



Certificate in Human Nutrition & Dietetics

Basic Information

1. **Department:** Department of Community Medicine

2. **Course Organizer:** Professor Carukshi Arambepola,
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3. **Learning Outcomes:**

To develop knowledge, skills and attitudes for,

- Prevention of nutrition related health problems and promotion of nutritional status at individual and community level.
- Dietary management of common clinical conditions.

4. **SLQF Level:** 2

5. **Credit Hours:** 94 hours/50= 1.9

6. **Duration in Months:** 4 months

7. **Course Frequency:** on Annual Basis

8. **Course Delivery:**

Weekends (Sunday 9.00-4.15 pm and Saturday 1.00-4.15 pm).

9. **Entry Criteria:**

- A graduate holding a bachelor's degree in Medicine, Biology or Allied sciences. **OR**
- Equivalent qualifications with minimum experience of 3 years in nutrition and/or dietetics.

10. **Admission Process:** Interview

11. **No. of Students per Batch:** 12 students in average (7 - 15)

12. **Teaching/ Learning Method(s):**

- Lectures/ Lecture discussions
- Small group discussions
- Case studies
- Practical/ Assignments
- Demonstrations
- Self-study



- Student seminar
- Case presentations

13. Assessment Method(s):

- At the end of the course,
 - Short Essay questions (04) - 50%
 - Objective structured practical examination OSPE (10) – 30%
- Two assignments given during the course. – 20%

14. Lecture Panel:

- Internal from departments of Community Medicine, Biochemistry, Physiology, Paediatrics, Microbiology, Anesthesiology
- External from the Ministry of Health (Family Health Bureau, Food Unit, Coronary care unit, Nutrition coordination division), MRI, Rajarata University, Wayamba University, Private sector

15. External/Internal Collaborator(s): Ms. Sigrid de Silva (Senior Dietician, private sector)

16. Tuition Fees:

- Registration Fee: Rs. 2,000/-
- Course Fee: Rs 35,000/-
- Examination Fee: Rs. 5,000/-
- **Total Fee: Rs. 42,000/-**

17. Other Information:

In the process of upgrading it to a PG Diploma course including lateral entry for graduates who have completed the certificate course.

Core course contents of Modules

- Unit 1 - Introduction to human nutrition
- Unit 2 - Nutritional assessment
- Unit 3 - Nutritional problems in Sri Lanka
- Unit 4 - Community nutrition
- Unit 5 - Nutrition therapy
- Unit 6 - New developments in nutrition