



**Karolinska
Institutet**

Course syllabus for

Assessment methods in public health nutrition, 7.5 credits

Mätning av nutrition och fysisk aktivitet, 7.5 hp

This course has been cancelled, for further information see Transitional provisions in the last version of the syllabus.

Please note that the course syllabus is available in the following versions:

Spring2008 , Autumn2009

Course code	4FH017
Course name	Assessment methods in public health nutrition
Credits	7.5 credits
Form of Education	Higher Education, study regulation 2007
Main field of study	Public Health Sciences
Level	AV - Second cycle
Grading scale	Pass with distinction, Pass, Fail
Department	Department of Biosciences and Nutrition
Participating institutions	<ul style="list-style-type: none">• Department of Global Public Health
Decided by	Arbetsgruppen för masterprogram i folkhälsovetenskap
Decision date	2007-10-04
Revised by	Education Committee GPH
Last revision	2023-11-09
Course syllabus valid from	Autumn 2009

Specific entry requirements

Requirements for admission is having Bachelor's degree or vocational degree worth at least 180 higher education credits in public health science, healthcare or other relevant social sciences subject area.

Proficiency in the English language documented by an internationally recognized test such as TOEFL with a total score of at least 79 (internet based), 550 (paper based), 213 (computer based), IELTS with a total score of at least 6,0 (no band less than 5,0), or other documentation that certifies English language skills equivalent to English B at Swedish upper secondary school.

Objectives

By the end of the module each student will be able to:

- * Choose and defend the appropriateness of their choices of methods for each of a varied range of purposes.
- * Critically evaluate the uses and limitations of each of the assessment methodologies
- * Develop a protocol for surveys of dietary intake and physical activity on individual and population level
- * Use a statistics programme (SPSS) and perform simple statistical analysis on a set of data (ANOVA, t-test and simple linear regression)
- * Demonstrate understanding of the principles for nutrition and physical activity recommendations and be able to evaluate and draw conclusions from study data
- * Competently perform selected assessment methods in practical sessions

Content

The course aims to increase the student's competence in designing epidemiological studies and be able to assess and validate (theoretically) dietary intake and physical activity on individual and population level.

It includes:

1. An overview and in-depth description of available assessment methods in nutrition, physical activity and body composition.
2. Choice of study design and statistical methods used in dietary and physical activity surveys
3. Theory of validity and reproducibility in assessment methods and practical calculated examples of these for several methods
4. Theory of nutrient recommendations and their practical use in evaluating dietary surveys
5. Theory and calculation of power, sample size and number of days required in nutrition and physical activity surveys.
6. Students keep a 3 day weighed inventory, 3- day activity diary and perform a 24-hour recall
7. Students perform a skinfold and bio-impedance assessment for body composition
8. Students develop a simple food frequency questionnaire

Teaching methods

The course includes lectures, group exercises, individual and group assignments and practical sessions.

Examination

- a. Written exam and written reports of solutions to problems in each type of assessment method.
- b. Grades are given according to the 3-graded scale; fail/pass/pass with distinction
- c. Seminars and practical sessions are compulsory. Absence from seminars must be compensated for by a written assignment. Absence from a practical session must be compensated for by taking part of the

same session next time it is given.

d. Criteria for grades are handed out upon course start.

Students who have failed ordinary examination have the right to be reexamined five more times. This applies to examination of all compulsory modules. Students who have passed an examination have no right to be reexamined for a higher grade. Students who have failed two times have the right to be examined by another teacher.

Transitional provisions

The course has been cancelled and was offered for the last time in the spring semester of 2011. Examination according to this syllabus will be provided until the autumn semester of 2024, for students who have not completed the course with a passing grade.

Other directives

The course will be evaluated in accordance with the guidelines established by the board of Education

Literature and other teaching aids

Field, Andy

Discovering statistics using SPSS : (and sex and drugs and rock 'n' roll)

3. ed. : Los Angeles ;a London : SAGE, cop. 2009 - xxxiii, 821 s.

ISBN:1-84787-906-3 (hbk.) LIBRIS-ID:11332390

[Library search](#)

Gibney, Michael J

Public health nutrition

4 ed. : Oxford, UK : Blackwell Science, 2004 - xiv, 378 s.b ill.

ISBN:0-632-05627-4 LIBRIS-ID:9721861

[Library search](#)

Public health nutrition : from principles to practice

Lawrence, Mark; Worsley, Tony

Maidenhead : Open University Press, cop. 2007 - xx, 492 s.

ISBN:0335223206 (hft.) LIBRIS-ID:10488462

[Library search](#)

Design concepts in nutritional epidemiology

Margetts, Barrie M.; Nelson, Michael

2. ed. : Oxford : Oxford University Press, cop. 1997 - xv, 451 s.

ISBN:0-19-262740-6 LIBRIS-ID:4603144

[Library search](#)

Gibson, Rosalind S.

Principles of nutritional assessment

2. ed. : New York : Oxford University Press, 2005 - xx, 908p. b ill.

ISBN:0-19-517169-1 LIBRIS-ID:9872506

[Library search](#)

The challenge of obesity in the WHO European region and the strategies for response : summary

Branca, Francesco; Nikogosian, Haik; Lobstein, Tim

Copenhagen : World Health Organization, cop. 2007. - xiii, 60 s.

ISBN:9789289013888 LIBRIS-ID:10455802

URL: [Link to pdf](#)

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