

Preliminary teaching program 2025-2026

Code	Course unit name	Scrcr (cr)	Period	Mode of teaching / Method of completion	Language of instruction*	Open university studies	Open to exchange students	Open to students from other degree
HNFB-111	Basics of Anatomy and Physiology	5 cr	1. ja 2. period	blended teaching (including both contact and distance teaching)	Finnish	yes*	no	yes
HNFB-112	Nutritional Physiology	5 cr	3.-4. period	contact teaching	Finnish, English (exam)	yes*	no	yes
HNFB-112	Nutritional Physiology (open university implementation)	5 cr	4. period	distance teaching (time-bound)	Finnish	yes	no	yes
HNFB-121	Public Health Nutrition	5 cr	1. ja 2. period	contact teaching	Finnish, English (exam)	yes*	no	yes***
HNFB-121	Public Health Nutrition (open university implementation)	5 cr	3.-4. period	distance teaching (time-bound)	Finnish	yes	no	yes***
HNFB-122	Foods in different diets	5 cr	1.-2. period	contact teaching	Finnish	yes*	no	yes
HNFB-122	Foods in different diets (open university implementation)	5 cr	2.-3. period	distance teaching (time-bound)	Finnish	yes	no	yes
HNFB-123	Basics of nutrition care	5 cr	3.-4. period	contact teaching	Finnish	yes*	no	yes
HNFB-130	Nutrition and physical activity	5 cr	summer teaching (June-August 2025)	distance teaching (time-bound)	Finnish	yes	no	yes
HNFB-201	The kaleidoscope of food and human nutrition studies	5 cr	1.-2. period	contact teaching	English	no	no	no
HNFB-202	Dietary assessment methods	5 cr	1.-2. period	contact teaching	English	no	yes**	no
HNFB-203	Nutritional status assessment	5 cr	3.-4. period	contact teaching	English	no	no	no
HNFB-204	Evidence on nutrition and health	5 cr	1.-2. period	contact teaching	English	no	yes**	yes**
HNFB-205	Advanced literature examination, Human nutrition	5 cr	1.-4. period	independent work	English	no	no	no
HNFB-206	Advanced literature examination, Food-related behaviour	5 cr	1.-4. period	independent work	English	no	no	no
HNFB-207	Master's thesis seminar (fall start)	5 cr	1.-4. period	contact teaching	English, Finnish	no	no	no
HNFB-207	Master's thesis seminar (spring start)	5 cr	3.-2. period	contact teaching	English, Finnish	no	no	no
HNFB-208	Master's thesis, Human nutrition and food-related behaviour	30 cr	1.-4. period	independent work	English, Finnish	no	no	no
HNFB-211	Advanced Nutritional Physiology	5 cr	1.-2. period	contact teaching	English	no	yes**	yes**
HNFB-212	Diet related molecular mechanisms of chronic diseases	5 cr	3.-4. period	contact teaching	English	no	yes**	yes**
HNFB-213	Experimental nutrition research	5 cr	1.-2. period	contact teaching	English	no	no	yes**
HNFB-221	Nutrition and society	5 cr	1.-2. period	contact teaching	English	yes	yes	yes
HNFB-223	Nutritional epidemiology	5 cr	3.-4. period	contact teaching	English	no	yes**	yes**
HNFB-225	Nutrition and food services	5 cr	2. period	contact teaching	English	no	yes**	yes
HNFB-226	Food systems and nutrition in low- and middle-income countries	5 cr	3.-4. period	contact teaching	English	yes	yes	yes
HNFB-231	Theoretical and empirical perspectives to food-related behavior	5 cr	2. period	contact teaching	English	no	yes	yes**
HNFB-240	Development of scientific expertise	5 cr	1.-4. period	independent work	English	no	no	no
HNFB-241	Optional Advanced literature examination in Nutritional Physiology	5 cr	1.-4. period	independent work	English	no	no	no
HNFB-242	Optional Advanced literature examination in Public Health Nutrition	5 cr	1.-4. period	independent work	English, Finnish	no	no	no
HNFB-251	Traineeship	5 cr	1.-4. period	independent work	English, Finnish	no	no	no
HNFB-252	Research Group Internship	1 - 5 cr	1.-4. period	independent work	English, Finnish	no	no	no
HNFB-253	Service-Learning	1 - 5 cr	1.-4. period	independent work	English	no	yes**	no
HNFB-254	Other discipline-related activities	1 - 5 cr	1.-4. period	independent work	English, Finnish	no	no	no
HNFB-260	Changing theme course: Food and Nutrition in Media	2 - 5 cr	3.-4. period	contact teaching	English	no	no	no
				*summer teaching is free of charge for degree students	*In the multilingual master's programme, regardless of the language of instruction, it is possible to complete all courses in Finnish, Swedish, or English, depending on the language of the degree, except for the Master's thesis, which must be written in English if the student has chosen English as the language of their degree	*limited number of places	** The course is available for exchange students with appropriate prior learning, upon availability	** The course is available for students from other Master's programmes with appropriate prior learning, upon availability *** open to students of the Master's Programme in Development of Health care Services