



University of Pretoria Yearbook 2022

BSc (Nutrition) (02133322)

Department Consumer and Food Sciences

Minimum duration of study 4 years

Total credits 543

NQF level 08

Programme information

The BSc (Nutrition) degree programme is offered by the Faculty of Natural and Agricultural Sciences. Students are, however, enrolled for modules in both the Faculty of Natural and Agricultural Sciences and the Faculty of Health Sciences.

Admission requirements

Important information for all prospective students for 2022

- The admission requirements apply to students who apply for admission to the University of Pretoria with a **National Senior Certificate (NSC) and Independent Examination Board (IEB) qualifications.**
- **Applicants with qualifications other than the abovementioned** should refer to:
 - **Brochure:** Undergraduate Programme Information 2022: Qualifications other than the NSC and IEB, available at [click here](#).
- **Citizens from countries other than South Africa (applicants who are not South African citizens)** should also refer to:
 - **Brochure:** Newcomer's Guide 2021, available at [click here](#).
 - **Website:** [click here](#).
- **School of Tomorrow (SOT), Accelerated Christian Education (ACE) and General Education Development Test (GED):** The University of Pretoria no longer accepts qualifications awarded by these institutions.
- **National Certificate (Vocational) (NCV) Level 4:** The University of Pretoria may consider NCV candidates, provided they meet the exemption for bachelor's status criteria and the programme requirements.

Transferring students

A transferring student is a student who, at the time of application for a degree programme at the University of Pretoria (UP) –

- is a registered student at another tertiary institution, **or** was previously registered at another tertiary institution and did not complete the programme enrolled for at that institution, and is not currently enrolled at a tertiary institution, **or** has completed studies at another tertiary institution, but is not currently enrolled at a tertiary institution, **or** has started with tertiary studies at UP, then moved to another tertiary institution and wants to be readmitted at UP.

A transferring student will be considered for admission based on



- an NSC or equivalent qualification with exemption to bachelor's or diploma studies (whichever is applicable); **and** meeting the minimum faculty-specific subject requirements at NSC or tertiary level; **or** having completed a higher certificate at a tertiary institution with faculty-specific subjects/modules passed (equal to or more than 50%), as well as complying with faculty rules on admission;
- previous academic performance (must have passed all modules registered for up to the closing date of application) or as per faculty regulation/promotion requirements;
- a certificate of good conduct.

Note: Students who have been dismissed at the previous institution due to poor academic performance, will not be considered for admission to UP.

Returning students

A returning student is a student who, at the time of application for a degree programme -

- is a registered student at UP, and wants to transfer to another degree at UP, **or** was previously registered at UP and did not complete the programme enrolled for, and did not enrol at another tertiary institution in the meantime (including students who applied for leave of absence), **or** has completed studies at UP, but is not currently enrolled or was not enrolled at another tertiary institution after graduation.

A returning student will be considered for admission based on

- an NSC or equivalent qualification with exemption to bachelor's or diploma studies (whichever is applicable); **and** meeting the minimum faculty-specific subject requirements at NSC or tertiary level; **or** previous academic performance (should have a cumulative weighted average of at least 50% for the programme enrolled for);
- having applied for and was granted leave of absence.

Note: Students who have been excluded/dismissed from a faculty due to poor academic performance may be considered for admission to another programme at UP. The Admissions Committee may consider such students if they were not dismissed more than twice. Only ONE transfer between UP faculties will be allowed, and a maximum of two (2) transfers within a faculty.

Important faculty-specific information on undergraduate programmes for 2022

- The closing date is an administrative admission guideline for non-selection programmes. Once a non-selection programme is full and has reached the institutional targets, then that programme will be closed for further admissions, irrespective of the closing date. However, if the institutional targets have not been met by the closing date, then that programme will remain open for admissions until the institutional targets are met.
- The following persons will be considered for admission: Candidates who have a certificate that is deemed by the University to be equivalent to the required National Senior Certificate (NSC) with university endorsement; candidates who are graduates from another tertiary institution or have been granted the status of a graduate of such an institution, and candidates who are graduates of another faculty at the University of Pretoria.
- Life Orientation is excluded when calculating the Admission Point Score (APS).
- Grade 11 results are used for the conditional admission of prospective students. Final admission is based on the final NSC/IEB results.

University of Pretoria website: [click here](#)

Minimum requirements Achievement level



**English Home
Language or
English First
Additional
Language**

Mathematics

Physical Sciences

APS

NSC/IEB

NSC/IEB

NSC/IEB

5

5

5

32

Candidates who do not comply with the minimum admission requirements for BSc (Nutrition), may be considered for admission to the BSc – Extended programme – Biological and Agricultural Sciences, which requires an additional year of study. Students who are placed in the BSc – Extended programme – Biological and Agricultural Sciences will take a minimum of five years to complete the BSc (Nutrition) programme.

BSc - Extended Programme - Biological and Agricultural Sciences

Minimum requirements

Achievement level

English Home

Language or

English First

Additional

Language

Mathematics

Physical Sciences

APS

NSC/IEB

NSC/IEB

NSC/IEB

4

4

4

26

Note:

*The BSc – Extended programmes are not available for students who meet all the requirements for the corresponding mainstream programme.

*Please note that only students who apply in their final NSC or equivalent qualification year will be considered for admission into any of the BSc – Extended programmes.

Other programme-specific information

1.1 Requirements for specific modules

A candidate who:

- does not qualify for STK 110, must enrol for STK 113 and STK 123;
- registers for Mathematical Statistics (WST) and Statistics (STK) modules must take note that WST and STK modules, except for STK 281, may not be taken simultaneously in a programme; a student must take one and only one of the following options:
 - WST 111, WST 121, WST 212, WST 211, WST 221, WST 311, WST 312, WST 322, WST 321, and STK 353
or
 - WST 111, WST 121, WST 212, WST 211, WST 221, WST 311, WST 312, WST 322, STK320, STK353.
or
 - STK 110, STK 122, STK 210, STK 220, WST 212, STK 310, STK 320, STK 353.
- registers for a module presented by another faculty must take note of the timetable clashes, prerequisites for that module, subminimum required in examination papers, supplementary examinations, etc.



1.2 Fundamental modules

- a. It is compulsory for all new first-year students to satisfactorily complete the Academic orientation (UPO 102) and to take Academic information management modules (AIM 111 and AIM 121) and Language and study skills (LST 110). Please see curricula for details.
- b. Students who intend to apply for admission to MBChB or BChD in the second semester, when places become available in those programmes, may be permitted to register for up to 80 module credits and 4 core modules in the first semester during the first year provided that they obtained a final mark of no less than 70% for Grade 12 Mathematics and achieved an APS of 34 or more in the NSC.

Promotion to next study year

A student will be promoted to the following year of study if he or she passed 100 credits of the prescribed credits for a year of study, unless the Dean on the recommendation of the relevant head of department decides otherwise. A student who does not comply with the requirements for promotion to the following year of study, retains the credit for the modules already passed and may be admitted by the Dean, on recommendation of the relevant head of department, to modules of the following year of study to a maximum of 48 credits, provided that it will fit in with both the lecture and examination timetable.

General promotion requirements in the faculty

All students whose academic progress is not acceptable can be suspended from further studies.

- A student who is excluded from further studies in terms of the stipulations of the abovementioned regulations, will be notified in writing by the Dean or Admissions Committee at the end of the relevant semester.
- A student who has been excluded from further studies may apply in writing to the Admissions Committee of the Faculty of Natural and Agricultural Sciences for re-admission.
- Should the student be re-admitted by the Admissions Committee, strict conditions will be set which the student must comply with in order to proceed with his/her studies.
- Should the student not be re-admitted to further studies by the Admissions Committee, he/she will be informed in writing.
- Students who are not re-admitted by the Admissions Committee have the right to appeal to the Senate Appeals Committee.
- Any decision taken by the Senate Appeals Committee is final.



Curriculum: Year 1

Minimum credits: 134

Fundamental = 14

Core = 120

Fundamental modules

Academic information management 111 (AIM 111)

Module credits 4.00

NQF Level 05

Service modules

Faculty of Engineering, Built Environment and Information Technology
Faculty of Education
Faculty of Economic and Management Sciences
Faculty of Humanities
Faculty of Law
Faculty of Health Sciences
Faculty of Natural and Agricultural Sciences
Faculty of Theology and Religion

Prerequisites No prerequisites.

Contact time 2 lectures per week

Language of tuition Module is presented in English

Department Information Science

Period of presentation Semester 1

Module content

Find, evaluate, process, manage and present information resources for academic purposes using appropriate technology.

Academic information management 121 (AIM 121)

Module credits 4.00

NQF Level 05

Service modules

Faculty of Engineering, Built Environment and Information Technology
Faculty of Education
Faculty of Economic and Management Sciences
Faculty of Humanities
Faculty of Law
Faculty of Health Sciences
Faculty of Natural and Agricultural Sciences
Faculty of Theology and Religion
Faculty of Veterinary Science

Prerequisites No prerequisites.

Contact time 2 lectures per week



Language of tuition Module is presented in English

Department Informatics

Period of presentation Semester 2

Module content

Apply effective search strategies in different technological environments. Demonstrate the ethical and fair use of information resources. Integrate 21st-century communications into the management of academic information.

Language and study skills 110 (LST 110)

Module credits 6.00

NQF Level 05

Service modules Faculty of Natural and Agricultural Sciences
Faculty of Veterinary Science

Prerequisites No prerequisites.

Contact time 2 lectures per week

Language of tuition Module is presented in English

Department Unit for Academic Literacy

Period of presentation Semester 1

Module content

The module aims to equip students with the ability to cope with the reading and writing demands of scientific disciplines.

Academic orientation 102 (UPO 102)

Module credits 0.00

NQF Level 00

Language of tuition Module is presented in English

Department Natural and Agricultural Sciences Deans Office

Period of presentation Year

Core modules

Biometry 120 (BME 120)

Module credits 16.00

NQF Level 05

Service modules Faculty of Engineering, Built Environment and Information Technology
Faculty of Natural and Agricultural Sciences
Faculty of Veterinary Science

Prerequisites At least 4 (50-59%) in Mathematics in the Grade 12 examination, or at least 50% in both Statistics 113, 123



Contact time 1 practical per week, 4 lectures per week

Language of tuition Module is presented in English

Department Statistics

Period of presentation Semester 2

Module content

Simple statistical analysis: Data collection and analysis: Samples, tabulation, graphical representation, describing location, spread and skewness. Introductory probability and distribution theory. Sampling distributions and the central limit theorem. Statistical inference: Basic principles, estimation and testing in the one- and two-sample cases (parametric and non-parametric). Introduction to experimental design. One- and two-way designs, randomised blocks. Multiple statistical analysis: Bivariate data sets: Curve fitting (linear and non-linear), growth curves. Statistical inference in the simple regression case. Categorical analysis: Testing goodness of fit and contingency tables. Multiple regression and correlation: Fitting and testing of models. Residual analysis. Computer literacy: Use of computer packages in data analysis and report writing.

General chemistry 117 (CMY 117)

Module credits 16.00

NQF Level 05

Service modules Faculty of Engineering, Built Environment and Information Technology
Faculty of Education
Faculty of Health Sciences
Faculty of Veterinary Science

Prerequisites A candidate must have Mathematics for at least 60% and 60% for Physical Sciences.

Contact time 1 practical per week, 4 lectures per week

Language of tuition Module is presented in English

Department Chemistry

Period of presentation Semester 1

Module content

General introduction to inorganic, analytical and physical chemistry. Atomic structure and periodicity. Molecular structure and chemical bonding using the VSEOR model. Nomenclature of inorganic ions and compounds. Classification of reactions: precipitation, acid-base, redox reactions and gas-forming reactions. Mole concept and stoichiometric calculations concerning chemical formulas and chemical reactions. Principles of reactivity: energy and chemical reactions. Physical behaviour gases, liquids, solids and solutions and the role of intermolecular forces. Rate of reactions: Introduction to chemical kinetics.

General chemistry 127 (CMY 127)

Module credits 16.00

NQF Level 05



Service modules Faculty of Engineering, Built Environment and Information Technology
Faculty of Education
Faculty of Health Sciences
Faculty of Veterinary Science

Prerequisites Natural and Agricultural Sciences students: CMY 117 GS or CMY 154 GS Health Sciences students: none

Contact time 1 practical per week, 4 lectures per week

Language of tuition Module is presented in English

Department Chemistry

Period of presentation Semester 2

Module content

Theory: General physical-analytical chemistry: Chemical equilibrium, acids and bases, buffers, solubility equilibrium, entropy and free energy, electrochemistry. Organic chemistry: Structure (bonding), nomenclature, isomerism, introductory stereochemistry, introduction to chemical reactions and chemical properties of organic compounds and biological compounds, i.e. carbohydrates and aminoacids. Practical: Molecular structure (model building), synthesis and properties of simple organic compounds.

Introduction to food, nutrition and health 121 (FNH 121)

Module credits 8.00

NQF Level 05

Prerequisites Natural and Agricultural Sciences students

Contact time 1 practical per week, 2 lectures per week

Language of tuition Module is presented in English

Department Consumer and Food Sciences

Period of presentation Semester 2



Module content

By 2050 the world will have to feed more than 8 billion people. This module provides the initial science base in Food, Nutrition and Health and introduces some scientific principles and fundamental concepts.

Lectures: Introduction to food choice as affected by social factors, religious influences, ethnicity, health, safety, economics, food sensory properties; Introduction to the food supply chain with special emphasis on the nutritional, environmental, ethical and safety issues that are of importance to consumers; Hunger - food needs, including food and nutrition security, nature of nutritional problems, approaches to combat over- and undernutrition; Introduction to nutrition: Nutrients in foods; nutrient composition of foods; bioavailability of nutrients; diet and chronic diseases; the keys to healthy eating; Introduction to functional chemical components of food; Introduction to food processing and preservation; Introduction to food safety, hazards and risks; Introduction to food quality and consumer preferences; Importance of food legislation to ensure a healthy and safe food supply including nutritional labelling; health and nutrition claims; Food, Nutrition and Health issues in the News.

Practical work: Principles and practice of basic concepts in food, nutrition and health.

All lectures and practical discussion sessions focus on the role of food science and nutrition in addressing the UN Sustainable Development Goals of achieving food security and improving good health and well-being (#1, 2, 3 and 6).

Introductory genetics 161 (GTS 161)

Module credits 8.00

NQF Level 05

Service modules Faculty of Engineering, Built Environment and Information Technology
Faculty of Education
Faculty of Veterinary Science

Prerequisites MLB 111 GS

Contact time 2 lectures per week, fortnightly tutorials

Language of tuition Module is presented in English

Department Biochemistry, Genetics and Microbiology

Period of presentation Semester 2

Module content

Chromosomes and cell division. Principles of Mendelian inheritance: locus and alleles, dominance interactions, extensions and modifications of basic principles.. Probability studies. Sex determination and sex linked traits. Pedigree analysis. Genetic linkage and chromosome mapping. Chromosome variation.

Introduction to microbiology 161 (MBY 161)

Module credits 8.00

NQF Level 05

Service modules Faculty of Engineering, Built Environment and Information Technology

Prerequisites No prerequisites.

Contact time 2 lectures per week, fortnightly tutorials



Language of tuition Module is presented in English

Department Biochemistry, Genetics and Microbiology

Period of presentation Semester 2

Module content

The module will introduce the student to the field of Microbiology. Basic Microbiological aspects that will be covered include introduction into the diversity of the microbial world (bacteria, archaea, eukaryotic microorganisms and viruses), basic principles of cell structure and function, microbial nutrition and microbial growth and growth control. Applications in Microbiology will be illustrated by specific examples i.e. bioremediation, animal-microbial symbiosis, plant-microbial symbiosis and the use of microorganisms in industrial microbiology. Wastewater treatment, microbial diseases and food will be introduced using specific examples.

Molecular and cell biology 111 (MLB 111)

Module credits 16.00

NQF Level 05

Service modules Faculty of Engineering, Built Environment and Information Technology
Faculty of Education
Faculty of Health Sciences
Faculty of Veterinary Science

Prerequisites A candidate who has passed Mathematics with at least 60% in the Grade 12 examination

Contact time 1 practical/tutorial per week, 4 lectures per week

Language of tuition Module is presented in English

Department Biochemistry, Genetics and Microbiology

Period of presentation Semester 1

Module content

Introduction to the molecular structure and function of the cell. Basic chemistry of the cell. Structure and composition of prokaryotic and eukaryotic cells. Ultrastructure and function of cellular organelles, membranes and the cytoskeleton. General principles of energy, enzymes and cell metabolism. Selected processes, e.g. glycolysis, respiration and/or photosynthesis. Introduction to molecular genetics: DNA structure and replication, transcription, translation. Cell growth and cell division.

Physics for biology students 131 (PHY 131)

Module credits 16.00

NQF Level 05

Service modules Faculty of Education
Faculty of Health Sciences
Faculty of Veterinary Science

Prerequisites A candidate must have passed Mathematics with at least 60% in the Grade 12 examination



Contact time	1 discussion class per week, 1 practical per week, 4 lectures per week
Language of tuition	Module is presented in English
Department	Physics
Period of presentation	Semester 1

Module content

Units, vectors, one dimensional kinematics, dynamics, work, equilibrium, sound, liquids, heat, thermodynamic processes, electric potential and capacitance, direct current and alternating current, optics, modern physics, radio activity.

Mathematics 134 (WTW 134)

Module credits 16.00

NQF Level 05

Service modules Faculty of Engineering, Built Environment and Information Technology
Faculty of Education
Faculty of Veterinary Science

Prerequisites 50% for Mathematics in Grade 12

Contact time 1 tutorial per week, 4 lectures per week

Language of tuition Module is presented in English

Department Mathematics and Applied Mathematics

Period of presentation Semester 1

Module content

**Students will not be credited for more than one of the following modules for their degree: WTW 134, WTW 165, WTW 114, WTW 158. WTW 134 does not lead to admission to Mathematics at 200 level and is intended for students who require Mathematics at 100 level only. WTW 134 is offered as WTW 165 in the second semester only to students who have applied in the first semester of the current year for the approximately 65 MBChB, or the 5-6 BChD places becoming available in the second semester and who were therefore enrolled for MGW 112 in the first semester of the current year.*

Functions, derivatives, interpretation of the derivative, rules of differentiation, applications of differentiation, integration, interpretation of the definite integral, applications of integration. Matrices, solutions of systems of equations. All topics are studied in the context of applications.



Curriculum: Year 2

Minimum credits: 147

Core modules = 132

Core modules

Introduction to proteins and enzymes 251 (BCM 251)

Module credits	12.00
NQF Level	06
Service modules	Faculty of Health Sciences
Prerequisites	CMY 117 GS and CMY 127 GS and MLB 111 GS
Contact time	1 tutorial per week, 2 lectures per week
Language of tuition	Module is presented in English
Department	Biochemistry, Genetics and Microbiology
Period of presentation	Semester 1

Module content

Structural and ionic properties of amino acids. Peptides, the peptide bond, primary, secondary, tertiary and quaternary structure of proteins. Interactions that stabilise protein structure, denaturation and renaturation of proteins. Introduction to methods for the purification of proteins, amino acid composition, and sequence determinations. Enzyme kinetics and enzyme inhibition. Allosteric enzymes, regulation of enzyme activity, active centres and mechanisms of enzyme catalysis. Examples of industrial applications of enzymes and in clinical pathology as biomarkers of diseases. Online activities include introduction to practical laboratory techniques and Good Laboratory Practice; techniques for the quantitative and qualitative analysis of biological molecules; enzyme activity measurements; processing and presentation of scientific data.

Carbohydrate metabolism 252 (BCM 252)

Module credits	12.00
NQF Level	06
Service modules	Faculty of Education Faculty of Health Sciences
Prerequisites	BCM 251 GS and BCM 257 GS.
Contact time	1 tutorial per week, 2 lectures per week
Language of tuition	Module is presented in English
Department	Biochemistry, Genetics and Microbiology
Period of presentation	Semester 2



Module content

Carbohydrate structure and function. Blood glucose measurement in the diagnosis and treatment of diabetes. Bioenergetics and biochemical reaction types. Glycolysis, gluconeogenesis, glycogen metabolism, pentose phosphate pathway, citric acid cycle and electron transport. Total ATP yield from the complete oxidation of glucose. A comparison of cellular respiration and photosynthesis. Online activities include techniques for the study and analysis of metabolic pathways and enzymes; PO ratio of mitochondria, electrophoresis, extraction, solubility and gel permeation techniques; scientific method and design.

Introductory biochemistry 257 (BCM 257)

Module credits	12.00
NQF Level	06
Prerequisites	CMY 117 GS and CMY 127 GS and MLB 111 GS
Contact time	1 tutorial per week, 2 lectures per week
Language of tuition	Module is presented in English
Department	Biochemistry, Genetics and Microbiology
Period of presentation	Semester 1

Module content

Chemical foundations. Weak interactions in aqueous systems. Ionisation of water, weak acids and weak bases. Buffering against pH changes in biological systems. Water as a reactant and function of water. Carbohydrate structure and function. Biochemistry of lipids and membrane structure. Nucleotides and nucleic acids. Other functions of nucleotides: energy carriers, components of enzyme cofactors and chemical messengers. Introduction to metabolism. Bioenergetics and biochemical reaction types. Online activities include introduction to laboratory safety and Good Laboratory Practice; basic biochemical calculations; experimental method design and scientific controls, processing and presentation of scientific data.

Lipid and nitrogen metabolism 261 (BCM 261)

Module credits	12.00
NQF Level	06
Service modules	Faculty of Health Sciences
Prerequisites	BCM 251 GS and BCM 257 GS.
Contact time	1 tutorial per week, 2 lectures per week
Language of tuition	Module is presented in English
Department	Biochemistry, Genetics and Microbiology
Period of presentation	Semester 2



Module content

Biochemistry of lipids, membrane structure, anabolism and catabolism of lipids. Total ATP yield from the complete catabolism of lipids. Electron transport chain and energy production through oxidative phosphorylation. Nitrogen metabolism, amino acid biosynthesis and catabolism. Biosynthesis of neurotransmitters, pigments, hormones and nucleotides from amino acids. Catabolism of purines and pyrimidines. Therapeutic agents directed against nucleotide metabolism. Examples of inborn errors of metabolism of nitrogen containing compounds. The urea cycle, nitrogen excretion. Online activities include training in scientific reading skills; evaluation of a scientific report; techniques for separation analysis and visualisation of biological molecules; hypothesis design and testing, method design and scientific controls.

Introductory and neurophysiology 211 (FLG 211)

Module credits	12.00
NQF Level	06
Service modules	Faculty of Natural and Agricultural Sciences
Prerequisites	CMY 127 GS and MLB 111 GS
Contact time	1 practical per week, 2 lectures per week
Language of tuition	Module is presented in English
Department	Physiology
Period of presentation	Semester 1

Module content

Orientation in physiology, homeostasis, cells and tissue, muscle and neurophysiology, cerebrospinal fluid and the special senses.

Practical work: Practical exercises to complement the theory.

Circulatory physiology 212 (FLG 212)

Module credits	12.00
NQF Level	06
Service modules	Faculty of Natural and Agricultural Sciences
Prerequisites	CMY 127 GS and MLB 111 GS
Contact time	1 practical per week, 2 lectures per week
Language of tuition	Module is presented in English
Department	Physiology
Period of presentation	Semester 1

Module content

Body fluids; haematology; cardiovascular physiology and the lymphatic system. Practical work: Practical exercises to complement the theory.



Lung and renal physiology, acid-base balance and temperature 221 (FLG 221)

Module credits	12.00
NQF Level	06
Service modules	Faculty of Natural and Agricultural Sciences
Prerequisites	FLG 211 GS and FLG 212 GS
Contact time	1 practical per week, 2 lectures per week
Language of tuition	Module is presented in English
Department	Physiology
Period of presentation	Semester 2

Module content

Structure, gas exchange and non-respiratory functions of the lungs; structure, excretory and non-urinary functions of the kidneys, acid-base balance, as well as the skin and body temperature control.
Practical work: Practical exercises to complement the theory.

Digestion, endocrinology and reproductive systems 222 (FLG 222)

Module credits	12.00
NQF Level	06
Service modules	Faculty of Natural and Agricultural Sciences
Prerequisites	FLG 211 GS and FLG 212 GS
Contact time	1 practical per week, 2 lectures per week
Language of tuition	Module is presented in English
Department	Physiology
Period of presentation	Semester 2

Module content

Nutrition, digestion and metabolism; hormonal control of the body functions and the reproductive systems.
Practical work: Practical exercises to complement the theory.

Human nutrition 210 (HNT 210)

Module credits	20.00
NQF Level	06
Service modules	Faculty of Natural and Agricultural Sciences
Prerequisites	2nd-year status
Contact time	1 discussion class per week, 4 lectures per week
Language of tuition	Module is presented in English
Department	Human Nutrition



Period of presentation Semester 1

Module content

Application of scientific principles in human nutrition.
Standards, guidelines and food composition tables.

Human nutrition 220 (HNT 220)

Module credits 20.00

NQF Level 06

Service modules Faculty of Natural and Agricultural Sciences

Prerequisites FLG 211 GS FLG 212 GS BCM 253 BCM 254 BCM 255 BCM 256 VDG 250 HNT 210

Contact time 1 discussion class per week, 3 lectures per week

Language of tuition Module is presented in English

Department Human Nutrition

Period of presentation Semester 2

Module content

Human nutrition in the life cycle: Nutritional screening, nutritional needs, nutrition problems and prevention thereof, growth monitoring and meal/menu planning.



Curriculum: Year 3

Minimum credits: 120

Core modules = 132

Core modules

Macromolecules of life: structure-function and bioinformatics 356 (BCM 356)

Module credits	18.00
NQF Level	07
Prerequisites	BCM 251 GS and BCM 257 GS and BCM 261 GS and BCM 252 GS.
Contact time	1 practical/tutorial per week, 2 lectures per week
Language of tuition	Module is presented in English
Department	Biochemistry, Genetics and Microbiology
Period of presentation	Semester 1

Module content

Structure, function, bioinformatics and biochemical analysis of (oligo)nucleotides, amino acids, proteins and ligands - and their organisation into hierarchical, higher order, interdependent structures. Principles of structure-function relationships, protein folding, sequence motifs and domains, higher order and supramolecular structure, self-assembly, conjugated proteins, post-translational modifications. Molecular recognition between proteins, ligands, DNA and RNA or any combinations. The RNA structural world, RNAi, miRNA and ribosomes. Cellular functions of coding and non-coding nucleic acids. Basic principles of mass spectrometry, nuclear magnetic resonance spectroscopy, X-ray crystallography and proteomics. Protein purification and characterisation including, pI, molecular mass, amino acid composition and sequence. Mechanistic aspects and regulation of information flow from DNA via RNA to proteins and back. Practical training includes hands-on nucleic acid purification and sequencing, protein production and purification, analysis by SDS-PAGE or mass spectrometry, protein structure analysis and 3D protein modelling.

Molecular basis of disease 368 (BCM 368)

Module credits	18.00
NQF Level	07
Prerequisites	BCM 251 and BCM 257 and BCM 261 GS BCM 252 GS.
Contact time	1 practical/tutorial per week, 2 lectures per week
Language of tuition	Module is presented in English
Department	Biochemistry, Genetics and Microbiology
Period of presentation	Semester 2



Module content

Molecular mechanisms behind exogenous and endogenous diseases. Foundational knowledge of the immune system, with innate-, adaptive- and auto-immunity (molecular mechanisms of the maintenance and failure of the recognition of foreign in the context of self in the mammalian body) being some of the key concepts. Molecular pathology and immunobiochemistry of exogenous diseases against viral, bacterial and parasitic pathogens with a focus on the human immunodeficiency virus (HIV), tuberculosis (TB) and malaria. Endogenous disease will describe the biochemistry of normal cell cycle proliferation, quiescence, senescence, differentiation and apoptosis, and abnormal events as illustrated by cancer. Tutorials will focus on immunoassays, vaccines, diagnostic tests for diseases and drug discovery towards therapeutics.

International nutrition 321 (FNH 321)

Module credits	20.00
NQF Level	08
Prerequisites	No prerequisites.
Contact time	2 discussion classes per week
Language of tuition	Module is presented in English
Department	Consumer and Food Sciences
Period of presentation	Semester 2

Module content

Discussion classes in International Nutrition focus on the most important current nutrition issues affecting populations worldwide. It includes identifying nutrition challenges and trends in both developing and developed countries. The course includes aspects of epidemiology, disease etiology, and consequences of under-nutrition and over-nutrition.

Food chemistry 351 (FST 351)

Module credits	18.00
NQF Level	07
Prerequisites	BCM 251 and BCM 252 and BCM 261 and BCM 257 or permission of the HOD.
Contact time	1 practical per week, 2 lectures per week
Language of tuition	Module is presented in English
Department	Consumer and Food Sciences
Period of presentation	Semester 1

Module content

Lectures - Chemistry of major food components: Carbohydrates. Proteins. Lipids. Water. Chemical and nutritional aspects of food processing: implications of different processing techniques on the major food components. Functional properties of the major food components. Modification of functional properties of the major food components. Food analysis methodology. Practical work: Food analysis.



Food chemistry (2) 352 (FST 352)

Module credits	18.00
NQF Level	07
Prerequisites	BCM 251 and BCM 252 and BCM 261 and BCM 257 or permission from the HOD.
Contact time	1 practical per week, 2 lectures per week
Language of tuition	Module is presented in English
Department	Consumer and Food Sciences
Period of presentation	Semester 1

Module content

Lectures - Basic food analysis and chemistry of the minor food components: Basic food analysis, vitamins, minerals, additives, contaminants. Chemical and nutritional aspects of food processing: implications of different processing techniques on minor food components. Functional properties of the minor food components. Food analysis methodology. Practical work: Food analysis.

Nutritional assessment 314 (NTA 314)

Module credits	22.00
NQF Level	07
Prerequisites	Third-year status
Contact time	1 discussion class per week, 4 lectures per week
Language of tuition	Module is presented in English
Department	Consumer and Food Sciences
Period of presentation	Semester 1

Module content

Evaluation of nutritional assessment.
Nutrition care process; overview of evaluation of nutritional status. Scientific principles of evaluation of nutritional status; nutritional screening; clinical, biochemical and dietary evaluation of nutritional status.

Food composition and applied nutritional programmes 364 (VWV 364)

Module credits	18.00
NQF Level	07
Prerequisites	FST 351 and FST 352 or permission from the HOD.
Contact time	1 practical per week, 2 lectures per week
Language of tuition	Module is presented in English
Department	Consumer and Food Sciences
Period of presentation	Semester 2



Module content

Generation, interpretation and application of food composition data in nutrition programmes. Chemical composition of foods: sampling for food analysis, assessing methods of food analysis for inclusion in food composition data. Interpretation of food composition data. Nutritional labeling of food. Use of nutritional data in food formulations. Dietary supplementation, enrichment and fortification of foods.



Curriculum: Final year

Minimum credits: 134

Core modules = 132

Core modules

Biometry 210 (BME 210)

Module credits	24.00
NQF Level	06
Service modules	Faculty of Natural and Agricultural Sciences
Prerequisites	BME 120
Contact time	1 practical per week, 4 lectures per week
Language of tuition	Module is presented in English
Department	Statistics
Period of presentation	Semester 1

Module content

Analysis of variance: Multi-way classification. Testing of model assumptions, graphics. Multiple comparisons. Fixed, stochastic and mixed effect models. Block experiments. Estimation of effects. Experimental design: Principles of experimental design. Factorial experiments: Confounding, single degree of freedom approach, hierarchical classification. Balanced and unbalanced designs. Split-plot designs. Analysis of covariance. Computer literacy: Writing and interpretation of computer programmes. Report writing.

Research project 400 (FNH 400)

Module credits	40.00
NQF Level	08
Prerequisites	Third-year status
Contact time	1 lecture per week, 2 practicals per week
Language of tuition	Module is presented in English
Department	Consumer and Food Sciences
Period of presentation	Semester 1

Module content

A laboratory-based, analytical research project on an approved topic in nutritional sciences is planned, executed and presented in the form of a written report.

Advanced food, nutrition and health 420 (FNH 420)

Module credits	20.00
NQF Level	08



Prerequisites Third-year status or permission from the HOD.

Contact time 1 discussion class per week

Language of tuition Module is presented in English

Department Consumer and Food Sciences

Period of presentation Semester 2

Module content

Discussion classes in advanced level of nutritional sciences in topics including Micronutrient metabolism in human health and disease, Nutritional Bioavailability, Nutrigenomics, Nutrition intervention, Nutrition and the metabolic syndrome. Problem solving and literature discussion.

Research methodology and seminar 400 (FST 400)

Module credits 20.00

NQF Level 08

Prerequisites Third-year status or permission from the HOD.

Contact time 1 day seminar in semester 2, 1 workshop of 5 days in semester 1

Language of tuition Module is presented in English

Department Consumer and Food Sciences

Period of presentation Year

Module content

Lectures and assignments: Research methodology. Literature study and seminar presentations on topics in food science and/or technology. The student must also pass an oral examination at the end of the module.

Sensory evaluation 412 (FST 412)

Module credits 10.00

NQF Level 08

Prerequisites FST 260, FST 351 and FST 352 or permission from the HOD.

Contact time 12 discussion classes, 6 practicals per semester

Language of tuition Module is presented in English

Department Consumer and Food Sciences

Period of presentation Semester 1

Module content

Principles and applications of sensory evaluation. Types of panels, tests and test conditions and their functions. Selection and training of panellists for descriptive sensory evaluation. Instrumental sensory quality measurements. Statistical analysis and interpretation of data. Practical: Practical aspects and execution of sensory evaluation techniques, analysis and interpretation of data. Instrumental sensory quality measurements.



Advanced human nutrition 411 (HNT 411)

Module credits	10.00
NQF Level	08
Service modules	Faculty of Natural and Agricultural Sciences
Prerequisites	4th-year status
Contact time	1 discussion class per week, 3 lectures per week
Language of tuition	Module is presented in English
Department	Human Nutrition
Period of presentation	Semester 1

Module content

Seminars and case studies (theory and practical application): Eating behaviour, eating disorders, nutrient/nutrition supplementation, sports nutrition, vegetarianism, food safety, nutrition of the disabled, prevention of non-communicable disease of lifestyle; nutrition and immunity; nutrition and genetics.

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