



DEPARTMENT OF  
APPLIED BIOLOGY AND  
CHEMICAL TECHNOLOGY  
應用生物及化學科技學系



# Master of Science in Nutrition and Healthy Ageing

Program code: 12058

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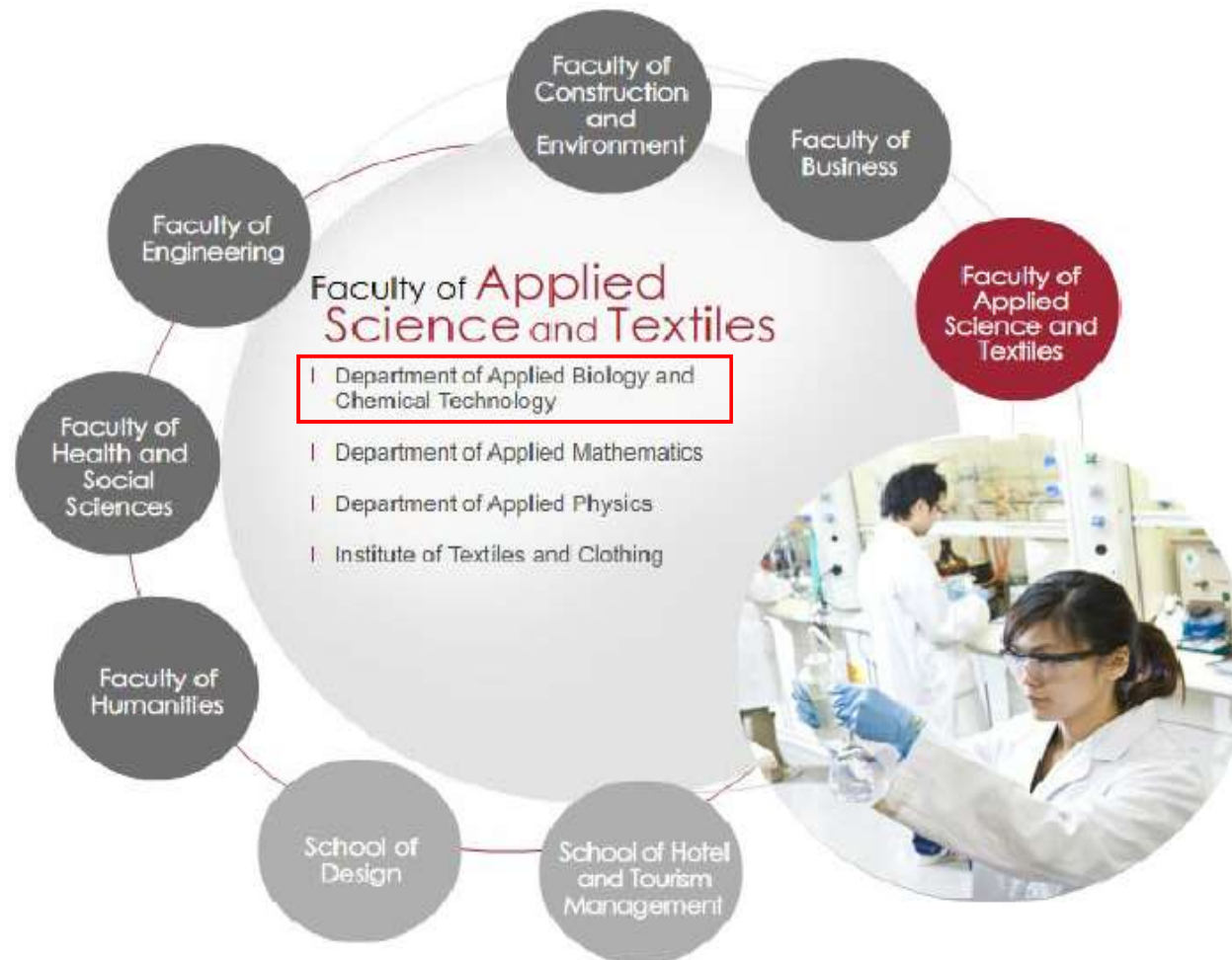
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THE HONG KONG  
POLYTECHNIC UNIVERSITY  
香港理工大學

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**Department of Applied Biology and Chemical Technology (ABCT) is a multi-disciplinary department embracing Chemistry, Biology, Biochemistry, Biochemical Engineering, Food Safety and Technology, and nutrition.**



# Background of the program

- Aging population in Hong Kong
  - The number of older adults aged 65 and over is projected to nearly double in the coming 20 years. The number of older adults will increase from 1.32 million (18.4% of the total population) in 2019 by 1.20 million to 2.52 million (33.3%) in 2039. (Census and Statistics Department, HKSAR)
- Support Preventive healthcare in the public
  - Maintain public health and prevention of chronic disease in the community
- “Towards 2025” in HK and “Healthy China 2030” in Mainland
  - Recognizes the needs for more nutrition education and counselling to promote healthier diets
- Situation of nutrition programs offered in Hong Kong
  - Lack of comprehensive nutrition undergraduate program to train professional nutritionists to provide health service in community healthcare setting
  - Current postgraduate programs offered in Hong Kong mainly focus on training dietitians to work in clinical setting and are open for enrollment once per several years
- The program was first offered in 2020/21.

# Program Highlights

- A unique applied nutrition program addressing the ageing population needs of prevention and control of non-communicable diseases in Hong Kong;
- The first MSc nutrition program in Hong Kong offering practicums in community settings;
- Curriculum design of the MSc program is based on the UK Association for Nutrition (AfN) standard.

# Program aim

- To provide a unique and profession-oriented education opportunity for Bachelor degree Holders and produce well-trained nutritionists for the needs and benefits of the community, especially for the elderly service.
- To develop students into all-round preferred graduates whose intellectual abilities, knowledge and skills are on a par with the international standards of a master degree in Nutrition. These value-addends will be achieved through carefully designed curriculum, modern learning/teaching methodologies, multiple assessment tools, workplace learning experience, etc.
- The ultimate goal is to contribute to the well-being of the Hong Kong society at large, in particular to the health care of the ageing population.

# Program Intended learning outcomes

On successful completion of the program, students should be able to

- Utilize professional skills and knowledge to provide nutrition services and assess nutritional status of individuals especially for the elderly;
- Provide nutrition counselling and education to individuals, groups and communities to promote optimal health and well-being with emphasis on healthy ageing by applying specific principles of nutrition and communication strategies;
- Understand the food chain and its impact on food choice by human, and the role of nutrition and diet in healthy ageing;
- Analyze and apply research methods within a variety of nutrition and healthy ageing studies and settings;
- Demonstrate critical thinking and communication skills, and analytical abilities to identify and solve problems in the nutrition and healthy ageing issues.



# Careers

- Excellent job prospects are available to the graduates.
- They could work in public health and nutritional science within the health service, academia and in the food, catering and nutrition industry.
- They could work in government, maternal and child health Centres, Care and Attention Homes for the elderly or charities/NGOs in health improvement and advocacy.

# Nutritionist vs. Dietitian

- **Nutritionists** provide scientific evidence-based information and guidance about the impacts of food and nutrition on the health and well-being of humans.
  - They could work in public health and nutrition science within the health service, academia and in the commercial sectors (food retail, service and manufacturing).
- **Dietitians** use the science of nutrition to devise eating plans for patients to treat medical conditions.
  - They usually work in hospitals, clinics and private practices.

## Expected professional recognition/accreditation

- This program aims to get accreditation from **UK Association for Nutrition (AfN)** which is a registered charity that holds the UK Voluntary Register of Nutritionists (UKVRN).
- The **AfN** currently accredits 63 undergraduate and 36 postgraduate programs. These degrees support the development of nutritionists' skills through the delivery of evidence-based nutrition education to a professional level.
- The student completing an accredited degree program is eligible to apply to become a **Registered Associate Nutritionist (ANutr)** to the UKVRN.
- A registered Associate Nutritionist with approximately three years professional experience in nutrition may apply to become a **Registered Nutritionist**.

# AfN core competency requirements for Associate Nutritionists

- **Core Competency 1 – Science**

- *Knowledge and understanding of the scientific basis of nutrition. Understanding nutritional requirements from the molecular through to the population level - for either human or animal systems.*

- **Core Competency 2 – Food/Food Chain**

- *Knowledge and understanding of the food chain and its impact on food choice. Integrating the food supply with dietary intake - for either human or animal systems.*

- **Core Competency 3 - Social/Behaviour**

- *Knowledge and understanding of food in a social or behavioural context, at all stages of the life course - for either human or animal systems.*

- **Core Competency 4 - Health/Wellbeing**

- *Understanding how to apply the scientific principles of nutrition for the promotion of health and wellbeing of individuals, groups and populations; recognising benefits and risks - for either human or animal systems.*

- **Core Competency 5 – Professional Conduct**

- *Understanding of Professional Conduct and the nutritionists' Code of Ethics along with evidence of good character.*

## Mapping with AfN core competency requirements

- **Core Competency 1 – Science**

- *Knowledge and understanding of the scientific basis of nutrition. Understanding nutritional requirements from the molecular through to the population level - for either human or animal systems.*
  - Nutritional assessment
  - Public Health Nutrition
  - Nutrition and Health for Older Adults
  - Nutrition Education and Counselling
  - Capstone Project
  - Research Methods and Data Analysis
  - Advanced Human Physiology and Anatomy

- **Core Competency 2 – Food/Food Chain**

- *Knowledge and understanding of the food chain and its impact on food choice. Integrating the food supply with dietary intake - for either human or animal systems.*
  - Food Preparation and Menu Planning

# Mapping with Afn core competency requirements (cont'd.)

- **Core Competency 3 - Social/Behaviour**

- *Knowledge and understanding of food in a social or behavioural context, at all stages of the life course - for either human or animal systems.*
  - Food Preparation and Menu Planning
  - Public Health Nutrition
  - Nutrition and Health for Older Adults
  - Nutrition Education and Counselling
  - Capstone Project
  - Mental Health and the Aged

- **Core Competency 4 - Health/Wellbeing**

- *Understanding how to apply the scientific principles of nutrition for the promotion of health and wellbeing of individuals, groups and populations; recognising benefits and risks - for either human or animal systems.*
  - Nutritional Assessment
  - Public Health Nutrition
  - Capstone Project
  - Advanced Human Physiology and Anatomy
  - Mental Health and the Aged

- **Core Competency 5 - Professional Conduct**

- *Understanding of Professional Conduct and the nutritionists' Code of Ethics along with evidence of good character.*
  - Nutrition Education and Counselling
  - Capstone Project
  - Practicum I
  - Practicum II

# Program curriculum

- **1-year curriculum** mixed mode with 30 credits

| <u>Subject</u>                               | <u>No. of Credits</u> | <u>Subject Code</u>  | <u>Level</u> | <u>Remarks</u>  |
|--|-----------------------|----------------------|--------------|---|
| <b>Food Preparation and Menu Planning</b>    | 3                     | ABCT5021             | 5            |   |
| <b>Nutritional Assessment</b>                | 3                     | ABCT5022             | 5            |   |
| <b>Public Health Nutrition</b>               | 3                     | ABCT5023             | 5            |   |
| <b>Nutrition and Health for Older Adults</b> | 3                     | ABCT5024             | 5            |   |
| <b>Nutrition Education and Counselling</b>   | 3                     | ABCT5025             | 5            |   |
| <b>Research Methods &amp; Data Analysis</b>  | 3                     | RS517                | 5            |   |
| <b>Mental Health and the Aged</b>            | 3                     | APSS533              | 5            |   |
| <b>Practicum I</b>                           | 3                     | ABCT5026             | 5            | Includes training/working hours in the community settings such as elderly centers, primary/secondary schools/ community health centers  |
| <b>Practicum II or Capstone Project*</b>     | 3                     | ABCT5027 or ABCT5028 | 5            | For practicum II, students are required to work on a nutrition related project and execute it in the community.<br><br>For capstone project, students will undertake a research project or review a topic of their choice in area of nutrition. |
| <b>Advanced Human Physiology and Anatomy</b> | 3                     | ABCT5029             | 5            |   |
| <b>Subtotal:</b>                             |                       |                      |              | 15  |

# Practicum

- Cooperation with the Institute of Active Ageing (IAA), the Faculty of Health and Social Sciences (FHSS), Hong Kong Polytechnic University (PolyU)
- IAA is an interdisciplinary research and academic centre for the advancement of knowledge and practice to facilitate active ageing, and aims to:
  - deliver innovative educational programs related to the application of multidisciplinary knowledge to the promotion of active ageing
  - conduct cross-disciplinary, cutting-edge ageing research of a high international standard
  - develop a unique holistic model of total wellness in active ageing
  - foster local and overseas collaborations to promote academic and research exchanges
  - promote opportunities for older adults to advocate for and participate in the shaping of Hong Kong's greying society
- Cooperation with Local NGOs to work in community centres/neighbourhood elderly centres (i.e., St. James' Settlement, Health In Action, Hong Kong African Centre, Bliss District Elderly Community Centre)



# Practicum



# Learning and teaching activities



# Cooking class



# Entrance Requirement

- **Entrance Requirement**

- Bachelor's degree with honours in nutrition, food safety, food science, food technology, public health or other relevant / related disciplines

- **English Language Requirement**

- Applicants who are not native speakers of English, or whose Bachelor's degree is awarded by institutions where the medium of instruction is not English, should fulfill the following minimum English language requirement for admission purpose:
  - A Test of English as a Foreign Language (TOEFL) score of 80 for the Internet-based test or 550 for the paper-based test; OR
  - An overall Band Score of at least 6 in the International English Language Testing System (IELTS)

# Application



- **Online Application:**
  - <https://www38.polyu.edu.hk/eAdmission/index.do>
- **Self-financed Tuition Fee**
  - HK\$5,300 per credit
- **Targeted Taught Postgraduate Programmes Fellowships Scheme**
  - A total of 5 fellowships shall be awarded to local students.
  - The fellowship students are required to pay a minimum tuition fee of HK\$42,100, which is the prevailing rate of the UGC-funded programmes, and the differences will be subsidised by the fellowships subject to a cap of HK\$120,000 (for the whole taught postgraduate programme, regardless of the actual study period) for the settlement of the tuition fee.
- **Scholarship**
  - Two one-off entry scholarships of HK\$10,000 each will be granted to applicants with excellent academic achievements.
- **Website:**
  - <https://www51.polyu.edu.hk/eProspectus/tpg/2022/12058-mft>
  - Applications are processed on a rolling admissions basis, early applications are strongly encouraged.
- **Deadline: 30 April 2022**

# Thank you!

Enquiry 查詢詳情

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