & health industries • Nutritional supplement companies • Nutrition companies • Private consultancy

What Is the Programme Structure?

Nutrition Programme Structure

MPU SEMESTER

MPU: U1
MPU: U2
MPU: U3

SEMESTER

1

Principles of Human Nutrition
General Chemistry
Human Biology
Genetics
Professionalism in Nutrition & Dietetics
Organic Chemistry

SEMESTER

2

Food Culture & Nutrition
Lifespan Nutrition
Principles of Food Preparation
Basic Biochemistry
Analysis of Nutrients in Foods
Sports & Exercise Science
MPU: U4

SHORT SEMESTER 1

Environmental Issues & Nutrition
Functional Foods, Nutraceuticals & Supplements
Statistics for Nutrition Research

SEMESTER

3

Nutrition in Exercise & Sports
Nutritional Epidemiology
Nutritional Assessment Methods
Nutrients & Metabolism
Diet, Lifestyle & NCDs
Research Methods in Nutrition
Selective: Contemporary Nutrition/ Foundation in Food Science

SEMESTER

4

Nutritional Immunology
Scientific Communication in Nutrition
Community Nutrition
Food Safety & Regulations
Clinical Biochemistry
Food Service Management 1
Research Project in Nutrition 1

SEMESTER

5

Principles of Marketing: Application in Nutrition
Education & Counselling in Nutrition
Nutrition in Health Promotion
Research Project in Nutrition 2

SHORT SEMESTER 2

Practicum 1

SEMESTER

6

Practicum 2

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.

How Much Does It Cost?

Nutrition Programme Fees

All fees quoted are in Ringgit Malaysia unless stated otherwise.

FEES OVERVIEW

Fee	Amount (RM)	
	Malaysian Student	International Student
Application Fee	150	500
Registration Fee	850	2,000
Refundable Caution Deposit	1,000	1,000
Tuition Fee	117,000	121,200

- Application fee is payable upon submission of application.
- Registration fee and refundable caution deposit are payable upon acceptance of the offer letter issued by the IMU Admissions Office.
- As stipulated by Malaysian Ministry of Higher Education, international students will have to pay Student Visa Application fee of RM1,000 and Medical Health Check fee of RM250 and Visa endorsement fee (depending on nationality) upon registration.
- International students will also be required to pay Student Visa Renewal Administrative fee of RM140/year and Medical Health Check fee of RM250/year.
- Students must adhere to the "Policy on Payment of Fees".
- All students are required to pay Student Association Fees of RM40 per semester.

FEES BY PROGRAMME ROUTE

Programme Route	Total Duration (years)	At International Medical University (IMU)					
		Years	Total Semesters	Tuition Fee			
				Per Semester		Total	
				Malaysian Student	International Student	Malaysian Student	International Student
Bachelor of Science (Hons) Nutrition (IMU)	3	3	6	19,500	20,200	117,000	121,200

- All fees are accurate at time of print. For latest fees and information, please go to www.imu.edu.my.

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 26 years of dedicated focus in healthcare education. IMU achieved the SETARA-2017 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 clinical and community projects. There are also opportunities for student mobility programmes in clinical and community setting which improves work preparedness of the graduates.

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Programmes at IMU

Pre-University

Foundation in Science
KPT/JPT(R/010/3/0186)09/2023

Undergraduate

Medicine
KPT/JPT(R2/721/6/0033)09/2026

Psychology
KPT/JPT(R2/311/6/0013)09/2022

Dentistry
KPT/JPT(R2/724/6/0010)01/2023

Pharmacy
KPT/JPT(R2/727/6/0050)09/2026

Pharmaceutical Chemistry
KPT/JPT(R2/442/6/0003)01/2023

Dietetics with Nutrition
KPT/JPT(R2/726/6/0021)09/2022

Nutrition
KPT/JPT(R/726/6/0011)06/2022

Biomedical Science
KPT/JPT(R2/421/6/0011)09/2022

Medical Biotechnology
KPT/JPT(R2/545/6/0014)09/2022

Chiropractic
KPT/JPT(R/726/6/0054)08/2026

Chinese Medicine
KPT/JPT(R/721/6/0059)01/2020

Nursing
KPT/JPT(R/723/6/0125)04/2020

Nursing Science
(for registered nurses)
KPT/JPT(R/723/6/0101)01/2019

Postgraduate

Acupuncture (MSc)
KPT/JPT(N/721/7/0071)03/2022

Analytical & Pharmaceutical
Chemistry (MSc)
KPT/JPT(R-CDL/442/7/0001)01/2022

Business Administration in
Healthcare Management
(Postgraduate Certificate/Master)
KPT/JPT(N/345/7/1082)9/2023
KPT/JPT(N/345/7/1085)10/2023

Diabetes Management & Education
(Postgraduate Diploma)
KPT/JPT(N/726/7/0030)02/2023

Health Professions Education (HPE)
(Postgraduate Certificate/
Postgraduate Diploma/Master)
KPM/JPT(N/145/7/0066)09/2020
KPM/JPT(N/145/7/0064)09/2020
KPM/JPT(N/145/7/0070)09/2020

Implant Dentistry (Postgraduate Diploma)
KPT/JPT(N/724/7/0019)06/2021

Molecular Medicine (MSc)
KPT/JPT(R/545/7/0078)07/2022

Pharmacy Practice (Master)
KPT/JPT(N/727/7/0051)03/2019

Public Health (MSc)
KPT/JPT(R/720/7/0077)09/2020

Medical & Health Sciences
(MSc & PhD by Research)
KPT/JPT(R/721/8/0043)01/2020
KPT/JPT(R2/720/7/0049)06/2026



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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.

Every effort has been made to ensure the accuracy of the information given in this brochure but it is subject to alteration without notice.

The University reserves the right to alter or delete any of the information included at any time and it shall not be bound by any errors or omissions and cannot accept liability in respect thereof.

Please visit www.imu.edu.my for the most up-to-date information.

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