

Level 12 course	Functional Foods (412CLN)
Course description	<p>Functional foods are considered as those foods which are intended to be consumed as part of the normal diet but contain bioactive substances that offer the potential of enhanced health or reduced risk of disease. Nutraceuticals are concentrated forms of the food bioactive intended to be consumed as supplements in the form of tablets, capsules or liquid concentrates. Examples of functional foods include foods that contain specific fatty acids (e.g. omega 3) or dietary fiber (e.g. beta glucan), or biologically active substances such as phytochemicals or other antioxidants or probiotics with live beneficial cultures. Consumer awareness and interest in the relationship between diet and health has increased substantially and health is now a major driver for market positioning of foods. The course covers the issues concerning functional foods and Nutraceuticals development, the effect of different functional ingredients in foods on immune system, blood constituents, antioxidants and their importance to protect from diseases. It will prepare students to be able to improve health status by using prebiotics, probiotics and herbs.</p>

Level 12 course	Sport Nutrition (422CLN)
Course description	<p>The Sport Nutrition course offers a comprehensive exploration of the vital connection between nutrition and athletic performance. Designed to provide a foundational understanding of sports nutrition principles, this course equips students with essential knowledge to optimize nutritional strategies for athletes and active individuals.</p> <p>Throughout the course, students will dive into the fundamental components of sports nutrition, including macronutrients, micronutrients, hydration, and energy metabolism. By analyzing the intricate interplay between nutrients and exercise, students will grasp how proper nutrition directly influences athletes' strength, endurance, and overall vitality.</p>

Level 12 course	Patient Counseling (432CLN)
Course description	This course covers advanced behavioral management and counseling theory/technique with a focus on motivational interviewing. Topics include verbal and written communication, analyzing scientific literature, collaboration and team dynamics, professionalism and career enhancement. Through analyzing, synthesizing and evaluation information, this course advances the learner's communication skills for the development of more abstract intellectual abilities and practitioner success

Level 12 course	Practicum in Clinical Nutrition II (492CLN)
Course description	Field experience in clinical nutrition II, involves 10 weeks of supervised hospital-based visits, through which student will rotate in the different departments of medicine, surgery and food services. A weekly post-visit discussion and end of term case presentation and report submission, and final written exam will be required to assess skills and value.