

Transition study programme for the last 3 semesters of the GNH curriculum 2017-2018:

<i>Autumn Semester</i>	Period: Week 35-40	Period: Week 41-04	Total ECTS		
<i>5th semester transition</i> <i>Inter-Professional Perspectives (Elective PHNFP/LHE), Interdisciplinary Research and Project Management in Global Nutrition and Health</i>	Inter-professional course (10 ECTS): Elective 1: Disaster risk reduction & nutrition (PHNFP) Elective 2: Psychosocial care and counselling in promoting health & wellbeing (LHE)	Interdisciplinary Research and Project Management (20 ECTS)	30		
<i>Spring Semester:</i>	Period: Week 06-20	Period: Week 21-26	Total ECTS		
<i>6th semester transition</i> <i>Elective in Global Nutrition & Health (PHNFP/ LHE) and Internship 2a</i>	Elective 1: Public Health Nutrition and Global Nutrition & Health Promotion (22 ECTS) Elective 2: Health Psychology & Health Education Strategies: Contextual Influences and Lifestyle Interventions (22 ECTS)	Internship 2a, (8 ECTS)	30		
<i>Autumn semester</i>	Period Week 35-40	Period Week 41-04	Total ECTS		
<i>7th semester transition</i> <i>Internship 2b and Bachelor Project</i>	Internship 2b, (10 ECTS)	BA thesis (20 ECTS)	30		
Semester/exam	Theoretical or practical	Internal or external	Written or oral	Group or individual	ECTS
5th semester					
Exam a: Research and Knowledge production	Theoretical	External	Written + Oral	Group	20 ECTS
Exam b: Inter-professional elective	Theoretical	Internal	Oral	Group	10 ECTS
6th semester					
Exam a: Elective courses	Theoretical	Internal	Written + Oral	Individual	22 ECTS

Exam b: Internship 2a	Practical	Internal	90% attendance	Individual	8 ECTS
7th semester					
Exam a: Internship 2b	Practical	Internal	90% attendance	Individual	10 ECTS
Exam b: *BA project	Theoretical	External	Written + Oral	Individual submission + Individual oral defence or Group submission + Individual oral defence	20 ECTS

5th Semester: Inter-Professional Perspectives (Elective PHNFP/LHE), Interdisciplinary Research and Project Management in Global Nutrition and Health

Content

Semester 5 will train the students' ability to work in inter-professional and interdisciplinary collaborations, in planning, implementation and evaluation of health and nutrition related research projects and interventions. The main topics are data management, data analysis, research paradigms, ethics and project management.

Learning outcomes

In the course of the fifth semester, the student achieves the following learning outcomes:

Knowledge

The graduate:

- possesses knowledge of, and is able to understand and reflect on, people's objectives, and is able to participate in inter-professional and inter-sectoral collaboration,
- is able to reflect on ethical procedures and issues, in a professional and research context,
- possesses knowledge of, and is able to understand, innovation as a method to change practice, and is familiar with simple implementation methodologies in relation to specific target groups,
- possesses knowledge of, and is able to reflect on the application of communication theories and methods, and understand the communicative significance in relation to dialogue and forming relationships,
- possesses knowledge of the priorities for deploying professional resources under the prevailing framework conditions in and outside the health service,
- possesses knowledge of, and is able to reflect on, the philosophy of science, research methods and models for evaluation, quality assurance and quality enhancement, as well as relating this knowledge to research and development work in professional and interdisciplinary practice,
- possesses knowledge of, and is able to reflect on the appropriate use and limitations of project management tools and different concepts and phases of project management,
- possesses knowledge of, and is able to reflect on the advantages of engaging in partnerships and using participatory methods in order to design better and more sustainable projects.

Skills

The graduate is able to:

- apply situation-specific and professionally relevant communication, guidance and advice to people in health promotion and in inter-professional practice,
- initiate and develop inter-professional and inter-sectoral collaboration in a range of contexts,
- apply relevant study and working methods to search for, assess and interpret empirical evidence, theory and research methods, and to initiate and participate in innovation, development and research work,
- Prepare a written project proposal on a topic within nutrition and health, for a potential partner organisation, applying a participatory approach and the methods and tools discussed during the course, and/or covered in the mandatory literature.

Competencies

The graduate is able to:

- work with, and independently communicate in various contexts, including in equal, dialogue-based and value-generating relationships, with people and inter-professional partners,
- work with, and independently enter into and coordinate, inter-professional and inter-sectoral collaboration and, on the basis of a holistic perspective, support people and social groups (communities) as key, active stakeholders,
- work with and use technology, including information and communications technology, relevant to the profession in the relevant context,
- work with, and assume responsibility for, quality assurance and enhancement,
- demonstrate personal professional responsibility, and keep up-to-date by identifying and understanding their own learning processes and developmental needs,
- Participate in planning, management, implementation and evaluation of interdisciplinary interventions and projects sensitive to cultural diversity, in national as well as in international settings,
- Respond critically to research findings and take part in research projects and development tasks.

Prerequisites for exam a Research and knowledge production:
Hand in assignments as per guidelines.

Prerequisites for exam b Inter-professional elective (see elective description).

Scientific areas and ECTS points: 20 ECTS points (R&D and Project Management)

Scientific area

Natural science	4
Social science	8
Human sciences	8
Health sciences	0

10 ECTS Inter-professional

6th Semester: Elective in Global Nutrition & Health (PHNFP/LHE) and Internship 2a

Content

Semester 6 brings together knowledge, skills and competencies gained from the beginning of the Bachelor Degree Programme in Global Nutrition and Health and enables the student to focus on key areas within the PHNFP or the LHE specialisations. During the semester, students will be able to apply knowledge, skills and competencies attained thus far in a professional setting, relevant to the GNH education under the supervision of experienced professionals.

Elective 1:

Public Health Nutrition and Global Nutrition and Health Promotion (PHNFP)(22ECTS)

Content:

Elective 1 draws together the knowledge, skills and competencies gained from the beginning of the Bachelor Degree Programme in Global Nutrition and Health until now. Elective 1 focuses on the promotion and maintenance of the level of nutritional and physical health necessary for the social, cultural and economic well-being of local, national and global communities. It includes nutrition throughout the life course, global burden of disease, double-burden of malnutrition and inequalities in nutritional health. Furthermore, a range of complementary strategies to promote, protect and support nutritional and physical health will be tested, including mapping tools and different health promotion theories and campaigns.

Learning outcomes:

On completion of Elective 1 the student will have achieved the following:

Knowledge

The graduate:

- possesses knowledge of, and is able to understand and reflect on the evidence related to the risk of non-communicable diseases and nutrition and physical activity patterns and risk factors throughout the life course,
- possesses knowledge of, and is able to understand and reflect on developmental origins of health and disease,
- possesses knowledge of, and is able to understand and reflect on optimal infant and young child feeding, including breastfeeding and complementary feeding,
- possesses knowledge of, and is able to understand and reflect on nutrition and health regulations, policies and strategies to improve public health,
- possesses knowledge of, and is able to understand and reflect on prevalence of major nutritional deficiencies and range of intervention strategies,
- possesses knowledge of, and is able to understand and reflect on tools to support the development and evaluation of successful nutrition and health promotion interventions and programmes,
- possesses knowledge of, and is able to understand and reflect on health promotion and disease prevention and how these two different approaches can be applied in a range of situations,

- possesses knowledge of, and is able to understand and reflect on communication theories to facilitate nutritional and physical health promotion in different target groups.

Skills

The graduate is able to:

- analyse and evaluate nutritional health status, using a range of sources of evidence,
- examine the socio-economic determinants of inequalities in health within and between countries,
- critically search for evidence of inter-sectoral policies and strategies,
- use nutrient profiling systems to classify foods into different health categories and assess the capacity of consumers to understand food labels,
- critically analyse nutrition and health claims and the regulatory systems,
- create intervention objectives taking into consideration the socio-economic determinants of behaviour and the surrounding environmental conditions,
- select evidence-based methods combined with practical strategies to produce the most successful cost-effective interventions,
- plan for the acceptance, implementation and sustainability of a programme/intervention,
- evaluate the relative effectiveness of nutrition and health interventions and discuss the role of inter-sectoral policies and programmes.

Competencies

The graduate is able to:

- manage, independently work with, and assume responsibility for, nutrition and health interventions from an ethical, holistic and inter-disciplinary approach with respect for cultural and social diversity,
- manage and independently take responsibility for designing, planning and evaluation of initiatives that promote health and improve nutrition,
- independently work with, and assume responsibility for, innovative and creative solutions in order to promote sustainable healthy living,
- manage, reflect on and independently take responsibility for own learning process in order to identify future learning and development needs,
- work with, and assume responsibility to communicate in various contexts, including in equal, dialogue-based and value-generating relationships, with people and inter-professional partners,
- work with, enter into and coordinate, inter-professional and inter-sectoral collaboration and, on the basis of a holistic perspective, support people and social groups (communities) as key, active stakeholders,
- work with, assume responsibility and independently use technology, including information and communications technology, relevant to the profession in the relevant context,
- manage and assume responsibility for, quality assurance and enhancement,
- manage and independently take responsibility for addressing challenges of conducting research across cultures, and diverse social groups.

Prerequisites for exam (see elective description).

Scientific areas and ECTS points: Scientific area	ECTS points
Natural science	7
Social science	7
Human sciences	0
Health science	8
	8 ECTS Internship 2a

Elective 2:

Health psychology and health education strategies; Contextual influences and lifestyle interventions (LHE) (22ECTS)

Content:

Elective 2 brings together knowledge, skills and competencies gained from the beginning of the Bachelor Degree Programme in Global Nutrition and Health until now. Elective 2 provides a foundation in psychological

and educational processes related to behaviour change and wellbeing, with a view to promoting health for target individuals and groups, taking into account contextual factors and cultural and social diversity.

Learning outcomes:

On completion of Elective 2 the student will have achieved the following:

Knowledge

The graduate:

- possesses knowledge of, and is able to display an advanced understanding and reflect on theory and practice in diet, nutrition, food safety, food security, food policy and health policy,
- possesses knowledge of, and is able to understand and reflect on, the importance of contextual and structural factors for healthy lifestyles,
- possesses a broad knowledge of, and has a nuanced understanding of the interaction between values, habits, beliefs and faith and social and cultural practices,
- possesses knowledge of, and is able to reflect on, the profession's use of information and communication technology, and the effect of such technology in supporting better nutrition and health,
- possesses a broad knowledge of, and a nuanced understanding of people's objectives, and is able to participate in inter-professional and inter-sectoral collaboration on care packages,
- possesses knowledge of, and is able to understand, innovation as a method to change practice, and is familiar with simple implementation methodologies in relation to specific target groups,
- possesses knowledge of, and is able to reflect on the application of communication theories and methods, and understand the communicative significance in relation to dialogue and forming relationships,
- possesses knowledge of methods for developing and applying health education strategies and lifestyle interventions,
- possesses knowledge of, is able to understand and reflect on regulatory and ethical aspects when interacting with stakeholders and when collaborating across professions and sectors.

Skills

The graduate is able to:

- plan and design complex interventions that foster motivation and participation in health programmes that facilitate behavioural changes to promote health, better nutrition and wellbeing, paying due respect to cultural and social backgrounds,
- apply, assess and reflect upon situation-specific and professionally relevant communication, guidance and advice to people in health promotion and in inter-professional practice, including dissemination of research findings,
- apply relevant study and working methods to systematically search for, assess and interpret empirical evidence related to interventions aimed at improving health, nutrition and wellbeing in developing countries,
- assess methods and interventions that address health, nutrition and wellbeing issues, taking into consideration the role of cultural and contextual factors and the concepts validity and reliability.

Competencies

The graduate is able to:

- manage, independently work with, and assume responsibility for, nutrition and health interventions from an ethical, holistic and inter-disciplinary approach with respect for cultural and social diversity,
- manage and independently take responsibility for designing, planning and evaluation of initiatives that promote health and improve nutrition,
- independently work with, and assume responsibility for, innovative and creative solutions in order to promote sustainable healthy living,
- manage, reflect on and independently take responsibility for own learning process in order to identify future learning and development needs,
- work with, and assume responsibility to communicate in various contexts, including in equal, dialogue-based and value-generating relationships, with people and inter-professional partners,
- work with, enter into and coordinate, inter-professional and inter-sectoral collaboration and, on the basis of a holistic perspective, support people and social groups (communities) as key, active stakeholders,

- work with, assume responsibility and independently use technology, including information and communications technology, relevant to the profession in the relevant context,
- manage and assume responsibility for, quality assurance and enhancement.

Prerequisites for exam (see elective description).

Scientific areas and ECTS points: Scientific area	ECTS points
Natural science	3
Social sciences	9
Human sciences	5
Health sciences	5
	8 ECTS Internship 2a

Internship 2a (PHNFP + LHE)

Content:

During the second internship, the students are expected to apply knowledge gained during previous semesters in a professional setting, and to practice skills and develop competencies relevant to the GNH education under the supervision of experienced professionals.

Learning outcomes:

On completion of Internship 2a, the student will have achieved the following:

Knowledge

The graduate:

- possesses practical knowledge of theories and methods used in health promotion and illness prevention, didactics, health pedagogics, entrepreneurship, project management and research,
- possesses knowledge of, and is able to understand, food and health policy, as well as the influence exerted by different stakeholders and structures on health-promotion and disease-prevention interventions,
- possesses knowledge of, and is able to understand and reflect on, people's objectives, and is able to participate in inter-professional and inter-sectoral collaboration,
- is able to reflect on ethical procedures and issues, in a professional and research context,
- possesses knowledge of, and is able to reflect on their own practice, as well as their profession's duties and responsibilities, in an organisational, administrative and social perspective and as part of the wider health service,
- possesses knowledge of, and is able to reflect on employability and opportunities for a future professional career.

Skills

The graduate is able to:

- assess health habits and status in order to promote healthy living and well-being among target groups with different social and cultural backgrounds,
- use and assess interventions in order to promote sustainable healthy living for all and in all age groups,
- assess and justify the need for teaching, and motivate individuals, groups and local communities, paying due respect to cultural and social backgrounds,
- apply situation-specific and professionally relevant communication, guidance and advice to people in health promotion and in inter-professional practice,
- initiate and develop inter-professional and inter-sectoral collaboration in a range of contexts,
- use professionally relevant information, communication and welfare technology effectively, which incorporates thinking about the individual's own resources to the greatest possible extent.

Competencies

The graduate is able to:

- work with, and independently communicate in various contexts, including in equal, dialogue-based and value-generating relationships, with people and inter-professional partners,
- work with, and independently enter into and coordinate, inter-professional and inter-sectoral collaboration and, on the basis of a holistic perspective, support people and social groups (communities) as key, active stakeholders,

- work with and use technology, including information and communications technology, relevant to the profession in the relevant context,
- work with, and assume responsibility for, quality assurance and enhancement,
- demonstrate personal professional responsibility, and keep up-to-date by identifying and understanding their own learning processes and developmental needs.

ECTS points: 08

Prerequisites for exam: 90% attendance.

7th Semester: Internship 2b and Bachelor Project

Content

Semester 7 consists of theme 7, which focuses on preparing the students for their future professional life through internship and the Bachelor project. In the internship the students are expected to apply knowledge, skills and competencies gained in previous themes. The bachelor project is closely linked to practice, with a focus on contributing to solving health challenges related to health and nutrition across the globe.

Learning outcomes

During the seventh semester, the student will achieve the following learning outcomes:

Knowledge

The graduate:

- possesses practical knowledge of theories and methods used in health promotion and illness prevention, didactics, health pedagogics, entrepreneurship, project management and research,
- possesses knowledge of, and is able to understand, food and health policy, as well as the influence exerted by different stakeholders and structures on health-promotion and disease-prevention interventions,
- possesses knowledge of, and is able to understand and reflect on, people's objectives, and is able to participate in inter-professional and inter-sectoral collaboration,
- is able to reflect on ethical procedures and issues, in a professional and research context,
- possesses a broad knowledge of, and is able to reflect on their own practice, as well as their profession's duties and responsibilities, in an organisational, administrative and social perspective and as part of the wider health service,
- possesses knowledge of, and is able to independently apply appropriate research methods and analysis to profession related research and development activities related to completion of the bachelor thesis,
- possesses knowledge, is able to display an extensive understanding and reflect over the chosen field of study via internship and completion of the bachelor thesis,
- possesses knowledge, is able to display an understanding, reflect over and identify the employability potential of the Global Nutrition & Health professional.

Skills

The graduate is able to:

- assess health habits and status in order to promote healthy living and well-being among target groups with different social and cultural backgrounds,
- use and assess interventions in order to promote sustainable healthy living for all and in all age groups,
- assess and justify the need for teaching, and motivate individuals, groups and local communities, paying due respect to cultural and social backgrounds,
- independently, disseminate effectively and clearly information to all stakeholders about healthy living in heterogeneous and intercultural environments,
- apply situation-specific and professionally relevant communication, guidance and advice to people in health promotion and in inter-professional practice,
- initiate and develop inter-professional and inter-sectoral collaboration in a range of contexts,
- use professionally relevant information, communication and welfare technology effectively, which incorporates thinking about the individual's own resources to the greatest possible extent,
- use, assess and justify methods and conventions for quality assurance and enhancement,

- independently apply and justify relevant study and working methods to search for, assess and interpret empirical evidence, theory and research methods, and to initiate and participate in innovation, development and research work with the goal of contributing towards solving professionally relevant challenges.

Competencies

The graduate is able to:

- manage, independently work with, and assume responsibility for, nutrition and health interventions from an ethical, holistic and inter-disciplinary approach with respect for cultural and social diversity,
- manage, independently work with and assume responsibility for, the implementation of health-promotion initiatives for individuals and groups,
- manage, independently work with, and assume responsibility for, innovative and creative solutions in order to promote sustainable healthy living,
- independently work with, and assume responsibility for, teaching in complex contexts,
- take responsibility and keep up with continuous professional development and learning needs in relation to one's own and others' practice,
- manage, independently work with, and assume responsibility for communication of profession-related knowledge in various contexts, including in equal, dialogue-based and value-generating relationships, with people and inter-professional partners,
- work with, enter into, independently coordinate and take responsibility for, inter-professional and inter-sectoral collaboration and, on the basis of a holistic perspective, support people and social groups (communities) as key, active stakeholders,
- work with and use technology, including information and communications technology, relevant to the profession in the relevant context,
- independently manage and assume responsibility for, quality assurance and enhancement,
- demonstrate personal professional responsibility, and independently keep up-to-date by identifying and understanding their own learning processes and developmental needs.
- take responsibility for consideration of logistical and ethical factors in project development and management within the bachelor thesis framework.

Prerequisites for exam:

The following prerequisites must be fulfilled before the final 7th semester exam:

- Prerequisites for Internship 2b: 90% attendance
- BA thesis written according to GNH Bachelor Project guidelines
- All other exams must be passed before final oral BA defence
- BA Synopsis handed in

Professional Bachelor Project

The bachelor project is an extensive independent project which forms the conclusion of the Bachelor Degree Programme in Global Nutrition and Health at Metropolitan University College. The project can be elaborated individually or in mono- or inter-professional groups. For the structure and content of their bachelor thesis students should seek assistance in the relevant guidelines.

Requirements for the Professional Bachelor Project

The BA project consists of 20 ECTS in total. During their internships students are encouraged to acquire experiences and/or collect empirical data that can be included into their bachelor thesis. The bachelor project consists of four different parts; 1) synopsis, 2) bachelor thesis 3) product relevant for a practical setting and 4) individual oral examination.

A bachelor project must be an independent study that contains both analysis and critical assessment of literature and data. Students must choose a problem to be examined applying scientific methods relevant for the profession and experienced practice from their internships. The research question must be approved by the educational institution.

The Bachelor project should document students' ability to work with a professional problem related to practice and to incorporate relevant theory and methods. In the Bachelor project students should demonstrate an independent use of professional working and inquiry methods and be able to include results

from practice related research and development, as well as evidence-based literature relevant to the research question.

For more detailed information on requirements for the Professional Bachelor Project, specific requirements and guidelines, please visit Metropolitan University College intranet for staff and students, IntraPol.

Internship in the education

Internships constitute an important part of the Bachelor Degree Programme in Global Nutrition and Health as students are given the opportunity to combine knowledge gained during theoretical studies with a professional work setting. Internship is a compulsory component of the GNH education. The GNH programme has the overall responsibility that all students have a relevant internship placement, whereas students are responsible to keep updated and initiate contact with potential internship hosts and future employers, all students are assigned a GNH internship supervisor from Metropolitan University College and an internship host supervisor from the placement.

The internship is divided into two internship periods for a total of 20 weeks corresponding to 30 ECTS. The first internship runs for 08 weeks (12 ECTS). The second internship, runs for 12 weeks (18 ECTS [8+10]) starting in 6th semester going into 7th semester and is connected to the bachelor project. Both internships can be taken in Denmark or abroad.

GNH approves the placements. The approval of the placement is dependent on the GNH supervisors' approval of the learning objectives. An approval requires that the placement is related to the professional field of GNH and that it is relevant and corresponding to the learning outcomes of the respective semesters of the GNH curriculum. Furthermore, the internship host is required to assign an internship host supervisor who assumes responsibility for monitoring progress, and provides constructive feedback aimed at supporting the students' learning process during the internship.

Internship is planned in collaboration between GNH, the internship placement and the student and finalised in a written internship contract. Students prepare internship learning objectives in line with internship guidelines and legal requirements. Both the GNH internship supervisor and the internship host supervisor have to approve students' internship learning objectives. Both internship supervisors and the student monitor and evaluate learning outcomes continuously during as well as after the internship period. As part of the internship evaluation students' development of practical skills must be documented.

Students are engaged fulltime in their internship, which correspond to an average workload of 41,5 hours per week, hereof at least 30 hours where students are present at the host placement. If a student is absent more than 10 pct. of the time, the student cannot pass the internship until they have made up for the lost time either in the existing placement or in another placement approved by the GNH supervisor.

For more detailed information on internship periods, specific requirements and deadlines, please visit the Internship Guidelines on Metropolitan University College intranet for staff and students, IntraPol.