

# **Bachelor of Global Nutrition and Health**

CURRICULUM



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# 1 VIA University College Department of Nutrition and Health

VIA means - both in Danish and in English - an intermediate station on a journey. VIA helps you on your way. VIA covers all of Region Central Jutland and is organized with a head office in Aarhus and 7 Campuses throughout the region.

VIA University College is organized in 4 faculties:

- Faculty of Education and Social Studies
- Faculty of Health Sciences
- School of Technology and Business
- Faculty of Performing Arts.

VIA University College Department of Nutrition and Health is situated in the centre of Aarhus in beautiful green surroundings. The Department has around 300 students and 17 employees, plus roughly 25 guest and non-faculty instructors.

VIA has been authorized by the Danish Ministry of Education to offer the degree Bachelor of Global Nutrition and Health.

## 2 Bachelor's Degree of Global Nutrition and Health at VIA

The educational programme leading to the degree Bachelor of Global Nutrition and Health is a 3½ year programme of higher education implemented under Order No. 1106 of November, the 9<sup>th</sup>, 2006, "Bekendtgørelse om uddannelsen Bachelor of Global Nutrition and Health."

This order is based on Act No. 481 of 31 May 2001 on Medium-cycle Higher Education Programmes, which - together with Order No. 113 of 19 February 2001 on Professional Bachelor's Degree Programmes, Order No. 356 of 19 May 2005 on Tests and Examinations in Vocational and Business-oriented Educational Programmes, and Order No. 350 of 19 May 2005 on Marking Scales and Other Types of Evaluation - forms the basis for the curriculum for the educational programme that leads to the degree Bachelor of Global Nutrition and Health at VIA University College of Nutrition and Health.

The Bachelor of Global Nutrition and Health is an academic and professional educational programme aimed at the private and public sector. It combines theory and practice at a high professional level, lays the foundation for the immediate practice of the professional functions, provides the prerequisites for further education, helps promoting students' personal development and democratic involvement in the global society and contributes to the students' ability to be innovative and creative through entrepreneurship.

The knowledge that underlies the educational programme is professionally oriented, based on development and linked to research, and it includes experience from practical training, knowledge about the profession and methods of performing quality management and development work.

VIA works together with a number of national and international research and development environments in order to create, utilize and communicate new knowledge. The instruction that students receive incorporates the results of research, experimental and development projects, projects in which also information and communication technologies are included as instruments, educational methods and the communication of information.

## **2.1 Objectives and Title of the Programme**

The purpose of this educational programme is to qualify students who have completed it to independently handle communicative, management and guidance tasks in the fields of nutrition, foods, consumer science, physical activity, lifestyle and living conditions in order to promote health and prevent disease, with a view to these students gaining employment with national or international private- or public-sector enterprises. Students who complete the programme obtain the right to use the title "Bachelor of Global Nutrition and Health".

## **2.2 Structure and Content of the Programme**

The programme normally requires three and one-half years of full-time study for which a total of 210 ECTS credits are earned. Included in the programme are subjects from the natural and health sciences, scientific theory and method, teaching practice and a bachelor project. The programme is made up of two foundation semesters and an additional five semesters in which students concentrate on one of the following two specialisations:

- Public Health, Nutrition and Food Policy
- Lifestyle Coaching and Fitness Management

The programme includes 20 ECTS credits of optional subjects and cross-disciplinary subjects which allow students to concentrate on areas of special interest and to some extent also to design their own education. There are five written "external" examinations (in which external examiners are involved) at the conclusion of Semesters 1,2,3,5 and 7 and two "internal" examinations (no external examiners) at the ends of Semesters 4 and 6.

### **2.2.1 Instruction and Work Methods**

A number of different modes of instruction and student work are utilized in the programme: lectures, class instruction, exercises, problem-solving, group work, field trips, problem-based learning, project work, seminars, study circles and independent study. These modes of instruction and work are organised in collaboration between instructors and students, taking into account the objectives and content of each student's course of study. As each student advances along his or her course of study, there is an increasing emphasis on independent study and assuming responsibility for one's own education.

### **2.2.2 Curriculum**

This curriculum applies to students who enrol at VIA in the programme leading to the degree Bachelor of Global Nutrition and Health, scheduled to begin on 1 September 2009. The contents of the curriculum have been laid down by VIA Board of Governors on the recommendation of the Rector and approved by the Ministry of Education. Where there are extraordinary circumstances, VIA may grant exemption from its own rules in the curriculum.

### **2.2.3 Student's Guide**

As a supplement to the curriculum, VIA publishes a student's guide that describes how the programme is organised and the aims of each module, along with its scope, timing, content, literature, required reading, instruction and work methods, assignment requirements and evaluation/grading.

### 3 Foundation Semesters

The aim of the foundation semesters is for students to acquire basic, fundamental competencies in the various fields and to learn methods of handling assignments independently.

The objective of the fundamental semesters is for students to:

- Acquire fundamental theoretical and methodological qualifications within the central core areas of the programme.
- Develop the qualifications that will enable them to analyse and evaluate key issues in nutrition, foods, consumer science, physical activity, lifestyle and living conditions as they relate to health promotion and the prevention of disease.
- Develop methods of handling assignments independently.
- Acquire the qualifications allowing them to select a specialisation.

#### 3.1 Semester 1

Subject	Objectives	Example content
Chemistry and Biochemistry 5 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>• Acquire knowledge about basic organic and inorganic chemistry as it relates to foods and nutrient metabolism</li> <li>• Acquire knowledge about and an understanding of the biochemical metabolism of nutrients in the organism</li> </ul>	<ul style="list-style-type: none"> <li>• General chemistry</li> <li>• Organic chemistry</li> <li>• Energy-providing substances</li> <li>• Enzymes</li> <li>• Metabolism</li> </ul>
Anatomy and Physiology 5 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>• Acquire knowledge about the elements of anatomy and physiology that are of importance in human nutrition and disease aetiology</li> </ul>	<ul style="list-style-type: none"> <li>• Cells and tissues</li> <li>• Organ systems</li> </ul>
Nutritional Physiology and Dietetics 9 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>• Acquire knowledge about and an understanding of energy and nutrient metabolism</li> <li>• Learn to analyse and evaluate diet relative to needs and recommendations</li> <li>• Learn to plan, assess and evaluate dietary changes</li> </ul>	<ul style="list-style-type: none"> <li>• Energy-providing nutrients</li> <li>• Vitamins and minerals</li> <li>• Nutrient requirements and recommendations</li> <li>• Dietary investigation methods</li> <li>• Dietary intervention and lifestyle diseases</li> <li>• Dietary supplements and enrichment</li> </ul>
Pathology 4 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>• Acquire knowledge about causes and the occurrence of lifestyle related diseases</li> </ul>	<ul style="list-style-type: none"> <li>• Lifestyle diseases</li> <li>• Epidemiology</li> </ul>
Sociology and Anthropology 5 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>• Acquire knowledge about social and cultural affairs in society</li> </ul>	<ul style="list-style-type: none"> <li>• Society and individuals</li> <li>• Global society</li> <li>• Local society</li> <li>• Family</li> </ul>

	<ul style="list-style-type: none"> <li>• Learn to analyse actors, structures and processes in various social and cultural groupings and communities</li> </ul>	<ul style="list-style-type: none"> <li>• Food, culture and lifestyle</li> <li>• Health programmes</li> </ul>
Psychology 2 ECTS credits	<p>Students are required to:</p> <ul style="list-style-type: none"> <li>• Learn to analyse the interplay between individuals and community</li> </ul>	<ul style="list-style-type: none"> <li>• Developmental theory</li> <li>• Individuals and groups</li> </ul>

### 3.2 Semester 2

Subject	Objectives	Example content
Nutritional Physiology and Dietetics 1 ECTS credit	Students are required to: <ul style="list-style-type: none"> <li>Acquire knowledge about and an understanding of the provision of nutrition</li> </ul>	<ul style="list-style-type: none"> <li>Dietary models and advice</li> <li>The nutritional content of foods</li> </ul>
Scientific Theory and Method 15 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>Acquire knowledge about and an understanding of central issues in scientific theory and ethics and in qualitative and quantitative methods</li> <li>Learn to utilise and assess in a critical manner existing studies in the fields of health, nutrition, foods, physical activity, lifestyle, consumer science and service</li> <li>Learn to plan, generate and process data</li> </ul>	<ul style="list-style-type: none"> <li>Scientific theory</li> <li>Ethics</li> <li>Quantitative method</li> <li>Qualitative method</li> <li>Study design</li> <li>Epidemiology</li> <li>Statistics</li> <li>Knowledge competencies</li> <li>The hierarchy of evidence</li> </ul>
Sociology and Anthropology 4 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>Learn to analyse the actors, structures and processes in various social groups</li> <li>Learn to analyse the interplay between identity and social and cultural communities</li> </ul>	<ul style="list-style-type: none"> <li>Education and the labour market</li> <li>Health programmes</li> </ul>
Communication 4 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>Acquire knowledge about and an understanding of communication processes</li> <li>Develop skills in oral, written and personal communication</li> </ul>	<ul style="list-style-type: none"> <li>Communicative processes related to various target groups</li> <li>Rhetoric</li> <li>Information and communications technologies</li> </ul>
Psychology 2 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>Acquire knowledge about and an understanding of learning and developmental processes</li> <li>Learn to analyse and evaluate learning qualifications and learning processes</li> <li>Learn to apply this knowledge in didactic reflection</li> </ul>	<ul style="list-style-type: none"> <li>Learning and developmental theory</li> <li>Motivational theory</li> <li>Group theory and process</li> </ul>
Educational Theory and Practice 4 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>Acquire knowledge about and an understanding of didactic theories and models as they relate to the education and training of young people and adults</li> </ul>	<ul style="list-style-type: none"> <li>The role of teacher</li> <li>Didactics</li> <li>Educational theory</li> <li>Health education</li> <li>Communication and presentation</li> </ul>

	<ul style="list-style-type: none"><li>• Learn to identify and analyse educational problems and issues related to teaching practice</li><li>• Learn to plan, carry out and evaluate teaching, taking into account the framework conditions and the learning qualifications of the target group</li></ul>	
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## 4 Public Health Nutrition and Food Policy

The objectives of this course of study are for students to acquire the qualifications that will allow them to independently handle health-promoting and disease-preventive communicative, educational and management tasks in the development and implementation of nutrition and food policies.

Students are to acquire the qualifications that allow them to:

- Select and apply research results and knowledge in food policy and nutrition in relation to public health.
- Evaluate and apply methods for the development and implementation of sustainable strategies in food policy and nutrition in relation to public health.
- Develop, plan, implement, evaluate and document policies and communicative and management tasks within food and nutrition in relation to public health, taking into consideration relevant social, cultural and ethical factors.

### 4.1 Public Health Nutrition and Food Policy, Semester 3

Subject	Objectives	Example content
Microbiology and Hygiene 5 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>• Acquire knowledge about and an understanding of food microbiology and hygiene</li> </ul>	<ul style="list-style-type: none"> <li>• Food-borne disease</li> <li>• Microbial and chemical risks</li> <li>• Risk assessment</li> </ul>
Food Technology 1.5 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>• Acquire knowledge about and an understanding of foods and food technology</li> </ul>	<ul style="list-style-type: none"> <li>• Food production and distribution</li> <li>• Food supply</li> </ul>
Epidemiology 2 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>• Learn about epidemiology and nutritional epidemiology</li> </ul>	<ul style="list-style-type: none"> <li>• Nutritional epidemiology in social, cultural, political and economic perspectives</li> </ul>
Human Ecology 3 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>• Acquire knowledge about food production, food security, sustainability and the environment</li> </ul>	<ul style="list-style-type: none"> <li>• Food policy</li> <li>• Environmental policy</li> <li>• Nutrition policy</li> <li>• Actors and relationships</li> </ul>
Sociology and Anthropology 3 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>• Learn to analyse and assess the importance of environmental and health perceptions in environmental and health matters</li> </ul>	<ul style="list-style-type: none"> <li>• Health and prevention in relation to cultural and social conditions</li> </ul>
Economics 5 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>• Acquire fundamental knowledge about methods of analysing the economic aspects of health and environmental policy measures</li> </ul>	<ul style="list-style-type: none"> <li>• Health economics</li> <li>• Environmental economics</li> </ul>
Political Science 6.5 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>• Learn to analyse and assess the importance of actors, organisations and management tools in environmental and health</li> </ul>	<ul style="list-style-type: none"> <li>• Actors, organisations and control instruments</li> <li>• Organisation of the healthcare system</li> </ul>

Communication 2 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>• Acquire knowledge about and learn to plan consumer and health communication projects</li> </ul>	<ul style="list-style-type: none"> <li>• Consumer education</li> <li>• Campaigns</li> <li>• Web communication</li> </ul>
Psychology 1 ECTS credit	Students are required to: <ul style="list-style-type: none"> <li>• Learn to analyse consumer behaviour</li> </ul>	<ul style="list-style-type: none"> <li>• Consumer behaviour and markets</li> <li>• Motives and incentives</li> </ul>
Management and Organisation 1 ECTS credit	Students are required to: <ul style="list-style-type: none"> <li>• Acquire basic qualifications in management and organisation within and of interest groups and political organisations</li> </ul>	<ul style="list-style-type: none"> <li>• Management theory and organisational theory in relation to interest groups and political organisations</li> </ul>

## 4.2 Public Health Nutrition and Food Policy, Semester 4

Subject	Objectives	Example content
Sociology and Anthropology 1 ECTS credit	Students are required to: <ul style="list-style-type: none"> <li>Learn to describe, analyse and evaluate health-policy strategies and health activities</li> <li>Learn to analyse and evaluate the significance of the perception of health and disease in prevention, health promotion, and treatment</li> <li>Learn to analyse, evaluate and document food and meal patterns from a social and cultural perspective and health behaviour from a social and cultural perspective</li> </ul>	<ul style="list-style-type: none"> <li>Welfare state initiatives</li> <li>Health inequalities</li> <li>Work and health</li> <li>Food sociology and everyday life</li> <li>Health and prevention</li> </ul>
Economics 1 ECTS credit	Students are required to: <ul style="list-style-type: none"> <li>Gain a basic understanding of project budgeting</li> </ul>	<ul style="list-style-type: none"> <li>Budgets</li> <li>Funding</li> <li>Resources</li> </ul>
Political Science 1.5 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>Acquire the qualifications to enter into public- private partnerships</li> </ul>	<ul style="list-style-type: none"> <li>Outsourcing</li> <li>Service contracts</li> <li>Company formation</li> <li>Consortia</li> <li>Municipal powers</li> <li>Public-private partnerships</li> </ul>
Management and Organisations (soc.) 1 ECTS credit	Students are required to: <ul style="list-style-type: none"> <li>Learn to set up project organisations</li> </ul>	<ul style="list-style-type: none"> <li>Lines of command and control</li> <li>Distribution of responsibility</li> <li>Roles of management and participants</li> </ul>
Communication 4 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>Learn to use, analyse and evaluate various methods of communication in relation to specific cultures and intercultural environments</li> </ul>	<ul style="list-style-type: none"> <li>Culture and theories of culture</li> <li>Culture shock and cultural conflict</li> <li>Management/leadership in an intercultural setting</li> </ul>
Psychology 1 ECTS credit	Students are required to: <ul style="list-style-type: none"> <li>Acquire knowledge about and an understanding of barriers, motivational processes and change processes in intercultural settings</li> <li>Learn to identify, describe, analyse and evaluate the psychological aspects of health education work in multicultural settings</li> </ul>	<ul style="list-style-type: none"> <li>Barriers</li> <li>Motivational and change processes</li> <li>Cognitive determinants</li> <li>Social capital</li> <li>Intercultural sensitivity</li> </ul>
Educational Theory and Practice 1.5 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>Learn to identify, analyse and assess health education problems and plan and</li> </ul>	<ul style="list-style-type: none"> <li>Health education</li> <li>Empowerment strategies</li> <li>Ability to take action</li> <li>Perception of contexts and</li> </ul>

Management and Organisations (humanities) 1 ECTS credit	Students are required to: Learn to acquire qualifications in management of intercultural project organisations	Diversity management Project management The UN and its agencies NGOs

### 4.3 Public Health Nutrition and Food Policy, Semester 5

Subject	Objectives	Example content
Nutritional Physiology and Dietetics 2.5 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>Learn to analyse and assess the energy and nutritional requirements of various groups</li> <li>Learn to evaluate nutritional recommendations</li> </ul>	<ul style="list-style-type: none"> <li>Nutritional requirements and recommendations</li> <li>Energy and nutritional requirements of patient groups</li> <li>Nutritional goals</li> <li>Nutritional guidelines</li> </ul>
Epidemiology 8 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>Learn to analyse and evaluate the connections between social and societal factors and health</li> <li>Learn to use the concept of public health nutrition</li> <li>Learn to understand, analyse and use knowledge from nutritional epidemiology</li> </ul>	<ul style="list-style-type: none"> <li>Public health nutrition</li> <li>Techniques to maintain the nutritional status of large groups or populations</li> <li>Millennium Development Goals</li> <li>Public health aspects of malnutrition including under nutrition and over nutrition</li> </ul>
Human Ecology 3.5 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>Learn to analyse and evaluate the connection between health and environment</li> <li>Learn to evaluate the connections between production, technology, environment and health</li> <li>Learn to evaluate and draw up environmental policies that promote public health</li> </ul>	<ul style="list-style-type: none"> <li>Health and environment determinants</li> <li>Millennium Development Goals: environment and health</li> <li>Environmental risk factors</li> <li>Local, national and global environmental policies</li> <li>Environmental problem solving models</li> </ul>
Sociology and Anthropology 2.5 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>Learn to describe and analyse relevant groups from a public health nutrition and environmental perspective</li> <li>Acquire skills in the development of problem solving strategies that take social and cultural differences into account</li> </ul>	<ul style="list-style-type: none"> <li>Medical anthropology</li> <li>Health sociology</li> </ul>
Economics 1.5 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>Learn to evaluate and describe the economic prerequisites for and consequences of public health nutrition</li> </ul>	<ul style="list-style-type: none"> <li>Public-sector health economics</li> <li>Prevention, health promotion and treatment costs</li> </ul>
Political Science 3 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>Learn to evaluate global, national and local environmental and public health policies</li> <li>Learn to draw up global, national and local</li> </ul>	<ul style="list-style-type: none"> <li>Public health nutrition and environmental policy actors, activities, organisations and forums</li> <li>Interest groups and NGOs</li> <li>Policy tasks and processes</li> </ul>

Management and Organisation 2 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>• Learn to prepare organisation and management of public health campaigns or programmes</li> <li>• Learn to manage organisations in connection with public health</li> </ul>	<ul style="list-style-type: none"> <li>• Management and organisation of political and semi-political organisations</li> <li>• Member involvement and support</li> <li>• Decision-making in political and semi political organisations</li> </ul>
Communication 1 ECTS credit	Students are required to: <ul style="list-style-type: none"> <li>• Learn to plan and carry out communicative tasks within public health</li> <li>• Learn to prepare written materials for a guidance context, taking into account psychological, social, cultural and ethical conditions</li> </ul>	<ul style="list-style-type: none"> <li>• Communication theory</li> <li>• Preparation of information</li> <li>• Media and impact</li> </ul>

#### 4.4 Public Health Nutrition and Food Policy, Semester 6

Subject	Objectives	Example content
Nutritional Physiology and Dietetics 2 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>Learn to analyse and evaluate the energy and nutritional requirements of various sections of the population</li> </ul>	<ul style="list-style-type: none"> <li>Nutritional requirements and recommendations</li> <li>Energy and nutritional requirements of various sections of the population</li> </ul>
Sociology and Anthropology 3.5 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>Learn to identify and analyse the energy and nutritional needs of relevant sections of the population from a health promotion perspective</li> <li>Learn to evaluate how social determinants affect individual options and lifestyles</li> <li>Learn to identify specific risk groups with respect to disease prevention and the promotion of health</li> </ul>	<ul style="list-style-type: none"> <li>Medical anthropology</li> <li>Health sociology</li> <li>Culture, development and sustainability</li> <li>Health promotion and ethics</li> <li>Lifestyle and types of cultures</li> <li>Children, the elderly, sweets, alcohol and tobacco</li> </ul>
Political Science 1.5 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>Learn to understand the connections between food policy and trade policy, nationally and globally, and sustainability</li> </ul>	<ul style="list-style-type: none"> <li>EU agricultural policy</li> <li>The WTO</li> <li>National food policies and globalisation</li> <li>Citizen involvement and sustainability</li> </ul>
Communication 2 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>Learn to plan, prepare and implement communication strategies and tasks within public health nutrition</li> <li>Learn to prepare written materials for a guidance context, taking into account psychological, social, cultural and ethical conditions</li> </ul>	<ul style="list-style-type: none"> <li>Communication theory</li> <li>Preparation of information</li> <li>Drawing up strategic and operational plans</li> </ul>
Psychology 1 ECTS credit	Students are required to: <ul style="list-style-type: none"> <li>Learn to analyse the implications of individual barriers in a communicative process</li> </ul>	<ul style="list-style-type: none"> <li>Motivation and drive</li> </ul>
Educational Theory and Practice 0.5 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>Learn to plan communication as a learning process</li> </ul>	<ul style="list-style-type: none"> <li>Information, learning and behavioural change</li> </ul>
Management and Organisation 1.5 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>Acquire knowledge about and qualifications for project management of campaigns and communication</li> </ul>	<ul style="list-style-type: none"> <li>Management in public-sector systems and ad hoc organisations</li> </ul>

## **5 Lifestyle Coaching and Fitness Management**

The objectives of this course of study are for students to acquire the qualifications that will allow them to independently handle health-promoting, disease-preventive and motivational communicative, management and guidance tasks in relation to diet, physical activity and other health-related lifestyle factors.

Students are to acquire the qualifications that allow them to:

- Select and apply research results and knowledge about changes in lifestyle and coaching towards permanent lifestyle change in relation to health promotion and the prevention of disease.
- Evaluate and apply methods of coaching towards permanent lifestyle change in relation to health promotion and the prevention of disease.
- Develop, plan, carry out, evaluate and document coaching and management tasks in relation to health promotion and the prevention of lifestyle diseases, taking into account social, cultural, ethical and economic factors.

### 5.1 Lifestyle Coaching and Fitness Management, Semester 3

Subject	Objectives	Example content
Anatomy and Physiology 2 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>Acquire knowledge about and an understanding of the metabolic and physiological responses to chronic and acute training, including oxygen transport and fluid balance</li> </ul>	<ul style="list-style-type: none"> <li>The anatomy and physiology of the lungs and skeletal muscles</li> <li>Cardiovascular system regulation and capacity</li> <li>Neurological control of movement</li> <li>Endocrine system structure and response</li> </ul>
Work Physiology and Biomechanics 4.5 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>Acquire knowledge about and an understanding of physical capabilities that follow from various lifestyles, including the implications of energy metabolism, body composition, oxygen transport and fluid balance</li> <li>Learn to analyse and evaluate methods to test physical endurance</li> </ul>	<ul style="list-style-type: none"> <li>Energy metabolism during physical activity</li> <li>Long-term effects of physical activity and training</li> <li>Physical activity and training in relation to particular target groups (pregnant women, the elderly, etc.)</li> </ul>
Nutritional Physiology and Dietetics 3.5 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>Acquire knowledge about and an understanding of diet in lifestyle diseases</li> <li>Learn to plan and implement dietary suggestions</li> </ul>	<ul style="list-style-type: none"> <li>Nutritional and dietary recommendations in connection with cardiovascular disease, Type 2 diabetes, cancer, osteoporosis, muscular skeletal disorders and allergic diseases</li> <li>Nutritional and dietary recommendations for pregnant women, nursing women, the elderly and athletes</li> </ul>
Pathology 1 ECTS credit	Students are required to: <ul style="list-style-type: none"> <li>Acquire knowledge about and an understanding of the physiological and biochemical processes behind the development of lifestyle-related illnesses</li> <li>Acquire knowledge about the impact of various lifestyle factors on pathogenic processes in relation to the prevention of disease</li> </ul>	<ul style="list-style-type: none"> <li>The physiological and biochemical aspects of the development of cardiovascular disease, Type 2 diabetes, cancer, osteoporosis, muscular skeletal disorders and allergic diseases</li> </ul>
Epidemiology 1 ECTS credit	Students are required to: <ul style="list-style-type: none"> <li>Acquire knowledge about and an understanding of the connections between lifestyle factors and health/disease</li> </ul>	<ul style="list-style-type: none"> <li>Observational studies</li> <li>Epidemiological concepts</li> <li>Medical anthropology</li> </ul>

	<ul style="list-style-type: none"> <li>Acquire knowledge about and an understanding of the possibilities and limitations of observational studies</li> </ul>	
Sociology and Anthropology 4 ECTS credits	<p>Students are required to:</p> <ul style="list-style-type: none"> <li>Learn to analyse and evaluate social and cultural levels related to lifestyle and lifestyle change in connection with guidance and information on diet and physical activity</li> <li>Learn to analyse and evaluate the implications of the perception of health in health promotion and disease prevention</li> </ul>	<ul style="list-style-type: none"> <li>Governmental initiatives</li> <li>Health promotion and disease prevention</li> <li>Ethnicity and the meeting of cultures</li> <li>Health inequalities</li> <li>Levels of culture</li> <li>Social inheritance</li> </ul>
Communication 3.5 ECTS credits	<p>Students are required to:</p> <ul style="list-style-type: none"> <li>Learn to apply, analyse and evaluate different communication and guidance methods</li> <li>Learn to plan, carry out and evaluate communication and guidance projects</li> </ul>	<ul style="list-style-type: none"> <li>Individual and group guidance</li> <li>Motivational dialogue</li> <li>The guidance-ethics dimension</li> <li>Coaching methods</li> <li>Mass communications</li> <li>Web communications</li> </ul>
Psychology 4.5 ECTS credits	<p>Students are required to:</p> <ul style="list-style-type: none"> <li>Acquire knowledge about and an understanding of the psychological factors of importance in lifestyle change</li> <li>Learn to analyse a possible need for intervention</li> </ul>	<ul style="list-style-type: none"> <li>Change psychology</li> <li>Motivation and barriers</li> <li>Behavioural modification</li> <li>Cognitive restructuring</li> <li>Health psychology</li> <li>Advisor-advisee guidance relationship</li> </ul>
Educational Theory and Practice 5 ECTS credits	<p>Students are required to:</p> <ul style="list-style-type: none"> <li>Acquire knowledge about and an understanding of strategies towards health promotion and disease prevention</li> <li>Learn to plan, carry out and evaluate a health project</li> </ul>	<ul style="list-style-type: none"> <li>Health education</li> <li>Change models</li> <li>Ability to take action</li> <li>Coaching in relation to learning and development</li> <li>Evaluation, including the role of evaluator</li> </ul>
Management and Organisation 1 ECTS credit	<p>Students are required to:</p> <ul style="list-style-type: none"> <li>Acquire knowledge about the “learning organisation” concept</li> </ul>	<ul style="list-style-type: none"> <li>Communication within the organisation as it relates to counselling and coaching</li> </ul>

## 5.2 Lifestyle Coaching and Fitness Management, Semester 4

Subject	Objectives	Example content
Anatomy and Physiology 1 ECTS credit	Students are required to: <ul style="list-style-type: none"> <li>Acquire knowledge about and an understanding of damage caused by physical activity</li> </ul>	<ul style="list-style-type: none"> <li>Physical damage</li> </ul>
Work Physiology and Biomechanics 7 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>Acquire knowledge about and an understanding of the implications of physical activity for health and disease</li> <li>Learn to plan training and test programmes</li> </ul>	<ul style="list-style-type: none"> <li>Physical activity in everyday life</li> <li>Types of training</li> <li>Testing</li> </ul>
Nutritional Physiology and Dietetics 2.5 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>Acquire knowledge about and an understanding of the connection between nutrition and physical activity</li> </ul>	<ul style="list-style-type: none"> <li>Energy and nutrients</li> <li>Dietary supplements</li> </ul>
Management and Organisation 1.5 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>Acquire knowledge about the organisation and management of a fitness business</li> </ul>	<ul style="list-style-type: none"> <li>Organisational and management theory</li> </ul>

### 5.3 Lifestyle Coaching and Fitness Management, Semester 5

Subject	Objectives	Example content
Chemistry and Biochemistry 1.5 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>Acquire knowledge about and an understanding of the body's metabolism of alcohol and the metabolism of smokers</li> <li>Acquire knowledge about and an understanding of the body's metabolism affected by different <i>degrees</i> of obesity</li> </ul>	<ul style="list-style-type: none"> <li>Alcohol</li> <li>Smoking</li> <li>Obesity</li> </ul>
Work Physiology and Biomechanics 3 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>Learn to plan, implement and evaluate exercise plans for obese people</li> </ul>	<ul style="list-style-type: none"> <li>Physical activity and obesity</li> </ul>
Nutritional Physiology and Dietetics 8.5 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>Acquire knowledge about and an understanding of the implications of smoking and alcohol for dietary intake</li> <li>Learn to analyse and evaluate scientific studies in nutrition and physical activity</li> <li>Learn to plan, implement and evaluate dietary steps for weight loss and weight maintenance</li> </ul>	<ul style="list-style-type: none"> <li>Weight loss and weight maintenance</li> <li>Study methods, including determination of nutritional status</li> <li>Dietary programmes</li> <li>Food and food preparation methods</li> <li>Smoking and alcohol</li> </ul>
Pathology 1.5 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>Acquire knowledge of and understanding of disease in relation to smoking, alcohol and obesity</li> </ul>	<ul style="list-style-type: none"> <li>Smoking, alcohol, and obesity and associated diseases</li> </ul>
Epidemiology 2 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>Learn to analyse and evaluate evidence-based intervention studies</li> </ul>	<ul style="list-style-type: none"> <li>Evidence-based intervention studies</li> </ul>
Sociology and Anthropology 2.5 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>Acquire knowledge about and an understanding of societal problems related to overweight</li> </ul>	<ul style="list-style-type: none"> <li>Society and overweight</li> <li>The sociology of the appetite</li> <li>Overweight and changing habits</li> </ul>
Communication 1 ECTS credit	Students are required to: <ul style="list-style-type: none"> <li>Learn to motivate overweight/obese individuals and groups to change their lifestyle</li> </ul>	<ul style="list-style-type: none"> <li>Conversation training</li> <li>Ethics</li> <li>Motivational interviewing</li> </ul>
Psychology 2.5 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>Acquire knowledge about and an understanding of psychological factors that are significant in obesity, weight loss, smoking and</li> </ul>	<ul style="list-style-type: none"> <li>Empowerment strategies</li> <li>Self-insight</li> <li>Weight change programmes</li> <li>Tobacco and alcohol abuse and withdrawal</li> <li>Alcohol detoxification</li> </ul>

	<ul style="list-style-type: none"> <li>• Learn to analyse and evaluate weight change programmes</li> </ul>	
Educational Theory and Practice 1 ECTS credit	<p>Students are required to:</p> <ul style="list-style-type: none"> <li>• Acquire knowledge about and an understanding of the concept of reflection as it relates to learning</li> </ul>	<ul style="list-style-type: none"> <li>• The concept of reflection</li> </ul>
Management and Organisation 0.5 ECTS credits	<p>Students are required to:</p> <ul style="list-style-type: none"> <li>• Acquire knowledge about organisational cultures and management that promotes or impedes learning processes</li> </ul>	<ul style="list-style-type: none"> <li>• Organisational cultures and learning processes</li> </ul>

### 5.4 Lifestyle Coaching and Fitness Management, Semester 6

Subject	Objectives	Example content
Chemistry and Biochemistry 1 ECTS credit	Students are required to: <ul style="list-style-type: none"> <li>Acquire knowledge about and an understanding of the body's metabolism under stress</li> </ul>	<ul style="list-style-type: none"> <li>Stress metabolism</li> </ul>
Work Physiology and Biomechanics 1 ECTS credit	Students are required to: <ul style="list-style-type: none"> <li>Acquire knowledge about and an understanding of the connection between stress and physical activity</li> </ul>	<ul style="list-style-type: none"> <li>Stress</li> </ul>
Nutritional Physiology and Dietetics 1.5 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>Acquire knowledge about and an understanding of the implications of nutrition for stress</li> <li>Acquire knowledge about and an understanding of studies in nutritional science</li> </ul>	<ul style="list-style-type: none"> <li>Diet and stress</li> </ul>
Pathology 1 ECTS credit	Students are required to: <ul style="list-style-type: none"> <li>Acquire knowledge about and an understanding of the connection between stress and disease</li> </ul>	<ul style="list-style-type: none"> <li>Stress-related disorders</li> </ul>
Epidemiology 2 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>Learn to use evidence-based intervention studies</li> </ul>	<ul style="list-style-type: none"> <li>Intervention studies</li> </ul>
Sociology and Anthropology 1.5 ECTS credits	Students are required to: <ul style="list-style-type: none"> <li>Acquire knowledge about and an understanding of societal and social factors significant in the development of stress</li> </ul>	<ul style="list-style-type: none"> <li>Living conditions</li> <li>Lifestyle</li> <li>Working conditions</li> </ul>
Communication 1 ECTS credit	Students are required to: <ul style="list-style-type: none"> <li>Learn about narrative guidance</li> </ul>	<ul style="list-style-type: none"> <li>Biographical method</li> <li>Narrative guidance</li> </ul>
Psychology 1 ECTS credit	Students are required to: <ul style="list-style-type: none"> <li>Acquire knowledge about and an understanding of the implications of different life stages</li> </ul>	<ul style="list-style-type: none"> <li>Life stage psychology</li> </ul>
Educational Theory and Practice 1 ECTS credit	Students are required to: <ul style="list-style-type: none"> <li>Acquire knowledge about and an understanding of communication as it relates to different target groups</li> </ul>	<ul style="list-style-type: none"> <li>Educational planning</li> </ul>
Management and Organisation 1 ECTS credit	Students are required to: <ul style="list-style-type: none"> <li>Acquire knowledge about and an understanding of the concept of supervision</li> </ul>	<ul style="list-style-type: none"> <li>Supervision</li> <li>The concept of power</li> </ul>

## **6 Work Placement**

The objective of work placement is to connect theoretical knowledge with practical skills and thus ensure that students are well-grounded in the profession, remain close to practice and develop a professional competence. The work placement takes its starting point in the working conditions and competency requirements of the profession, and it is organised so that there is a progression from the role of observer to reflective and independent practitioner within the professional field covered by the educational programme.

### **6.1 Work Placements in Semesters 4, 6 and 7**

Work placement comes in the last four semesters of the programme: it is compulsory and profession-oriented. There is a total of 21 weeks of work placement - eight weeks in Semester 4, eight weeks in Semester 6 and five weeks in Semester 7, part of the bachelor project - for which a total of 31.5 ECTS credits are earned.

#### **6.1.2 Objectives**

The objectives of work placement are for students to:

- Develop professionalism and the ability to act in relation to their chosen specialisation.
- Learn to convert theory into practice.
- Learn to handle relevant communicative, educational, development, management and policy tasks, as well as treatment tasks related to their specialisation.
- Be able to become a part of the daily activities and working relationships at an institution or a private enterprise.
- Gain experience in the profession's main fields of competency,
- Gain experience in relation to the bachelor project.

#### **6.1.3 Duration, Location and Content**

Each session of work placement in semesters 4 and 6 has a scheduled duration of eight weeks, and these weeks are scheduled as the last weeks of the semester. Students enter into and work with functions and tasks at the training site that are related to their specialisation, and they move from an observing role to one of an independent practitioner, in respect of the principle of progression, in performing tasks that correspond to the qualifications they have acquired in their studies so far.

#### **6.1.4 Arrangements**

VIA is in charge of making the initial arrangements in connection with each work placement session. Students then work together with their instructors at VIA and with the training site/training supervisor to organise and prepare their work placement in a dialogue aimed at determining the purpose, goals and content of the session.

#### **6.1.5 Work Placement site approval**

Work placement takes place at approved work placement sites. For a site to be approved, it must be relevant to the student in terms of that student's specialisation, and a supervisor must be found who will be in charge of the work placement.

#### **6.1.6 Assessment**

Students receive an "accepted" or "not accepted" mark based on an assessment of the student's work during the work placement session. This assessment is performed by the supervisor and VIA.

## **7 Bachelor Project**

The bachelor project is a sizeable independent project which forms the conclusion of the bachelor's degree programme. Students are expected to acquire special insight into a defined subject or field that is central to the profession.

The purpose of the bachelor project, which is to be completed in Semester 7, is for students to acquire, through independent work, qualifications within their chosen specialisation.

### **7.1 Objectives**

The objectives of the bachelor project are for students to:

- Learn to identify, examine and substantiate relevant issues within the field of their chosen specialisation.
- Learn to gather and process research results or their own data while applying source criticism and other relevant scientific methods.
- Learn to plan, analyse and evaluate suggestions as to how the results achieved can be utilised.

### **7.2 Content**

In their bachelor project, students take an issue or problem related to their specialisation - an issue or problem which they choose but which must also be approved - and examine it, applying scientific method and their experiences from their work placement. Their project must be independent and in depth, and it must contain analysis and an evaluation of primary sources and any materials that may have been gathered independently. The issue or problem is to be treated with a view to presenting a motivated proposal for the use of the results obtained in connection with communicative, educational, management or counselling tasks within the specialisation in question. The subject of a student's bachelor project must be selected independently by the student in consultation with an advisor.

### **7.3 Bachelor Project Requirements**

In their project, students must

- Explain the topic selected and explain why they chose it,
- Give an account of a relevant problem within their field of specialisation as it relates to the topic and explain the purpose of the bachelor project. Formulating the problem may involve stating profession-related issues and/or issues related to application.
- Use primary sources or other relevant specialist literature. Select and apply results from empirical studies or their own data while also employing source criticism and other relevant methods,
- Include considerations in relation to the use of scientific theory and philosophy of science,
- Include experience from their work placement training,
- Present arguments for their selection of topic and methods of treating it.
- Analyse, evaluate and draw relevant conclusions in connection with their treatment of the topic.
- Provide the reasoning behind their proposed application of the results achieved in connection with their communicative, instruction, development, management or treatment work.
- Document their ability to spell and formulate themselves.

### **7.4 Formal Requirements**

A bachelor project can be prepared by groups of up to three students. If students do their project as a group project, then they must indicate which chapters each student has written.

For a group of two to three students, the length of the project paper must be 75,000-110,000 thousand characters; for a single student writing alone, 60,000-90,000.

## 8 Optional/Cross-disciplinary Subjects

In each of Semesters 4, 5 and 6, students must choose an optional or cross-disciplinary subject with the worth of 6 ECTS credits, i.e. optional or cross-disciplinary subjects worth a total of 20 ECTS credits. The available optional courses and cross-disciplinary subjects are specified in the Student's Guide.

## 9 Examinations

The purpose of examinations is to assess the degree to which student qualifications are in concordance with the specified objectives.

This bachelor's degree programme includes five "external" examinations and two "internal" examinations, plus several mandatory assignments during the first six semesters. External examinations include an external examiner; internal examinations are assessed by the instructor of the course in question plus another VIA instructor selected to serve as co-examiner. Required papers/projects are graded by VIA instructors. Students must have received passing marks on all examinations and assignments before concluding their bachelor project.

To pass an examination, students must receive "2" or above on the Danish grade scale.

There is a description of the examinations for each specialisation; however, all students take the same examinations in Semesters 1 and 2.

After 1 August 2007 the 7-grade marking scale will be used.

Furthermore, in each module, the mandatory assignments must be passed as well as the final assignment in the modules not ending with an examination.

## *9.1 Public Health Nutrition and Food Policy*

### 9.1.1 Semester 1 External Examination (Module 1)

The first semester ends with an examination in natural and health sciences (80%) and social sciences (20%). It is a four-hour-long individual written examination at which students are permitted to use dictionaries and other materials. Students receive one single mark.

### 9.1.2 Semester 2 External Examination (Module 2 and 3)

The second semester ends with an examination in philosophy of science, qualitative research methods and communication. It is an individual oral examination based on a written semester assignment for which students receive one single mark.

### 9.1.3 Semester 3 External Examinations (Modules 4, 5 and 6)

The third semester ends with a cross-disciplinary examination in natural and health sciences (40-50%) and social sciences (50-60%). It is an individual oral examination based on a written assignment for which students receive one single mark.

### 9.1.4 Semester 4 Internal Examination (Module 9)

The fourth semester ends with a cross-disciplinary examination in social sciences (50-60%) and the humanities (40-50%). The examination consists of a home assignment to be completed within 48 hours. Students receive a minimum of three questions, of which one or two must be answered, and they receive one single mark.

### 9.1.5 Semester 5 External Examination (Module 13)

Semester 5 ends with a written home assignment to be completed within five days. VIA provides students with the assignment, which is cross-disciplinary, involving natural and health sciences (50-60%) and social sciences (40-50%). Students receive one single mark.

### 9.1.6 Semester 6 Internal Examination (Module 16)

Semester 6 ends with a cross-disciplinary oral examination: one-third natural and health science, one-third social sciences and one-third humanities. The examination takes its starting point in a synopsis, and students receive one single mark.

### 9.1.7 Semester 7 External Examination

Semester 7 ends with each student taking an oral examination based on his or her bachelor project. Students receive one single mark for their written work and their performance at the oral examination.

## *9.2 Lifestyle Coaching and Fitness Management*

### 9.2.1 Semester 1 External Examination (Module 1)

The first semester ends with an examination in natural and health sciences (80 %) and social sciences (20 %). It is a four-hour-long individual written examination at which students are permitted to use dictionaries and other materials. Students receive one single mark.

### 9.2.2 Semester 2 External Examination (Module 2 and 3)

The second semester ends with an examination in philosophy of science, qualitative research methods and communication. It is an individual oral examination based on a written semester assignment for which students receive one single mark.

### 9.2.3 Semester 3 External Examinations (Modules 4 and 5)

Semester 3 ends with an examination in the humanities (80-90%) and social sciences (10-20%). It is an individual oral examination based on a synopsis and/or a video clip made by the student, and students receive one single mark.

### 9.2.4 Semester 4 Internal Examination (Module 9)

Semester 4 ends with an examination in the natural and health sciences consisting of a home assignment to be completed within 48 hours. Students receive a minimum of three questions, of which one or two must be answered. Students receive one single mark.

### 9.2.5 Semester 5 External Examination (Module 13)

Semester 5 ends with a written home assignment to be completed within five days. VIA provides students with the assignment, which is cross-disciplinary, involving natural and health sciences (60-70%) and humanities (20-30%). Students receive one single mark.

### 9.2.6 Semester 6 Internal Examination (Module 16)

Semester 6 ends with an oral examination in the humanities. The examination takes its starting point in a synopsis, and students receive one single mark.

### 9.2.7 Semester 7 External Examination

Semester 7 ends with each student taking an oral examination based on his or her bachelor project. Students receive one single mark for their written work and their performance at the oral examination.

### **9.3 General Rules**

The following rules apply to all examinations:

- Students are automatically signed up for examination in the subjects that are specified in the curriculum as involving examinations in the semester.
- Students that don't pass the examination are automatically signed up for a re-examination in February/March or August/September.
- Students that don't pass the re-examinations are automatically signed up for the next coming ordinary examination in that subject. Make-up exams are normally held in February /March and September/October
- To take an examination, students must have passed all prior requisite parts of the educational programme.
- If students miss an examination due to illness, they must submit a physician's statement attesting to their inability to take the exam.
- For students to complete the educational programme and receive their diploma, they must have passed all the subjects in the programme in accordance with the requirements specified in the relevant order, curriculum and programme guide.
- A student may sign up for an examination a total of three times. The Rector may grant a fourth attempt if there are special circumstances. Each examination may be re-taken individually. Students are not permitted to re-take examinations which they have already passed.
- In extraordinary circumstances, VIA may grant exceptions to the examination rules specified in this curriculum document.
- Diplomas and diploma supplements are issued on the basis of passed examinations, internal examinations and approved practical training.

## **10 Credits**

In the case of other educational programmes, academic credit is granted after an individual consideration of examinations and other documented elements of education from Danish and foreign institutions of higher learning when such elements are the equivalent in scope, level and content of elements in the educational programme leading to the Bachelor of Global Nutrition and Health.

## 11 Appendices

### 11.1 Subjects and ECTS credits earned in the foundation semesters.

Table 1.1.

Scientific fields and subjects	Sem.1	Sem.2
<b>Natural and health sciences</b>	<b>ECTS credits</b>	<b>ECTS credits</b>
Chemistry and Biochemistry	5	-
Anatomy and Physiology	5	-
Nutritional Physiology and Dietetics	9	1
Pathology	4	-
Scientific Theory, Ethics and Method	-	6
<b>Social sciences</b>		
Sociology and Anthropology	5	4
Scientific Theory, Ethics and Method	-	6
<b>Humanities</b>		
Communication	-	4
Psychology	2	2
Educational Theory and Practice	-	4
Scientific Theory, Ethics and Method	-	3

## 11.2 Specialisations: Subjects and ECTS credits

### 11.2.1 Public Health Nutrition and Food Policy. Table 1.2.

Scientific fields and subjects	Sem.3	Sem.4	Sem.5	Sem.6
Natural and health sciences	ECTS credits	ECTS credits	ECTS credits	ECTS credits
Nutritional Physiology and Dietetics	-	-	2.5	2
Microbiology and Hygiene	5	-	-	-
Food Technology	1.5	-	-	-
Human Ecology	3	-	3.5	-
Epidemiology	2	-	8	-
Work Placement	-	4	-	4
<b>Social sciences</b>				
Sociology and Anthropology	3	1	2	3.5
Economics	5	1	1.5	-
Political Science	6.5	1.5	3.5	1.5
Management and Organisation	-	1	1	-
Work Placement	-	4	-	4
<b>Humanities</b>				
Communication	2	4	1	2
Psychology	1	1	-	1
Educational Theory and Practice	-	1.5	-	0.5
Management and Organisation	1	1	1	1.5
Work Placement	-	4	-	4
Optional/cross-disciplinary subjects	-	6	6	6

11.2.2 Lifestyle Coaching and Fitness Management. Table 1.3.

Scientific fields and subjects	Sem.3	Sem.4	Sem.5	Sem.6
<b>Natural and health sciences</b>	ECTS credits	ECTS credits	ECTS credits	ECTS credits
Chemistry and Biochemistry	-	-	1.5	1
Anatomy and Physiology	2	1	-	-
Work Physiology and Biomechanics	4.5	7	3	1
Nutritional Physiology and Dietetics	3.5	2.5	8.5	1.5
Pathology	1	-	1.5	1
Epidemiology	1	-	2	2
Work Placement	-	6	-	6
<b>Social sciences</b>				
Sociology and Anthropology	4	-	2.5	1.5
Work Placement	-	2	-	2
<b>Humanities</b>				
Communication	3.5	-	1	1
Psychology	4.5	-	2.5	1
Educational Theory and Practice	5	-	1	1
Management and Organisation	1	1.5	0.5	1
Work Placement	-	4	-	4
Optional/cross-disciplinary subjects	-	6	6	6