



**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"><li>• Department of Global Public Health</li></ul>
Decided by	Arbetsgruppen för masterprogram i folkhälsovetenskap
Decision date	2007-10-04
Course syllabus valid from	Spring 2008

### **Specific entry requirements**

Bachelor's degree or vocational training corresponding to 180 ECTS credits (120 credits in previous Swedish system) in public health sciences, health care, or another relevant medical or social science subject area

### **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, body composition, and physical activity on individual and population level Use a statistics programme and perform simple statistical analysis on a set of data 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 students competence in designing epidemiological studies and be able to assess and validate (theoretically) dietary intake and physical activity on individual and population level. The course includes study design, statistical methods used in dietary and physical activity surveys, quantitative and qualitative assessment methods for dietary intake, dietary patterns, body composition and physical activity, the validity and reproducibility of each method as well as development of study protocols and use of nutrition recommendations for evaluating dietary intakes.

## Teaching methods

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

## Examination

a. Written exam and written reports of solutions to problems in each type of assessment method. b. 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. c. Grades are given according to the 3-graded scale; failed/passed/passed with distinction d. Criteria for grades are handed out upon course start. Students who fail in regular examination have the right to be examined 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

A student can claim to be examined according to this course syllabus also after it has been closed, maximum three times within two years after the closing.

## Other directives

The course will be evaluated in accordance with the guidelines established by the board of Education. Upon course closures, the course is evaluated using Websurvey.

## Literature and other teaching aids

*Gibney, Michael J*

### **Public health nutrition**

4 edt : 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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