

**In the Name of God**

**Islamic Republic of Iran Ministry of Health and  
Medical Education Deputy of Education**

**Community Nutrition**

**Degree: Master of Science (MSc)**

**Total Course Credits:**

Core: 22 credits

Non-core (Elective): 4 credits

Dissertation: 6 credits

Total: 32 credits

**Duration:** 2 years (4 semesters)

**Program Description:**

Community nutrition, according to the definition by Endres (1999), is a branch of nutrition that encompasses all food and nutrition issues related to individuals, families, and defined special groups within a geographical area. In this field, people are primarily viewed in the context of groups, communities, and populations. The field is also defined as: "the translation and application of nutrition science in the design and management of effective community-based programs aimed at improving nutrition in the context of food security and development, in alignment with human rights." Community nutrition focuses on achieving food security for the general population. While the responsibility of nutrition in public health is centered around providing nutrition services.

**Admission Requirements:**

- Accepts qualified graduates of recognized universities, colleges or schools who hold a Bachelor's Degree in one of the following fields: Nutrition Science, Public Health Nutrition, Health Economics, Healthcare Management, Epidemiology, Health Education, Biostatistics, Food Science and Technology (with a focus on Quality Control and Food Safety), Food Safety and Hygiene, or Nutrition in Emergencies and Disaster Management.
- Applicants with insufficient background in nutrition, public health, biostatistics, or other relevant fields may be required to take prerequisite or compensatory courses to address these deficiencies.

- Admission is based on the regulations and standards set by the Ministry of Health and Medical Education, which include: passing a competitive entrance examination, attending and successfully completing an interview.
- Applicants must submit the following documents for evaluation: official academic transcripts, copy of the Bachelor's degree diploma, certificate of English proficiency (e.g., TOEFL, IELTS), application fee for international students, and medical fitness certificate.

### **The Aims of the Course:**

The goal of this program is to train Master's-level professionals in Community Nutrition who can actively participate in addressing food and nutrition security issues in the country, particularly within the healthcare system, and ultimately contribute to improving the quality of life at the individual, family, and community levels. This is pursued through the following specific objectives:

- To describe and analyze the interrelationships between food, nutrition, and the healthcare system
- To assess food and nutrition-related problems and their outcomes and consequences
- To design, implement, and evaluate culturally sensitive, responsive, and timely food and nutrition interventions
- To incorporate nutritional considerations into development programs and integrate developmental aspects into nutrition programs
- To design and implement effective educational and communication strategies for enhancing food and nutrition security
- To conduct applied research using existing strategies and methods, utilizing available technology
- To establish relationships with national, governmental, and non-governmental organizations, and apply mechanisms for working at the micro level
- To support the selection of appropriate food and nutrition strategies that lead to innovation and community nutrition planning

### **Expected Competencies at the End of the Program:**

#### **General Competencies:**

The general competencies expected of graduates at this level include:

- Communication and interaction skills
- Teaching abilities
- Research skills and academic writing
- Critical thinking and problem-solving skills
- Management skills (policy-making, planning, organizing, monitoring, evaluation, and control) based on evidence
- Professionalism

#### **Specific Competencies and Skills:**

- Professional and educational interaction and communication skills
- Designing and managing food and nutrition programs at the community level
- Research competency in assessing the nutritional status and types of malnutrition in the region, with a focus on the food and nutrition system
- Helping to enhance the level of food and nutrition security in the community
- Supporting and promoting the importance of food and nutrition security across various sectors and regulatory levels
- Leading and conducting community-based research in the field of nutrition

### **Educational Strategies, Teaching & Learning Methods (aligned with the expected competencies):**

This program is based on the following strategies:

- Integrated Student and Teacher-Centered Approaches
- Needs-Oriented Approach
- Problem-Oriented Learning

In this program, the following teaching methods and techniques will primarily be used:

- Various types of conferences and seminars
- Group discussions, workshops, journal clubs, and case presentations.

### **Student Assessment Types and Methods (aligned with the expected competencies):**

Students will be evaluated through the following methods:

- Written exams
- Oral exams
- Interactive computer-based assessments
- Portfolio assessment
- Project-based assessment

Evaluation Frequency: Two times (mid-term and end of term)

## The overall structure of the course:

**Table 1- Compensatory Courses**

Co de	Course Title	Course Credits			Credit Hours			Prerequisi te
		Theoretical	Practical	Total	Theoretical	Practical	Total	
1	Medical Information Systems	0.5	0.5	1	9	17	26	-
2	Biostatistics	2	-	2	34	-	34	-
3	Principles of Epidemiology	2	-	2	34	-	34	-
4	Food Hygiene and Poisoning	2	-	2	34	-	34	-
5	Principles of Diet Planning	1	-	1	17	-	34	-
6	Application of Computer in Nutritional Sciences	-	1	1	-	34	34	-
7	Nutrition in Life Cycle	3	-	3	51	-	51	-
8	Nutrition for Special Groups	2	-	2	34	-	34	-
9	Nutritional Services in Primary Health Care	2	-	2	34	-	34	-
10	Basic Nutrition I	2	-	2	34	-	34	-
11	Basic Nutrition II	3	-	3	51	-	51	10
12	Dietetics I	2	-	2	34	-	34	-
13	Dietetics II	2	-	2	34	-	34	12
<b>Total</b>		<b>25</b>						

In addition to the required courses of the program, the student is required to complete a maximum of 24 credits from the compensatory courses (Table 1), as determined by the academic department and approved by the Graduate Studies Council of the university.

## Table 2- Core Courses

Code	Course Title	Course Credits			Credit Hours			Prerequisite
		Theoretical	Practical	Total	Theoretical	Practical	Total	
14	Applied Statistics in Nutritional Sciences	1	1	2	17	34	51	02
15	Research Methodology in Community Nutrition	1	1	2	17	34	51	03 and 14
16	Community Nutrition Assessment	2	1	3	34	34	68	-
17	Nutritional Epidemiology	2	-	2	34	-	34	03
18	Advanced Nutrition	3	-	3	51	-	51	-
19	Food and Nutrition Economics	2	-	2	34	-	34	-
20	Communication, Promotion, and Changes of Nutritional Behavior	2	-	2	34	-	34	-
21	Design, Management, and Evaluation of Food and Nutrition Programs	1	1	2	17	34	51	15 and 16
22	Food and Nutrition Security	1	-	1	17	-	17	19
23	Community Nutrition Seminar	1	-	1	17	-	17	06 and 15
24	Field Training in Community Nutrition	-	2	2	-	102	102	All Courses
Total		22						

### Table 3- Non-Core Courses

Students must complete 4 credits from the above courses (Table 3) in accordance with the topic of their thesis, with the approval of their thesis advisor and the approval of the Graduate Studies Council of the university.

Code	Course Title	Course Credits			Credit Hours			Prerequisite
		Theoretical	Practical	Total	Theoretical	Practical	Total	
25	Food Safety	1	-	1	17	-	17	-
26	Advanced Specialized Language	2	-	2	34	-	34	-
27	Applied Software in Nutrition	-	1	1	-	34	34	06
28	Nutrition in Disasters and Emergency Situations	2	-	2	34	-	34	-
29	Entrepreneurship in Food and Nutrition	2	-	2	34	-	34	-
30	Current Topics in Community Nutrition	2	-	2	34	-	34	-
<b>Total</b>		<b>10</b>						