

CURRICULUM 2020-2023

Master's programme in Human Nutrition and Food related

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Human nutrition and food related behaviour (HNFB) 120 ects

A scope of the Human Nutrition and Food Related Behaviour master's programme is 120 ects. The degree programme can be completed within two study years. At the beginning of their studies students choose one of the two study lines; Human Nutrition or Food Related Behaviour.

The degree contains :

- 75 ects advanced studies that include Master's thesis (30 ects)
- 45 ects other studies, that may be studies of HNFB-programme or from other degree programme, and working life or international orientation period.
- Personal study plan

Structure of HNFB-master's programme

Compulsory Advanced studies, 45 ects • HNFB-207 Master's thesis seminar, 5 ects • HNFB-208 Master's thesis, Human nutrition/ or HNFB-209 Master's thesis, Food-related behavior, 30 ects • VIIKM-001: Master's maturity test MM, 0 ects • HNFB-204 Evidence on nutrition and health, 5 ects • HNFB-205 Advanced literature examination, Human nutrition, 5 ects/ HNFB-206 Advanced literature examination, Food Behaviour, 5 ects	
HNFB-3000 Human Nutrition study line Core Module, 15 ects • HNFB-2100: Nutritional physiology and molecular nutrition, 15 ects • HNFB-2200: Public health nutrition, 15 ects Elective advanced studies, 15 ects • HNFB-2300: Food behaviour in a changing society , 15 ects • HNFB-2100: Nutritional physiology and molecular nutrition, 15 ects • HNFB-2200: Public health nutrition, 15 ects Optional courses • HNFB-240 Development of Scientific expertise, 5 ects • HNFB-241 Optional advanced literature, Nutritional Physiology, 5 ects • HNFB-242 Optional advanced literature, Public health nutrition, 5 ects Other studies, 40 ects Compulsory courses, 15 ects • HNFB-201: The kaleidoscope of food and human nutrition studies, 5 ects • HNFB-202: Dietary assessment methods, 5 ects • HNFB-203: Nutritional status assessment, 5 ects Elective studies, 25 ects • (Courses in the HNFB-1000 Basics in Nutrition Science module) • Studies that strengthen the essential knowledge-base needed for the advanced studies. Focus studies: theoretical and methodological courses from other degree programmes at UH or in other universities. • Courses completed in student exchange • Other advanced level courses from the HNFB programme • The optional studies should include at least one methodological course	HNFB-4000 Food Related Behaviour study line Core Module, 15 ects HNFB-2300: Food behaviour in a changing society , 15 ects Elective advanced studies, 15 ects • HNFB-2100: Nutritional physiology and molecular nutrition, 15 ects • HNFB-2200: Public health nutrition, 15 ects • HNFB-203: Nutritional status assessment, 5 ects • HNFB-240 Development of scientific expertise, 5 ects Other studies, 40 ects Compulsory courses , 10 ects • HNFB-201: The kaleidoscope of food and human nutrition studies, 5 ects • HNFB-202: Dietary assessment methods, 5 ects Elective studies, 30 ects • Courses in the HNFB-1000 Basics in Nutrition Science module • HNFB-203: Nutritional status assessment, 5 ects • Studies that strengthen the essential knowledge-base needed for the advanced studies. Focus studies: theoretical and methodological courses from other degree programmes at UH or in other universities. • Courses completed in student exchange • Other advanced level courses from the HNFB programme • The optional studies should include at least one methodological course
Working life skills, 5 ects • HNFB-251: Practical training, 5 ects • HNFB-253: Service-Learning, 1 - 5 ects • HNFB-252: Research group internship, 1 - 5 ects • HNFB-254: Other discipline-related activities, 1-5 ects • VIIKM-002: Tutoring MM, 5 ects • VIIKM-005: Demanding participation in administrative bodies and student organisations, 2 - 5 ects	

Human Nutrition study line (120 ects)

HNFB-3000: HUMAN NUTRITION, ADVANCED STUDIES, 75 ECTS

Compulsory advanced studies, 45 ects

- HNFB-204: Evidence on nutrition and health, 5 ects
- HNFB-205: Advanced literature examination, Human nutrition, 5 ects
- HNFB-207: Master's thesis seminar, 5 ects
- HNFB-208: Master's thesis, Human nutrition, 30 ects
- VIIKM-001: Maisterin kypsyysnäyte MM, 0 ects

Core Module, 15 ects (compulsory)

Complete one of the 15 ects modules:

HNFB-2100: Nutritional physiology and molecular nutrition, 15 ects

- HNFB-211: Advanced nutritional physiology, 5 ects (ent HNFB-113)
- HNFB-212: Diet-related molecular mechanisms of chronic diseases, 5 ects
- HNFB-213: HNFB-213: Experimental nutrition research, 5 ects

Public Health Nutrition, choose 15 ects

- HNFB-221: Nutrition and society, 5 ects
- HNFB-222: Health promotion project work, 5 ects
- HNFB-223: Nutritional epidemiology, 5 ects
- HNFB-225: Nutrition and food services, 5 ects

Elective advanced studies, 15 ects

Complete 15 ects from the following courses

- HNFB-240 Development of Scientific expertise/Tieteellisen asiantuntemuksen vahvistaminen, 5 ects
- HNFB-241 Optional Advanced literature in Nutritional Physiology 5 ects
- HNFB-242 Optional Advanced literature in Public Health Nutrition 5 ects
- HNFB-252 Research group internship, 1-5 ects

HNFB-2300: Food-related behaviour in a changing society, 15 ects

- HNFB-231: Theoretical and methodological approaches in research on food-related behaviour, 5 ects
- EDUM504: Sustainable culinary culture, 5 ects
- SOSM-SP305: Developing behaviour change interventions, 5 ects

HNFB-2100: Nutritional physiology and molecular nutrition, 15 ects

- HNFB-211: Advanced nutritional physiology, 5 ects (ent HNFB-113)
- HNFB-212: Diet-related molecular mechanisms of chronic diseases, 5 ects
- HNFB-213: Experimental nutrition research, 5 ects

HNFB-2200: Public Health Nutrition, 15 ects

- HNFB-221: Nutrition and society, 5 ects
- HNFB-222: Health promotion project work, 5 ects
- HNFB-223: Nutritional epidemiology, 5 ects
- HNFB-225: Nutrition and food services, 5 ects

OTHER STUDIES

Compulsory other studies, 15 ects

- HNFB-201: The kaleidoscope of food and human nutrition studies, 5 ects

- HNFB-202: Dietary assessment methods, 5 erts
- HNFB-203: Nutritional status assessment, 5 erts

Optional other studies, choose 25 erts

- Studies that strengthen the essential knowledge-base needed for the advanced studies.
- Focus studies: theoretical and methodological courses from other degree programmes at UH or in other universities.
- Courses completed in student exchange MITOITUS!!!
- VIIKM-201 Study Module Completed in a Foreign University 15-25 op
- HNFB-111: Anatomian ja fysiologian perusteet, 5 erts
- HNFB-124: Elintarvikkeiden prosessointi ja ravitseemus, 5 erts
- HNFB-123: Erityisruokavaliot, 5 erts
- HNFB-141: Nutritional problems in low-income countries, 5 erts
- AY930001 Avoin yo: Liikunta ja ravitseemus , 5 erts
- The optional studies should include at least one methodological course

WORKING LIFE SKILLS

Complete 5- 10 erts

- HNFB-251: Practical training, 5 erts
- HNFB-253: Service-Learning, 1 - 5 erts
- HNFB-252: Research group internship, 1 - 5 erts
- HNFB-254: Other discipline-related activities, 1-5 erts
- VIIKM-002: Tutoring MM, 5 erts
- VIIKM-005: Demanding participation in administrative bodies and student organisations, 2 - 5 erts

Food Related Behaviour study line (120 erts)

HNFB-4000: FOOD-RELATED BEHAVIOUR, ADVANCED STUDIES, 75 ECTS

Compulsory advanced studies, 45 erts

- HNFB-204: Evidence on nutrition and health, 5 erts
- HNFB-206: Advanced literature examination, Food-related behaviour, 5 erts
- HNFB-207: Master's thesis seminar, 5 erts
- HNFB-209: Master's thesis, Food-related behaviour, 30 erts
- VIIKM-001: Maisterin kypsyysnäyte MM, 0 erts

Core Module, 15 erts (compulsory)

complete 15 erts module:

HNFB-2300: Food-related behaviour in a changing society, 15 erts

- HNFB-231: Theoretical and methodological approaches in research on food-related behaviour, 5 erts
- EDUM504: Sustainable culinary culture, 5 erts
- SOSM-SP305: Developing behaviour change interventions, 5 erts

Elective advanced studies, 15 ects

Complete 15 ects from the following courses

- HNFB-203: Nutritional status assessment, 5 ects
- HNFB-240 Development of Scientific expertise, 5 ects
- HNFB-241 Optional Advanced literature in Nutritional Physiology 5 ects
- HNFB-242 Optional Advanced literature in Public Health Nutrition 5 ects
- HNFB-252: Research group internship, 1 - 5 ects

HNFB-2100: Nutritional physiology and molecular nutrition, 15 ects

- HNFB-211: Advanced nutritional physiology, 5 ects
- HNFB-212: Diet-related molecular mechanisms of chronic diseases, 5 ects
- HNFB-213: Experimental nutrition research, 5 ects

HNFB-2200: Public Health Nutrition, choose 15 ects

- HNFB-221: Nutrition and society, 5 ects
- HNFB-222: Health promotion project work, 5 ects
- HNFB-223: Nutritional epidemiology, 5 ects
- HNFB-225: Nutrition and food services, 5 ects

OTHER STUDIES

Compulsory other studies, 10 ects

- HNFB-201: The kaleidoscope of food and human nutrition studies, 5 ects
- HNFB-202: Dietary assessment methods, 5 ects

Optional other studies, complete at least 30 ects

- Courses in the module HNFB-1000: Basics in nutrition science, 15 - 25 ects
- Studies that strengthen the essential knowledge-base needed for the advanced studies.
- Focus studies: theoretical and methodological courses from other degree programmes at UH or in other universities.
- Courses completed in student exchange
- VIKM-201 Study Module Completed in a Foreign University 15-25 op
- Other advanced level courses from the HNFB programme
- The optional studies should include at least one methodological course.

WORKING LIFE SKILLS

choose 5-10 ects

- HNFB-251: Practical training, 5 ects
- HNFB-253: Service-Learning, 1 - 5 ects
- HNFB-252: Research group internship, 1 - 5 ects
- HNFB-254: Other discipline-related activities, 1–5 ects
- VIKM-002: Tutoring MM, 5 ects
- VIKM-005: Demanding participation in administrative bodies and student organisations, 2 - 5 ects

Module descriptions/ Opintokokonaisuuksien kuvaukset

HNFB-1000: Ravitsemustieteen perusteet, 15 - 25 ects

Opintokohteen kielet: suomi

Leikkaavuudet: AYHNFB-1000 Avoin yo: Ravitsemustieteen perusteet 15 – 25 ects

Kohderyhmä:

Vastaava koulutusohjelma: Ihmisen ravitsemuksen ja ruokakäyttäytymisen maisteriohjelma (HNFB). Tarjolla muiden koulutusohjelmien opiskelijoille

Osaamistavoitteet:

Opintokokonaisuuden suorittanut opiskelija osaa perusteet ravitsemustieteen keskeisistä osa-alueista, joita ovat ravitsemusfysiologia, kansanravitsemus ja ruokavaliot.

Edeltävät opinnot tai edeltävä osaaminen:

Kemian ja biologian vähintään lukiokurssien hallinta on eduksi. Biokemian sekä ihmisen anatomian ja fysiologian opinnot antavat pohjaa etenkin ravitsemusfysiologian opintojaksolle.

Sisältö:

Seuraavista opintojaksoista (á 5 ects) kokonaisuuteen valitaan kolme (15 ects kokonaisuus) tai viisi (25 ects kokonaisuus). Opiskelija voi suorittaa kaikki tarjolla olevat kurssit, mutta vain 15 ects tai 25 ects sidotaan kokonaisuudeksi.

Ensisijaisesti kokonaisuuteen valitaan nämä 3 kurssia (yhteensä 15 ects):

- HNFB-121 Kansanravitsemus 5 ects
- HNFB-122 Elintarvikkeet ruokavalioissa 5 ects
- HNFB-112 Ravitsemusfysiologia 5 ects

Jos joku em. kurseista kuuluu tutkintoon muulla tavoin* tai jos haluaa suorittaa 25 ects :n kokonaisuuden, valitaan muut kokonaisuuteen tulevat kurssin näiden kurssien joukosta:

- HNFB-111 Anatomian ja fysiologian perusteet 5 ects
- HNFB-123 Erityisruokavaliot 5 ects
- HNFB-124 Elintarvikkeiden prosessointi ja ravitsemus 5 ects
- HNFB-141 Nutritional problems in low-income countries 5 ects
- AY930001 Liikunta ja ravitsemus 5 ects §

* Kokonaisuuteen ei voi käyttää opintojaksoa, joka kuuluu toiseen opintokokonaisuuteen (MOLE Toimiva yksilö – osiossa valinnainen HNFB-112 Ravitsemusfysiologia; ETK-001 Elintarviketieteiden kandiohjelma, perusopinnot - kokonaisuuteen kuuluva HNFB-121 Kansanravitsemus tai HNFB-112 Ravitsemusfysiologia).

HNFB-kurssi HNFB-111 Anatomian ja fysiologian perusteet ja kurssi BIO-203 Ihmisen fysiologia ovat sisällöllisesti toisiaan vastaavat. Tutkinnossa ei saa olla päällekkäisiä opintoja. § Avoimen yliopiston opetus on lukukausien aikaan maksullista.

Arviointimenetelmät ja -kriteerit: Opintojaksojen arvosanojen (painotettu) keskiarvo.

Vastuuhenkilö: Riitta Freese

HNFB-3000: Human nutrition, advanced studies/Ihmisen ravitsemus, syventävät opinnot, 75 ects

Target group: The module is compulsory for students in HNFB Master's program, Human nutrition study track

Timing: 1st year autumn to 2nd year spring

Learning outcome

After completing the advanced studies the student is able to plan and perform research work and work as an expert within the selected discipline of the HNFB study module and has acquired the generic abilities:

- critical thinking and reasoning between conflicting views
- dialogue, communication and argumentation skills
- solution seeking and problem solving abilities
- co-operational capacities, group working skills abilities to work in multidisciplinary contexts

Prerequisites: Bachelor's degree in relevant field. There may be also course-specific prerequisites.

Contents:

- HNFB-208 Master's thesis, Human nutrition (30 ECTS)
- HNFB-207 Master's thesis seminar (5 ECTS)
- HNFB-205 Advanced literature examination, Human nutrition (5 ECTS)
- HNFB-204 Evidence on nutrition and health (5 ECTS)
- HNFB-2100 Nutritional physiology and molecular nutrition (optional core module) (15 ECTS)
- HNFB-2200 Kansanravitseminen (Public Health Nutrition) (optional core module) (15 ECTS)
- Elective advanced studies: Another HNFB core module or separate advanced HNFB-courses (15 ECTS)

Evaluation/Assessment practices and criteria: Weighted average

Responsible person: Mikael Fogelholm

HNFB-4000: Food-related behaviour, advanced studies/Ruokakäyttäytyminen, syventävät opinnot, 75 ects

Language of learning: english, suomi

Target group: The module is compulsory for students in HNFB Master's programme, Food related behaviour study track

Timing: 1st year autumn to 2nd year spring

Objective/Learning outcomes:

- After completing the advanced studies the student has academic skills relating to the field of food-related behaviour and is able to plan and perform research work and work as an expert within the selected discipline of the HNFB study module. S/he has also acquired the generic abilities:
- critical thinking and reasoning between conflicting views dialogue, communication and argumentation skills
- solution seeking and problem solving abilities
- co-operational capacities, group working skills
- abilities to work in multidisciplinary contexts

Prerequisites: Bachelor's degree in relevant field. There may be also course-specific prerequisites

Contents:

- HNFB-209 Master's thesis, Food-related behaviour (30 ECTS)
- HNFB-207 Master's thesis seminar (5 ECTS)
- HNFB-206 Advanced literature examination, Food-related behaviour (5 ECTS)
- HNFB-204 Evidence on nutrition and health (5 ECTS)
- HNFB-2300 Food-related Behaviour in a Changing Society (core module) (15 ECTS)
- Elective advanced studies: Another HNFB core module or separate advanced HNFB-courses (15 ECTS)

Evaluation/Assessment practices and criteria: Weighted average

Responsible person: Taru Lindblom

HNFB-2100: Nutritional Physiology and Molecular Nutrition/Ravitsemusfysiologia ja molekyyli ravitseminen, 15 erts

Language of learning: english

Target group:

The module belongs to elective advanced studies for students in Human Nutrition study track in HNFB Master's programme. Available for students from other Master's programmes in UH by agreement.

Timing: 1st and 2nd year of Master's studies

Objective/Learning outcomes:

The module provides the student with an in-depth knowledge of key aspects of nutritional physiology and molecular mechanisms whereby nutrition influences human health. The student will

- learn at molecular level how food intake is regulated, how nutrients are transported, metabolized, and stored and how they contribute to human physiology in short and long-term.
- develop understanding on the molecular and physiological mechanisms leading to the development of chronic, non-communicable diseases in humans, such as obesity, diabetes, coronary heart disease, and cancers.
- be able to explain the mechanisms by which diets, nutrients and phytochemicals affect the development of chronic diseases.
- understand the methods and experimental designs used in nutritional physiology research and evidence obtained from this type of research

Prerequisites:

The student must have taken previous courses on biology, biochemistry, anatomy, physiology, and basic concepts of nutrition. HNFB Master's programme provides prerequisite studies in Finnish by following courses:

- HNFB-111 Anatomian ja fysiologian perusteet (Fundamentals of Anatomy and Physiology)
- HNFB-112 Ravitseminen (Nutritional Physiology)

Contents:

- HNFB-211 Advanced nutritional physiology (5 ECTS)
- HNFB-212 Diet-related molecular mechanisms of chronic diseases (5 ECTS)
- HNFB-213 Experimental nutrition research (5 ECTS)

Evaluation/Assessment practices and criteria: Weighted average

Responsible person: Anne-Maria Pajari

HNFB-2200: Public Health Nutrition/ Kansanravitseminen , 15 erts

Language of learning: suomi, englanti

Target group: The module is elective for students in HNFB Master's program. Students from other Master's programs can participate.

Timing: 1st year spring (periods 3—4) to 2nd year spring (period 3)

Objective/Learning outcomes:

The student will get a thorough understanding on theoretical and practical issues related to understanding nutritional status and needs of population, and how the nutrition-related health can be improved by population based-approaches.

Nutrition and society:

- to get an insight on how population-based health promotion campaigns and programs are planned and evaluated according to the socio-ecological model of health promotion
- to understand what health promotion is from a broad perspective
- to apply the knowledge in making a descriptive plan for a health-promotion program/project

The health promotion project work:

- The student will learn to plan a community-based health promotion program by using a real case, including needs assessment, program plan and evaluation plan.

Nutritional epidemiology:

- The student understands the theory and design of epidemiological research settings, critically interprets results from nutritional epidemiological studies and evaluates the evidence on a given exposure and disease.
- The student gets an insight on dietary exposures and their variation, methodological considerations in epidemiological study designs, measurement errors, and adjustment for total energy intake.
- The student is able to conduct and interpret common statistical analyses in nutritional epidemiology.

Prerequisites: Recommended preceding courses: HNFB-121 Kansanravitsemus (Public Health Nutrition) and HNFB-202 Dietary assessment methods.

Contents:

Choose 15 ects

- HNFB-221: Nutrition and society, 5 ects
- HNFB-222: Health promotion project work, 5 ects
- HNFB-223: Nutritional epidemiology, 5 ects
- HNFB-225: Nutrition and food services, 5 ects

Evaluation/Assessment practices and criteria: Weighted average

Other information: The student may choose any 3 courses from the 4 courses presented in the “module content”.

Responsible person: Maijaliisa Erkkola

HNFB-2300: Food-related behaviour in a changing society/Ruokakäyttäytyminen muuttuvassa yhteiskunnassa, 15 ects

Language of learning: english, suomi

Target group:

The module is compulsory for students in Food related behaviour study track HNFB Master’s programme and elective for other students in HNFB Master’s programme. Students from other programmes can participate in the courses of the module if there is room.

Timing:

1st year autumn (periods I - IV to 2nd year spring (period III)

Objective/Learning outcomes:

In this module, the student will get an understanding of social scientific approaches and methodologies to food and eating, behaviour change interventions, and sustainability issues related to food consumption. S/he will be able to apply the approaches learned in interpreting and analyzing food- and eating-related social phenomena and practices and behaviour interventions.

The main course-related learning outcomes are:

Theoretical and methodological approaches in research on food-related behaviour

- understanding various sociological and social psychological approaches that can be used in studying food and eating
- being able to analyse differences (e.g. in terms of research questions that can be addressed) between various theoretical and empirical approaches as well as their potential practical applications
- being able to apply different approaches in the study of food-related behaviour, e.g. in her /his own master thesis

Behaviour change and intervention planning

- learning the key social psychological theories about attitudes, motivation, self-regulation and behaviour change
- understanding the principles of theory-based intervention planning and applying these principles in planning an intervention
- knowing how to apply behavioural science perspectives in solving societal problem related to, e.g. health behaviour or environmental problems

Sustainable culinary culture

- knowing the key concepts and research approaches in the study of sustainable food cultures
- understanding various perspectives that can be used in studying food culture as part of societal structures, social communities and individual choices
- being able to analyse the differences between various theoretical approaches, to argue for their applicability in particular research questions, and to identify and apply interdisciplinary perspectives in the study of sustainable food cultures
- being able to critically assess the public discourses and academic conceptualisations of sustainable eating practices

Prerequisites: HNFB-201 The kaleidoscope of food and human nutrition studies

Contents:

- HNFB-231: Theoretical and methodological approaches in research on food-related behaviour, 5 ects
- EDUM504: Sustainable culinary culture, 5 ects
- SOSM-SP305: Käyttäytymisen muutos ja interventioiden suunnittelu, 5 ects

Evaluation/Assessment practices and criteria:

Weighted average

Responsible person: Taru Lindblom

VIKIM-201: Study module completed in a Foreign University 15-25 ects

Course descriptions/Opintojaksojen kuvaukset

HNFB-111: Anatomian ja fysiologian perusteet, 5 ects

Opintokohteen kielet: suomi

Leikkaavuudet:

- 590374 Ihmisen fysiologia ja anatomia 5.0 ects
- 815021 Anatomian ja fysiologian harjoitustyöt (RAV094) 5.0 ects
- 815019 Anatomian ja fysiologian perusteet (RAV093) 5.0 ects

Kohderyhmä:

Pakollinen maataloustieteiden kandiohjelman kotieläintieteen opintosuunnan opiskelijoille
Vaihtoehtoinen MOLE-kandiohjelman opiskelijoille biotieteellisen tdk:n vastaavan BIO-203 Ihmisen fysiologia – kurssin kanssa
Pakollinen farmasian opiskelijoille (kurssi järjestetään yhteistyössä farmasian tiedekunnan kanssa)
Vaihtoehtoinen Ravitsemustieteen perusteet -opintokokonaisuudessa (HNFB-1000)
Valinnainen Ihmisen ravitsemuksen ja ruokakäyttäytymisen maisteriohjelmassa
Kurssi on tarjolla muiden koulutusohjelmien opiskelijoille

Ajoitus: Syyslukukausi, periodit I-II, Farmaseutin koulutusohjelmassa 1. Lukuvuosi

Osaamistavoitteet:

Opintojakson käytyään opiskelija osaa:

- tunnistaa ja nimetä nisäkkään, erityisesti ihmisen elimistön perusrakenteet
- selittää anatomian ja fysiologian peruskäsitteet ja -ilmiöt
- kuvata keskeiset elinjärjestelmät ja niiden toiminnan perusteet
- selittää elimistön toimintojen ja niiden säätelyn pääpiirteet
- yhdistää keskeisten elintoimintojen merkityksen terveyden ylläpitoon

Toteutus:

Lähiopetus 44 h, itsenäinen opiskelu 98 h, loppukuulustelu. Ei läsnäolopakkoa. Suoritus: mahdolliset oppimistehtävät ja kirjallinen tentti

Edeltävät opinnot tai edeltävä osaaminen:

Ei vaadita edeltäviä opintoja mutta oletetaan lukion biologian ja kemian hallintaa.

Suositeltavat valinnaiset opinnot:

Anatomian ja fysiologian perusteet antaa pohjan opiskella Ravitsemusfysiologia-kurssilla (HNFB-112) sekä myöhemmin Ihmisen ravitsemus ja ruokakäyttäytyminen -maisteriohjelman opintojaksoilla, joissa syvennetään ymmärrystä ravinnon vaikutusmekanismeista elimistössä. Farmasian opiskelijoille kurssi antaa valmiudet ihmisen sairauksien, niiden synnyn ja mekanismien opiskelemiseksi tautiopin opintojaksolla sekä edelleen lääkeaineiden vaikutusten ymmärtämiseksi farmakologian opintojaksolla.

Kotieläintieteen opiskelijoille kurssi antaa pohjan opiskella Ravitsemus- ja lisääntymisfysiologian (MAAT302) opintojaksolla, jolla käsitellään kotieläinten ruoansulatuksen erityispiirteitä, ravintoaineiden merkitystä kotieläinten ravitsemuksessa sekä kotieläinten lisääntymistoimintoja.

Sisältö:

Anatomian ja fysiologian peruskäsitteet, peruskudokset, elinjärjestelmät ja niiden toiminta, elimistön toiminnan hermostollinen ja endokrinologinen säätely, elimistön energia-aineenvaihdunnan perusteet, lisääntyminen ja elämänsykli.

Oppimateriaali ja kirjallisuus:

- Leppäluoto J, Rintamäki H, Vakkuri O: Anatomia ja fysiologia Rakenteesta toimintaan. Helsinki: Sanoma Pro 2019

Ravitsemustieteen ja farmasian opiskelijoille:

- Martini F, Nath JL, Bartholomew EF. Fundamentals of Anatomy & Physiology, San Francisco: Pearson Benjamin Cummings, 2012 tai Silverthorn UD. Human Physiology, an integrated approach, Pearson 2013.

Kotieläintieteen opiskelijoille:

- Sjaastad OV, Hove K & Sand O. Physiology of domestic animals. Oslo: Scandinavian Veterinary Press; 2003; tai uudempi painos.
- Muu materiaali osoituksen mukaan

Oppimista tukevat aktiviteetit ja opetusmenetelmät: Aktiivinen osallistuminen kontaktiopetukseen, oppimistehtävät.

Arviointimenetelmät ja -kriteerit:

Arvioidaan asteikolla 0–5. Arvosana perustuu oppimistehtäviin ja tenttiin. Arvosteluperusteet nähtävillä kurssin Moodle-alueella.

Lisätiedot:

Kurssilla käytetään Moodle-oppimisympäristöä.

Yhteydet muihin opintojaksoihin:

Korvaa opintojakson 815019 (KEL201/RAV093) Anatomian ja fysiologian perusteet 5 erts.

Vastuuhenkilöt: Eeva Voutilainen, Tomi Rantamäki

HNFB-112: Ravitsemusfysiologia/Nutritional physiology, 5 erts

Opintokohteen kieli: suomi, english

Leikkaavuudet:

- AYHNFB-112 Avoin yo: Ravitsemusfysiologia, 5.0 erts
- 882061 Ravitsemusfysiologian perusteet RAV112, 5.0 erts

Kohderyhmä

Vaihtoehtoinen elintarviketieteiden ja molekyylibiotieteiden kandiohjelmassa, yksi kolmesta kriteerikurssista Ihmisen ravitsemuksen ja ruokakäyttäytymisen maisteriohjelman ihmisen ravitsemuksen -opintosuuntaan ilmoittautuville, pakollinen kokonaisuudessa HNFB-1000 Ravitsemustieteen perusteet.

Students in the HNFB Master's programme may complete the course in English (literature exam).

Ajoitus: Kevätlukukausi, periodit III+IV

Osaamistavoitteet:

Opintojakson käytyään opiskelija osaa:

- selittää ravitsemusfysiologian keskeiset ilmiöt (ruoansulatus, imeytyminen, kuljetus, varastointi, aineenvaihdunta ja erityisesti, tarve ja ravitsemustila)
- perusteet energia-aineenvaihdunnasta sekä energiaravintoaineiden vitamiinien ja kivennäisaineiden käsittelystä ja tehtävistä elimistössä
- hahmottaa kuidun ja ravinnon sisältämien bioaktiivisten aineiden merkitystä elimistössä hahmottaa joidenkin ajankohtaisten ilmiöiden taustoja

Toteutus:

Lähiopetus 40 h, itsenäinen opiskelu 94 h. Ei läsnäolopakkoa. Suoritus: mahdolliset oppimistehtävät ja kirjallinen tentti

Edeltävät opinnot tai edeltävä osaaminen:

Vähintään lukion biologia ja kemia. Suositeltavia edeltäviä kursseja ovat biokemian sekä ihmisen anatomian ja fysiologian perusteet.

Suositeltavat valinnaiset opinnot:

Ihmisen anatomian ja fysiologian opinnot antavat peruspohjan ihmisen elimistön toiminnan ymmärtämiselle.

Ravitsemusfysiologian osaamista voi opintojakson Ravitsemusfysiologia jälkeen kehittää kurssilla HNFB-221 Advanced nutritional physiology .

Opintojaksot HNFB-121 Kansanravitsemus, HNFB-112 Ravitsemusfysiologia ja HNFB-122 Elintarvikkeet ruokavalioissa tarjoavat perustiedot ravitsemustieteen keskeisistä osa-alueista.

Sisältö:

- ravitsemusfysiologian kannalta keskeiset elimistön rakenteet ja fysiologiset ilmiöt sekä ravitsemusfysiologian peruskäsitteet
- energiaravintoaineiden, vitamiinien ja kivennäisaineiden ruoansulatus, imeytyminen, kuljetus, varastointi, aineenvaihdunta ja erityis sekä tehtävät elimistössä
- energia-aineenvaihdunnan perusteet

Oppimateriaali ja kirjallisuus:

- Mutanen M, Niinikoski H, Schwab U, Uusitupa M (toim.) Ravitsemustiede. 8., uudistettu painos. Helsinki, Duodecim; 2021
- Voutilainen, E., Fogelholm, M., Mutanen, M. Ravitsemustaito. Sanoma Pro, Helsinki, 2015. ISBN: 978-952-63-1471-6 (soveltuvin osin)

Mahdollista muuta kirjallisuutta osoituksen mukaan.

Vaihtoehtoisesti esim.

- Lanham-New SA, Hill TR, Gallagher AM, Vorster HH. Introduction to Human Nutrition. 3rd ed. John Wiley & Sons, 2019 (soveltuvin osin) tai
- Mann J, Truswell AS. Essentials of Human Nutrition. 2nd ed. Oxford, Oxford University Press, 2002 (soveltuvin osin)

Oppimista tukevat aktiviteetit ja opetusmenetelmät: Aktiivinen osallistuminen kontaktiopetukseen, oppimistehtävät

Arviointimenetelmät ja -kriteerit: Arvioidaan asteikolla 0–5. Arvosteluperusteet nähtävillä kurssin Moodle-alueella.

Lisätiedot: Opetuskieli suomi, Kurssilla käytetään Moodle-oppimisympäristöä. Students in the HNFB Master's programme may complete the course as a literature exam in English.

Yhteydet muihin opintojaksoihin: Korvaa opintojakson 882061 (RAV112) Ravitsemusfysiologian perusteet 5 erts .

Vastuuhenkilö: Riitta Freese

HNFB-211: Advanced nutritional physiology, 5 erts

Language of learning: suomi, English

Target group: The course is compulsory for students taking HNFB-2100 Nutritional Physiology and Molecular Nutrition in the HNFB Master's programme. The course is available for students from other Master's programmes by agreement.

Timing: 1st year, I and II period

Objective/Learning outcomes:

After completing the course, the student is able to

- integrate molecular and physiological knowledge in understanding the uptake, metabolism and functions of nutrients in the body
- distinguish different aspects of the regulation in nutritional physiology

- reflect her/his learning process

Completion:

Independent reading, contact teaching, learning diaries or examination

Prerequisites:

Human anatomy and physiology (HNFB-111 Ihmisen anatomia ja fysiologia or similar studies), Basics in nutritional physiology (HNFB-112 Ravitsemusfysiologia or similar studies), Metabolism (MOLE-203 Metabolia or similar studies)

Contents:

The course focuses on the physiological regulation of food intake, digestion and absorption of macro- and micronutrients as well as their transport, metabolism, and storage and functions at the molecular and physiological level. In addition, short and long-term mechanisms involved in metabolic regulation will be covered.

Study materials and literature:

- Stipanuk MH, Caudil M. Biochemical, Physiological, and Molecular Aspects of Human Nutrition, 4th ed. Elsevier 2019.
- Frayn KN, Evans R. Metabolic regulation, a human perspective. 4th. ed. Wiley-Blackwell, Oxford 2019.

Activities and teaching methods in support of learning:

Interaction in contact teaching.

Evaluation/Assessment practices and criteria: Active attendance at contact teaching and learning diary or examination. Grading 0-5. The grading criteria will be displayed on Moodle platform

Other information: Moodle-learning platform is in use.

Responsible person: Riitta Freese

HNFB-121: Kansanravitseminen, 5 erts

Opintokohteen kielet: suomi , englant

Leikkaavuudet:

AYHNFB-121Avoin yo: Kansanravitseminen 5.0 erts

882059 Kansanravitseminen RAV101 5.0 erts

Kohderyhmä

Vaihtoehtoinen elintarviketieteiden kandidiohjelmissa, yksi kolmesta kriteerikurssista Ihmisen ravitsemuksen ja ruokakäyttätymisen maisteriohjelman ihmisen ravitsemuksen -opintosuuntaan ilmoittautuville, pakollinen kokonaisuudessa HNFB-1000 Ravitsemustieteen perusteet. Students in the HNFB Master's programme may complete the course in English (literature exam).

Ajoitus: Syyslukukausi, periodit I-II

Osaamistavoitteet:

Opintojakson käytyään opiskelija osaa:

- kuvata ravitsemustieteen ja ruoankäytön historiaa
- hahmottaa yksilöiden ja yhteisöjen ruoankäyttöön vaikuttavia tekijöitä
- selittää suomalaisten ruoankäyttöä, ravinnonsaantia ja ravitsemushaasteita elämänvaiheittain

- kuvata ravitsemustieteen tutkimusasetelmat
- eri ikäryhmien ja urheilijoiden ravitsemussuositukset ja niiden perusteet-
- kuvata yleisesti ravinnon merkityksen terveydelle elämän eri vaiheissa.

Toteutus: Lähiopetus 56 h, itsenäinen opiskelu 78 h. Ei läsnäolopakkoa.

Suoritustavat: mahdolliset oppimistehtävät, esitentti verkossa (Moodle) ja kirjallinen loppukuulustelu.

Edeltävät opinnot tai edeltävä osaaminen: Ei ehdottomia esitietovaatimuksia.

Suositeltavat valinnaiset opinnot:

Opintojaksot HNFB-121 Kansanravitsemus, HNFB-112 Ravitsemusfysiologia ja HNFB-122 Elintarvikkeet ruokavalioissa tarjoavat perustiedot ravitsemustieteen keskeisistä osa-alueista. Kansanravitsemuksen opintojakso antaa pohjaa erityisesti niille Ihmisen ravitsemus ja ruokakäyttäytyminen - maisteriohjelman opintojaksoille, joissa pureudutaan ravinnon ja terveyden välisiin yhteyksiin ja terveyden edistämiseen yhteiskunnassa.

Sisältö:

- ravitsemustieteen historia
- ruoankäytön historia
- ruoankäyttöön vaikuttavat tekijät
- ravitsemussuositukset
- ravitsemustieteen tutkimusasetelmat
- elämänvaiheravitsemus: ruoankäyttö, ravinnonsaanti ja ravintoon liittyvät sairaudet
- urheilu ja ravitsemus

Oppimateriaali ja kirjallisuus:

- Voutilainen, E., Fogelholm, M., Mutanen, M. Ravitsemustaito. Sanoma Pro, Helsinki, 2015. ISBN: 978-952-63-1471-6
Mutanen M, Niinikoski H, Schwab U, Uusitupa M (toim.) Ravitsemustiede. 8., uudistettu painos. Helsinki, Duodecim; 2021 (soveltuvin osin)
- Langley-Evans S. Nutrition, health and disease: A lifespan approach. 2nd ed., Oxford: Wiley, 2015 (soveltuvin osin)
- Suomalaiset ravitsemussuositukset: <https://www.ruokavirasto.fi/teemat/terveytta-edistava-ruokavalio/ravitsemus--ja-ruokasuositukset/>
- Muuta kirjallisuutta osoituksen mukaan.

Oppimista tukevat aktiviteetit ja opetusmenetelmät: Aktiivinen osallistuminen kontaktiopetukseen, oppimistehtävät.

Arviointimenetelmät ja -kriteerit: Arvioidaan asteikolla 0–5 nettitenttin ja loppukuulustelun yhteisarviona. Arvosteluperusteet nähtävillä kurssin Moodle-alueella.

Lisätiedot: Opetuskieli suomi. Kurssilla käytetään Moodle-oppimisympäristöä.

Yhteydet muihin opintojaksoihin: Korvaa opintojakson 882059 (RAV101) Kansanravitsemus 5 op.

Vastuuhenkilö: Mikael Fogelholm ja Maijaliisa Erkkola

HNFB-122: Elintarvikkeet ruokavalioissa, 5 erts

Opintokohteen kielet: suomi

Kohderyhmä

Yksi kolmesta kriteerikurssista Ihmisen ravitsemuksen ja ruokakäyttäytymisen maisteriohjelman ihmisen ravitsemuksen -opintosuuntaan ilmoittautuville, pakollinen kokonaisuudessa HNFB-1000 Ravitsemustieteen perusteet.

Leikkaavuudet: AYHNFB-122 Avoin yo: Elintarvikkeet ruokavalioissa, 5.0 erts, RAV131 Elintarvikkeet ruokavaliossa, 5 erts

Ajoitus: Syyslukukausi, I+II periodit

Osaamistavoitteet:

- osaa käyttää ravintolaskentaohjelmaa
- osaa arvioida ruokavalioiden ja elintarvikkeiden ravintosisältöjä
- osaa arvioida eri ruoka-aineiden merkitystä ruokavaliossa
- osaa arvioida ruokavaliomuutosten merkitystä ravintoaineiden saannissa
- tuntee eri väestöryhmien ruokavalioiden peruskysymykset

Toteutus:

Lähiopetus, läsnäolovaatimus kurssin alussa ilmoitettavilla kerroilla (n. 70 %). Suoritusmuodot: harjoitustyöt

Edeltävät opinnot tai edeltävä osaaminen: Kansanravitsemus HNFB-121)

Suosittelavat valinnaiset opinnot:

Elintarvikkeiden prosessointi ja ravitsemus (HNFB-124, ent. RAV132) –opintojakso syventää osaamista Opintojaksot HNFB-121 Kansanravitsemus, HNFB-112 Ravitsemusfysiologia ja HNFB-122 Elintarvikkeet ruokavalioissa tarjoavat perustiedot ravitsemustieteen keskeisistä osa-alueista.

Sisältö:

- Elintarvikkeiden tuntemus, ravintoainesisältö, merkitys ruokavaliossa eri elämänvaiheissa
- Ruokavalioiden perusteet, suunnittelu ja ravintosisältö
- Ravintolaskentaohjelman käyttö

Oppimateriaali ja kirjallisuus: Osoituksen mukaan

Oppimista tukevat aktiviteetit ja opetusmenetelmät:

Aktiivinen osallistuminen lähiopetukseen, oppimistehtävien laatiminen sovitussa aikataulussa.

Arviointimenetelmät ja -kriteerit:

Arvioidaan asteikolla 1-5. Arvosteluperusteet nähtävillä kurssin Moodle-alueella.

Lisätiedot: Opetuskieli suomi. Kurssilla käytetään Moodle-oppimisympäristöä.

Vastuuhenkilö: Liisa Korkalo

HNFB-123: Erityisruokavaliot, 5 ect

Opintokohteen kielet: suomi

Leikkaavuudet: AYHNFB-123 Avoin yo: Erityisruokavaliot 5.0 ect

Kohderyhmä Vaihtoehtoinen kokonaisuudessa HNFB-1000 Ravitsemustieteen perusteet

Ajoitus: Kevätlukukausi, III + IV periodit

Osaamistavoitteet:

Opintojakson suoritettuaan opiskelija - tuntee ravitsemushoitoa vaativat sairaudet ja ravitsemushoidon perusteet sekä osaa suunnitella ruokavaliota ravitsemushoitoa vaativissa sairauksissa.

Toteutus: Lähiopetus, oppimistehtävät ja tentti

Edeltävät opinnot tai edeltävä osaaminen:

Kansanravitsemus (HNFB-121), Ravitsemusfysiologian perusteet (HNFB-112) tai vastaavat tiedot, Elintarvikkeet ruokavalioissa (HNFB-122)

Suosittelavat valinnaiset opinnot:

Elintarvikkeiden prosessointi ja ravitsemus (HNFB-124—opintojakso syventää osaamista. Opintojaksot HNFB-121 Kansanravitsemus, HNFB-112 Ravitsemusfysiologia ja HNFB-122 Elintarvikkeet ruokavalioissa tarjoavat perustiedot ravitsemustieteen keskeisistä osa-alueista.

Sisältö:

- Ravitsemushoitoa vaativat sairaudet ja ravintoanamneesi
- Ravitsemushoidon perusteet ja erityisruokavalion suunnittelu (ruoansulatuskanavan sairaudet, diabetes, sydän- ja verisuonitaudit, munuaissairaudet, kihti, reumataudit, ruoka-allergiat)
- Tutustuminen erityiselintarvikkeisiin ja erityisruokavalion vaatimaan tuotekehitystyöhön

Oppimateriaali ja kirjallisuus: Osoituksen mukaan

Oppimista tukevat aktiviteetit ja opetusmenetelmät:

Aktiivinen osallistuminen lähiopetukseen, oppimistehtävien laatiminen sovitussa aikataulussa.

Arviointimenetelmät ja -kriteerit:

Arvioidaan asteikolla 1-5. Arvosteluperusteet nähtävillä kurssin Moodle-alueella.

Lisätiedot: Opetuskieli suomi. Kurssilla käytetään Moodle-oppimisympäristöä.

Vastuuhenkilö: Liisa Korkalo

HNFB-124: Elintarvikkeiden prosessointi ja ravitsemus, 5 ects

Opintokohteen kielet: suomi

Kohderyhmä Vaihtoehtoinen kokonaisuudessa HNFB-1000 Ravitsemustieteen perusteet

Ajoitus: Kevätlukukausi, IV periodi

Osaamistavoitteet:

Opintojakson käytyään opiskelija tuntee elintarvikkeiden prosessoinnin ja ruoanvalmistuksen aikana ruoka-aineissa tapahtuvia fysikaalisia ja kemiallisia muutoksia sekä niiden ravitsemuksellista merkitystä.

Toteutus: Lähiopetus, oppimistehtävät ja tentti.

Edeltävät opinnot tai edeltävä osaaminen: HNFB-121Kansanravitsemus, HNFB-122Elintarvikkeet ruokavalioissa

Suosittelavat valinnaiset opinnot: Elintarvikekemian ja -teknologian perusteet (ETK-100), Opintojaksot HNFB-121 Kansanravitsemus, HNFB-112 Ravitsemusfysiologia ja HNFB-122 Elintarvikkeet ruokavalioissa tarjoavat perustiedot ravitsemustieteen keskeisistä osa-alueista.

Sisältö:

Elintarvikkeiden prosessoinnin ja ruoanvalmistuksen aikana ruoka-aineissa tapahtuvat muutokset elintarvikeryhmittäin ja vaikutukset ruoan ravintoarvoon. Elintarvikkeiden prosessoinnin ravitsemuksellinen merkitys.

Oppimateriaali ja kirjallisuus: Osoituksen mukaan

Oppimista tukevat aktiviteetit ja opetusmenetelmät: Aktiivinen osallistuminen lähiopetukseen, oppimistehtävien laatiminen sovitussa aikataulussa

Arviointimenetelmät ja -kriteerit: Arvioidaan asteikolla 1-5. Arvosteluperusteet nähtävillä kurssin Moodle-alueella.

Lisätiedot: Opetuskieli suomi. Kurssilla käytetään Moodle-oppimisympäristöä.

Yhteydet muihin opintojaksoihin: Korvaa opintojakson 882057 (RAV132).

Vastuuhenkilö: Liisa Korkalo.

HNFB-141: Nutritional problems in low-income countries, 5 ects

Language of learning: English, suomi

Target group The course is optional for students in the HNFB Master's programme.

The course is optional in the module HNFB-1000 Ravitsemustieteen perusteet (Basics in nutrition) Available for other students.

Timing: The course can be completed at any phase of studies. The course is organised every other year. Next time academic year 2022-2023.

Objective/Learning outcomes:

After completing the course, the student will be able to

- characterise diets and food habits in developing countries
- explain the different forms of maternal and child malnutrition and their consequences
- explain the underlying and immediate causes to maternal and child malnutrition
- understand basic principles in food insecurity
- explain some nutrition interventions and prevention strategies related to malnutrition
- is familiar with the current initiatives for tackling nutritional problems.

Completion: Lectures, assignments, and/or examination

Contents:

- world nutrition situation
- conceptual framework of malnutrition; forms of malnutrition and their consequences
- double burden of malnutrition, nutrition transition infectious diseases; water, sanitation & hygiene (WASH)
- foetal malnutrition, breast feeding, complementary feeding
- maternal malnutrition
- nutrition specific vs. nutrition sensitive programs
- food security

Study materials and literature: The literature consists of scientific articles and reports.

Activities and teaching methods in support of learning: Active participation in lectures, assignments, examination

Evaluation/Assessment practices and criteria: Grading 0-5. The grading criteria will be displayed on Moodle platform

Other information: Moodle-learning platform is in use.

Responsible person: Riitta Freese

HNFB-201: The kaleidoscope of food and human nutrition studies, 5 ects

Language of learning: English, suomi

Target group: The course is obligatory for students in the HNFB Master's programmes. The course is not open for students from other Master's programmes.

Timing: 1st year, autumn

Objective/Learning outcomes:

After completing the course the student

- has learned key topics, themes and research approaches of the Master's programme

- recognizes and understands different research approaches and study designs used in the study of human nutrition and food-related behaviour
- is aware of the basic ethical questions of research both generally and in human nutrition and food-related behaviour studies
- has acquainted with other students in the programme (“grouping”)
- has written an individual study plan (Master’s portfolio work) for the HNFB Master’s programme (“HOPS”)
- is able to apply SPSS platform for statistical analyses

Completion:

Lectures and seminars 42 h, group work 60 h, individual work 33 h.

Performance: lectures, seminars, group work and seminar presentation, individual work, individual study plan. 80 % participation in lectures/seminars are required

Prerequisites: No preceding studies are required.

Relations to other study units:

The course is introductory to the Master’s programme. Hence, the learning of this course will be deepened and broadened in all other courses of the HNFB programme.

Contents:

- History of human nutrition and food-related behaviour research (lecture)
- Introduction to key topics, research methods, study designs and ethics in human nutrition and food-related behaviour research
- Getting to know nutrition and food-related behaviour as a profession
- Writing a research plan
- 1—2 burning scientific and/or practical questions in human nutrition and food-related behaviour: the students work on these topics by using a problem-based learning approach, with the aim to present an analysis and solutions by using their own knowledge and expertise from Bachelor’s studies
- Statistical analyses (SPSS) of data
- The students work in groups, mentored by teachers/researchers
- The group-works are presented and discussed in seminars together with all new Master’s students in the programme
- No examination, but active participation in group-work, seminars and discussion are required, in addition to a personal learning diary.

Study materials and literature:

Study material (consisting mainly of published research papers) will be given during the course

Evaluation/Assessment practices and criteria: The report, diaries and study plan are evaluated by grading passed/failed.

Other information: Moodle-learning platform is used.

Responsible person: Mikael Fogelholm, Taru Lindblom and Riitta Freese

HNFB-202: Dietary assessment methods, 5 ects

Language of learning: suomi, english

Target group: The course is obligatory for students in the HNFB Master’s programmes. The course is not open for students from other Master’s programmes.

Timing: HNFB programme, 1st year, Autumn periods I-II

Objective/Learning outcomes:

After completing the course, the student:

- gets an insight on dietary assessment methods: food record, 24 h recall, and a food frequency questionnaire, and their strengths and limitations,
- understands measurement errors related to different dietary assessment methods and can critically evaluate the quality of data collected by different methods,
- describes the concepts of validity and reproducibility and the process of assessing them,
- can apply the knowledge and skills on individual and group level studies.

Completion:

Lectures, practical assignments, including tasks performed both individually and in pairs

Performance: work report, learning diary

Prerequisites:

Preceding studies are not required, HNFB-121 Kansanravitsemus HNFB-122 Elintarvikkeet ruokavaliossa are recommended.

Contents:

- Records, recalls and questionnaires in dietary assessment,
- Food composition databases, nutritional calculation software programs,
- Ethical aspects in human studies,
- Digital applications in dietary assessment and guidance, Big Data,
- Measurement errors, under-reporting, validation studies,
- Cultural aspects in dietary assessment,
- Presenting results on diet quality, food consumption and nutrient intake and interpreting the findings.

Study materials and literature:

- Lovegrove JA, Hodson L, Sharma S, Lanham-New S, Nutrition research methodologies. Wiley Blackwell 2015.
- Willett W. Walter Willett. Nutritional epidemiology. 3rd edition. Oxford University Press, 2012.
- Lecture handouts and papers

Activities and teaching methods in support of learning:

The teaching includes interactive contact teaching and group work, independent reading of literature, and discussions based on the literature with students and teachers. Students complete assignments related to different assessment methods and write a learning diary throughout the course.

Evaluation/Assessment practices and criteria: Work report, learning diary. Grading: accepted (pass/fail)

Other information: RAV122 course completed as a part of B.Sc. studies can be used for crediting this course. KS. HNFB-203 Nutrition status assessment

Responsible person: Maijaliisa Erkkola

HNFB-203: Nutritional status assessment, 5 ects

Language of learning: Suomi, english

Target group:

The course is compulsory for students in the HNFB Master's programme Human Nutrition study track. The course is optional for students in the HNFB Master's programme Food-related behaviour study track. Not available for other students.

Timing: HNFB programme 1st year, Spring term, periods III+IV

Objective/Learning outcomes:

After completing the course, the student will be able to

- Explain the key concepts in nutritional status and malnutrition
- Apply methods used to evaluate body size and composition as well as energy expenditure and evaluate their reliability
- Evaluate the usefulness of biomarkers of nutritional status and intake as well as health in nutrition research
- list physical activity assessment methods that are applicable in nutrition research

Completion:

Lectures and seminars, practicals in laboratory and computer lab, independent studying, group work. Attendance on 90 % of practicals is required. The course performance consists of study assignments, reports and a group work.

Prerequisites:

HNFB-1000 Ravitsemustieteen perusteet (Basics in nutrition) or equivalent studies, Basics in statistics (ME-004 and ME005 or equivalent course)

Contents:

- Nutritional status and malnutrition at different ages and populations
- Biomarkers related to nutritional status, metabolism and disease states
- Methods for measurement of body size, body composition and growth
- Methods for measurement of energy expenditure and physical activity

Study materials and literature:

- Gibson R. Principles of Nutritional assessment. 2nd ed, Oxford University Press, 2005.
- Scientific articles and textbook chapters as informed in the beginning of the course. Mainly electronic materials will be used.

Activities and teaching methods in support of learning:

Active participation into contact teaching and practicals, reports, group work

Evaluation/Assessment practices and criteria: Grading 0-5. The grading criteria will be displayed on Moodle platform

Other information: Moodle-learning platform is in use. The course is not compulsory for students who have passed the courses RAV094 Anatomian ja fysiologian harjoitustyöt (Laboratory course in anatomy and physiology) ja RAV110 Ravitsemustieteen tutkimusasetelmat (Study designs in nutrition) as part of their BSc degree in Nutrition.

Responsible person:

Riitta Freese, Tiina Jääskeläinen

HNFB-204: Evidence on nutrition and health, 5 ects

Language of learning: english

Target group:

The course is compulsory for students in the HNFB Master's programme as part of the advanced study module. The course is available for students from other Master's programmes by agreement.

Timing: 2nd year of master's studies in the HNFB programme, periods I and II

Objective/Learning outcomes:

After completing the course, the student will be able to

- combine information cumulated from different studies and evaluate the role of nutrition in the prevention of noncommunicable chronic diseases (NCD) such as obesity, type 2 diabetes, coronary heart disease, cancers, and dementia.
- proportion the significance of genes, diet and other lifestyle factors in the development of NCDs
- apply a set of criteria for grading evidence on the relationship between a dietary factor and a NCD

Completion:

Lectures and seminars, group work, independent studying. Attendance on 80 % of lectures and seminars (or compensatory assignments).

Course performance consists of lectures and seminars, presentations, group work and essays

Prerequisites: HNFB-201 The kaleidoscope of food and human nutrition studies and other 1st year HNFB-courses.

Recommended studies:

HNFB-202 Dietary assessment methods, HNFB-203 Nutritional status assessment, HNFB-212 Diet-related molecular mechanisms of chronic diseases and other HNFB-courses from the Human nutrition track will support learning on this course.

Contents:

The course deepens the student's knowledge on the links between nutrition and health:

- Scientific evidence, how evidence is evaluated for different purposes
- The roles of diet, other lifestyle factors and genes in the prevention of chronic diseases.
- The concept of nutrigenetics.
- Present evidence linking nutrition (nutrients, other substance, foods, diets) with the risk and prevention of non-communicable diseases (NCDs), especially obesity, type 2 diabetes, coronary heart disease, cancers, and dementia.

Study materials and literature:

Electronic materials will be used. Scientific articles and textbook chapters as informed in the beginning of the course

Activities and teaching methods in support of learning:

Active participation in lectures and seminars, presentations, group work, essays

Evaluation/Assessment practices and criteria: Grading 0-5. The grading criteria will be displayed on Moodle platform

Other information: Moodle-learning platform is in use.

Responsible person: Riitta Freese

HNFB-205: Advanced literature examination, Human nutrition, 5 ects

Language of learning: Suomi, english

Target group: Compulsory for all students of Human nutrition study track

Timing: 2nd year

Objective/Learning outcomes:

To be able to describe the current status of the certain aspects in nutrition research and to demonstrate the overall knowledge acquired during the Master's program.

Completion: Written examination on scientific literature chosen by the responsible professor.

Prerequisites: HNFB courses of EQF-7 level

Contents: Latest literature on the subject related to study track, on individual agreement.

Evaluation/Assessment practices and criteria: Examination graded 1 to 5

Responsible person: Mikael Fogelholm

HNFB-206: Advanced literature examination, Food-related behaviour, 5 ects

Language of learning: english, Suomi

Target group: Compulsory for HNFB-students in the Food-related behaviour study track. The course is not open for students from other Master's programmes

Timing: 2nd year

Objective/Learning outcomes:

To be able to describe the current status of research in food related behaviour and to demonstrate the overall knowledge acquired during the Master's programme.

Completion: Written examination on scientific literature chosen by the responsible professor.

Prerequisites: HNFB courses of EQF-7level

Contents: Latest literature on the subject related to the study track.

Study materials and literature:

- Gronow, J., & Holm, L. (Eds.) (2019). Everyday eating in Denmark, Finland, Norway and Sweden. A comparative study of meal patterns 1997–2012. London: Bloomsbury.
- Murcott, A., Belasco, W. & Jackson, P. (Eds.) (2013). The handbook of food research. London: Bloomsbury. Chapters 14 (Food marketing), 16 (Consumer science), 18 (Sociology of food consumption), 19 (Meals), 21 (Food and identity), 24 (Risk and trust) and 28 (Food waste).

Two thematic issues of Appetite journal:

- Social Influences on Eating (12 articles), Volume 86, Pages 1–100 (1 March 2015), edited by Peter Herman

- Weight Stigma and Eating Behaviours (10 articles), Volume 102, Pages 1–90 (1 July 2016), edited by Robert A. Carels, Janet D. Latner

Evaluation/Assessment practices and criteria: Examination graded from 1 to 5

Responsible person: Taru Lindblom

HNFB-207: Master's thesis seminar, 5 ects

Language of learning: english, suomi

Target group: The course is obligatory for students in the HNFB Master's programme.
The course is not open for students from other Master's programmes

Timing:

HNFB programme, 2nd year, autumn-spring; it is also possible to attend the Master's seminar from spring (periods 3-4) to autumn (periods 1-2-), i.e., during one calendar year.

Objective/Learning outcomes:

During the seminar, the student will

- the student will understand the nature of scientific work and be able to write a Master's thesis of his/her own
- learn about formalities and requirements related to Master's thesis
- receive general support and guidance on writing a study plan and Master's thesis
- get training in oral and written scientific communication
- deepen her/his knowledge in ethical aspects of research

Completion:

Lectures and seminars 42 h (3 h every 2 weeks), individual work 93 h

Performance: lectures, seminars, seminar presentations, individual work, learning diary, individual plan for Master's thesis. 80% participation in lectures/seminars is required.

Prerequisites: At least 60 ECTS in HNFB Master's programme

Recommended studies:

The course is completed in the final year of the programme. In this course the student will apply the theoretical, methodological and substantial knowledge gained during the HNFB programme in her/his thesis work.

Contents:

- contents of a study plan for Master's thesis contents and requirements for a Master's thesis
- referencing system and use of an electronic reference library process of writing a thesis
- how to make good and readable tables and figures
- ethics of scientific research
- oral scientific presentation
- giving constructive feedback
- making a poster
- writing a press release of a study
- Master's portfolio

Study materials and literature:

Study material (consisting mainly of published research papers) will be given during the course

Activities and teaching methods in support of learning:

Active participation in the discussions of lectures and seminars

Evaluation/Assessment practices and criteria: The seminar is graded as passed/failed.

Other information: Moodle-learning platform is used.

Responsible person: Mikael Fogelholm and Anne-Maria Pajari

HNFB-208: Master's thesis, Human nutrition, 30 ects

Language of learning: Suomi, english

Target group:

The course is obligatory for students in the HNFB Master's programme. The course is not open for students from other Master's programmes

Timing: HNFB programme, 2nd year, autumn-spring

Objective/Learning outcomes:

After completing the thesis, the student will be able to

- plan and implement a research project in a timeframe
- to define appropriate research questions and base them with a theoretical framework
- to design and carry out data collection under supervision (if applicable) to analyse and interpret the research results
- to present the results of the research according to scientific standards to receive and use feedback in his/her own research and writing to apply ethical principles in science.

Completion:

The Master's thesis is usually based on an empirical research project and critical contemplation of the results in the light of scientific literature on the topic. Very often the student collects all her/his data, or at least participates in data collection. Sometimes the student receives data already collected (typical in epidemiological studies), but then the data analysis part is large and often demanding. Master's thesis is written as a monograph, most often including the following parts:

- Introduction and review of literature
- Presentation of methods used
- Results and discussion (interpreting and discussing the results in the light of existing literature)

Prerequisites: At least 60 ECTS in HNFB Master's programme

Recommended studies:

The course is completed in the final year of the programme. In this course the student will apply the theoretical, methodological and substantial knowledge gained during the HNFB programme in her/his thesis work.

Contents:

Working on a general study hypothesis and design, planning the thesis data collection and analysis, interpretation of data, writing the thesis.

The total workload (corresponding 30 cr.) starting from designing the project to its completion is approximately 4.5 months (800 hrs or 20 weeks at 40 hrs/week), but a Master's thesis can also be completed during a longer (e.g. 6—9 months) time-period with a lower weekly working hours.

Detailed information about the Master's thesis is provided by the MSc programme.

Study materials and literature: Mainly international, scientific papers depending on the topic of the Master's thesis.

Activities and teaching methods in support of learning:

Each MSc thesis must have two supervisors at the university or from elsewhere.

Evaluation/Assessment practices and criteria: The written Master's thesis is evaluated using the grading 0—5, in which 0 is failed and 5 is excellent.

Other information: The student should attend the HNFB Master's thesis seminar simultaneously.

Responsible person: Mikael Fogelholm

HNFB-209: Master's thesis, Food-related behaviour, 30 ects

Language of learning: english, suomi

Target group: The course is obligatory for students in the HNFB Master's programme in the food-related behaviour study track. The course is not open for students from other Master's programmes.

Timing: HNFB programme, 2nd year, autumn-spring

Objective/Learning outcomes:

After completing the thesis, the student will be able to

- plan and implement a research project in a timeframe
- to define appropriate research questions and base them with a theoretical framework
- to design and carry out data collection under supervision (if applicable)
- to analyse and interpret the research results
- to present the results of the research according to scientific standards
- to receive and use feedback in his/her own research and writing
- to apply ethical principles in science.

Completion:

The Master's thesis is usually based on an empirical research project and critical contemplation of the results in the light of scientific literature on the topic. Very often the student collects all her/his data, or at least participates in data collection. Sometimes the student receives data already collected. Master's thesis is written as a monograph, most often including the following parts:

- Introduction and review of literature
- Presentation of methods used
- Results and discussion (interpreting and discussing the results in the light of existing literature)

Prerequisites:

At least 60 ECTS in HNFB Master's programme

Recommended studies:

The course is completed in the final year of the programme. In this course the student will apply the theoretical, methodological and substantial knowledge gained during the HNFB programme in her/his thesis work.

Contents:

- familiarizing oneself with theoretical literature in order to develop the conceptual framework and with empirical literature about the chosen topic
- planning the data collection and analysis
- presenting and interpreting the results in light of the theoretical framework and discussing the contribution of the thesis
- writing the thesis

The total workload (corresponding 30 cr.) starting from designing the project to its completion is approximately 4.5 months (800 hrs or 20 weeks at 40 hrs/week), but a Master's thesis can also be completed during a longer (e.g. 6—9 months) time-period with a lower number of weekly working hours.

Detailed information about the Master's thesis is provided by the MSc programme.

Study materials and literature:

Mainly international, scientific papers depending on the topic of the Master's thesis.

Activities and teaching methods in support of learning:

Each MSc thesis must have two supervisors at the university or from elsewhere.

Evaluation/Assessment practices and criteria: The written Master's thesis is evaluated using the grading 0—5, in which 0 is failed and 5 is excellent.

Other information: The student should attend the HNFB Master's thesis seminar simultaneously.

Responsible person: Taru Lindblom

HNFB-212: Diet-related molecular mechanisms of chronic diseases, 5 ects

Language of learning: Suomi, english

Target group:

The course is compulsory for students taking HNFB-2100 Nutritional Physiology and Molecular Nutrition in the HNFB Master's programme. The course is available for students from other Master's programmes by agreement

Timing: 1st year of master's studies, III and/or IV period

Objective/Learning outcomes:

After completing the course, the student will understand the molecular and physiological mechanisms leading to the development of chronic, non-communicable diseases in humans, such as obesity, diabetes, coronary heart disease, and cancers
be able to explain the systemic and molecular mechanisms by which diets, nutrients and phytochemicals affect the development of chronic diseases

Completion:

Lectures and seminars with reading materials beforehand (Minimum attendance of 80% required).

Performance: lectures, group work, written assignments

Prerequisites: HNFB-111 Anatomian ja fysiologian perusteet or equivalent.

Contents:

- role of immune system and gut microbiota in the development of chronic diseases
- mechanisms of cancer
- metabolic disorders related to excess energy intake and obesity
- role of stress and sleep in the development of metabolic disorders
- type 2 diabetes
- disorders of lipid metabolism and mechanisms of coronary heart disease

Study materials and literature:

Study material (consisting mainly of published research papers) will be given during the course.

Activities and teaching methods in support of learning:

Active participation in discussions in classroom.

Arviointimenetelmät ja –kriteerit: Grading 0-5 based on written assignments and active participation in classroom.

Other information:

Moodle-learning platform is used.

Responsible person: Tiina Jääskeläinen

HNFB-213: Experimental nutrition research, 5 ects

Language of learning: Suomi, english

Target group:

The course is compulsory for students taking HNFB-2100 Nutritional Physiology and Molecular Nutrition in the HNFB Master's programme. The course is available for students from other Master's programmes by agreement.

Timing: 2nd year, Periods I+II

Objective/Learning outcomes:

After completing the course, the student will

- understand how to design settings and choose methods to carry out clinical trials, animal experiments and cell culture studies in nutrition research
- be able to assess the evidence on nutrition and health provided by experimental nutrition research

Completion: Lectures and seminars, group work in classroom and lab. Attendance compulsory.

Prerequisites: HNFB-211 Advanced Nutritional Physiology, HNFB-212 Diet-related molecular mechanisms of chronic diseases

Contents:

- designs of clinical nutrition interventions and how to choose the right setting and methods for different types of research questions
- fundamentals of carrying out nutrition research using animal models and cell cultures
- ethics related to experimental nutrition research (clinical trials and animal models)

Study materials and literature: The study material consists of scientific articles.

Activities and teaching methods in support of learning:

Students act as peer reviewers for each other's work.

Evaluation/Assessment practices and criteria: Grading 0-5, based on research plan, reports, activity in classroom and lab.

Responsible person: Tiina Jääskeläinen

HNFB-221: Nutrition and society, 5 ects

Language of learning: Suomi english

Target group:

Elective as a part of HNFB-2200 Kansanravitsemus (Public Health Nutrition) core module
The course can be used by students from other Master's programs

Timing: HNFB program, 1st year, spring

Objective/Learning outcomes:

The student will learn:

- an insight on how population-based health promotion campaigns and programs are planned and evaluated according to the socio-ecological model of health promotion
- to understand what health promotion is from a broad perspective
- to understand the societal tensions and requirements on food choice to understand the global challenges of non-communicable diseases
- to apply the knowledge in making a descriptive plan for a health-promotion program /project

Completion:

Lectures 22 h, group work 10 h, independent studies 103 h, final examination. Not obligatory to be present at lectures. Performance: group work, written examination

Prerequisites: Preceding studies are not required.

Recommended studies:

HNFB-222 The Health Promotion Project Work

Courses related to human behaviour and change in behaviour (psychology, social psychology, etc.)

Contents:

- Defining health promotion
- Ethics of health promotion
- Health promotion from an international perspective
- The socio-ecological model of health promotion
- Health promotion as a process
- Evaluation of health promotion programs
- Actors in health promotion: the role of governmental policy and NGO's

Study materials and literature: Study material (scientific articles, program papers) will be given during the course.

Activities and teaching methods in support of learning:

Active participation in the lectures and related discussions, group work.

Evaluation/Assessment practices and criteria: The final examination is evaluated by using the grading 0—5.

Other information: Moodle-learning platform is used.

Responsible person: Mikael Fogelholm

Key words: Suitable for exchange students

HNFB-222: Health promotion project work, 5 ects

Language of learning: Suomi, english

Target group:

Elective as a part of the HNFB-2200 Kansanravitseemus (Public Health Nutrition) core module

The course can be used by students from other Master's programs

Timing: HNFB program, 2nd year, autumn-spring , periods 2-3

Objective/Learning outcomes:

The student will learn to plan a community-based health promotion program by using a real case, including needs assessment, program plan and evaluation plan.

Completion:

Lectures and seminars 10 h, group work, including individually performed tasks 125 h.
Performance: group work report, seminar presentation

Prerequisites: HNFB-221 (Nutrition and society) is required as a preceding course

Recommended studies: Courses related to human behaviour and change in behaviour (psychology, social psychology, etc.)

Contents:

Working on a real case in small (4—5 per group) groups

Field work, including e.g. interviews, focus-group discussions, observational assessments, data collection by questionnaires, etc.

Based on the field work and theory: writing a detailed description of baseline needs, plan for the health promotion program and a plan for the evaluation.

Study materials and literature: Study material will be given in the beginning of the course.

Activities and teaching methods in support of learning:

Active participation in the group (project) work; the work is mentored by the teacher.

Evaluation/Assessment practices and criteria: The project report is evaluated by grading passed/failed.

Responsible person: Mikael Fogelholm

HNFB-223: Nutritional epidemiology, 5 ects

Language of learning: Suomi, english

Target group: Elective as a part of the HNFB-200 Kansanravitseumus (Public Health Nutrition) core module

Timing: HNFB program, 1nd year, spring III-IV

Objective/Learning outcomes:

After completing the course, the student:

- masters the epidemiological study designs in nutrition,
- is able to evaluate, summarize, interpret and discuss nutritional epidemiological research findings whilst considering strengths and weaknesses as well as prior evidence,
- has a strong insight on dietary exposures and their variation, methodological considerations in epidemiological study designs, measurement errors, and adjustment for total energy intake,
- is able to conduct and interpret statistical analyses on a given exposure-outcome association in an existing dietary dataset.

Completion:

Lectures, paper critique workshops (flipped classroom) and computer tutorial including individually performed assignments (possibility to work on student's own data). Performance: oral exam and work report (both graded 1-5), blog

Recommended studies:

- HNFB-121 Kansanravitseumus (Public Health Nutrition)
- HNFB-202 Dietary assessment methods

Contents:

- Methodological considerations in study designs in nutritional epidemiology,
- A single dietary factor and whole diet approaches in epidemiological analysis,

- Life-span developmental approach,
- Linking exposures and outcomes: association and causation, role of chance, errors, bias, and confounding.
- Interpretation of nutritional epidemiological findings,
- Systematic reviews and meta-analysis,
- adjustment for total energy, selection of confounders, effect modification and interaction, continuous versus categorical analyses,
- correlations, linear and logistic regressions, factor analyses, analysis of variance, working on master's thesis data

Study materials and literature:

- Willett W: Nutritional epidemiology
- Hulley ym. Designing clinical research: an epidemiological approach.
- Webb P, Bain C. Essential epidemiology, an introduction for students and health professionals.

Activities and teaching methods in support of learning:

The course will consist of lectures, debates and discussions with experts, paper critique workshops, and computer tutorials. The practical sessions and computer tutorials will ensure that the student will be equipped to apply the knowledge and skills taught in the course in practice. Active participation is required.

Evaluation/Assessment practices and criteria: An oral exam, work report, blog

Responsible person: Maijaliisa Erkkola

HNFB-225: Nutrition and food services, 5 ect

Language of learning: Suomi, english

Target group:

Elective as a part of the Kansanravitsemus (Public Health Nutrition) core module

The course can be used by students from other Master's programs

Timing: HNFB program, 1st year or 2nd year, autumn, period II. The course is arranged every other year.

Objective/Learning outcomes:

- understand the role of food services in public health nutrition and in health promotion
- can apply nutritional recommendations in food services
- understand to role of nutritional expertise in food services
- can evaluate scientific literature related to food services
- can describe and evaluate different kind of food service models in Finland and other countries

Completion:

- Lectures assignments, project work
- Performance: project work, summaries of the site visits and selected articles, article-related reporting seminar

Prerequisites:

HNFB-123 Special Diets, HNFB-202 Dietary assessment methods, HNFB-122 Foods in Diets, HNFB-121 Kansanravitsemus (Public Health Nutrition)

Contents:

- Nutritional recommendations in food services
- Nutritional quality of meals
- Different food service models
- Food services for different age groups and in different contexts
- Nutritional expertise in food services

Study materials and literature: Study material will be provided during the course.

Activities and teaching methods in support of learning:

Active participation in the lectures and site visits. Planning, reporting and presenting project work. Summaries of the site visits and selected articles

Evaluation/Assessment practices and criteria:

Evaluation by passed/failed. Details can be found on the Moodle learning platform.

Other information: Moodle

Responsible person: Liisa Korkalo

HNFB-231: Theoretical and methodological approaches in research on food-related behaviour, 5 ects

Language of learning: english, suomi

Target group:

Obligatory as a part of the HNFB-2300 Food-related Behaviour in a Changing Society core module. Open to students from Kansanravitseemus (Public Health Nutrition) core module and Nutritional Physiology and Molecular Nutrition core module as well as students in the Home Economics study track in the Master's Programme in Education.

If there is room, students from other applicable programmes and exchange students can also participate.

Timing: HNFB programme, 1st year, 2nd period

Objective/Learning outcomes:

After completing the course, the student...

- Understands various sociological and social psychological approaches that can be used in studying food and eating.
- Is able to analyse differences (e.g. in terms of research questions that can be addressed) between these various theoretical and empirical approaches as well as their potential practical applications.
- Is able to apply these different approaches in the study of food-related behaviour, e.g. in her/his own master thesis.

Completion:

Course structure: Lectures and seminars 21 h, group work 50 h, independent studies 64 h

Course performance: Active participation in lectures and seminars (100% attendance required; compensatory assignments for those lectures/seminars that the student does not attend), group work (written assignment and seminar presentation based on the selected literature), independent writing work.

Prerequisites: Preceding studies are not required.

Recommended studies:

- EDUM504 Sustainable culinary culture
- SOSM-SP305 Behaviour change and intervention planning
- HNFB-201The kaleidoscope of food and human nutrition studies

Contents:

The course familiarises the student with various social scientific, particularly social psychological and sociological approaches to studying food and eating. The course focuses on how eating behaviours and food choices are shaped by emotions, self-regulation, habits, social norms, self-presentation and identity construction, how they are part of social

practices, and how they are associated with social structures and cultural variations. The course covers research conducted with both qualitative and quantitative methods.

Study materials and literature: Literature will be given during the course.

Activities and teaching methods in support of learning:

Activities supportive of learning include interactive contact teaching, independent reading of the literature and searching for the literature, group work (written assignment and seminar presentation based on the selected literature), discussions based on the literature with students and teachers, and a learning diary written independently.

Evaluation/Assessment practices and criteria:

The course will be evaluated by using the grading 0–5. Details can be found on the Moodle learning platform.

Other information: The Moodle learning platform is used in the course.

Responsible person: Hanna Konttinen and Taru Lindblom

HNFB-240: Development of scientific expertise/ Tieteellisen asiantuntemuksen vahvistaminen, 5 erts

Language of learning: suomi, svenska, English

Target group: The course is available only for students in the HNFB Master's programme

Timing: HNFB programme, preferably first summer or second study year

Objective/Learning outcomes:

After completing the assignment the student has

- independently developed a study question and authored a literature review or essay on the topic
- formulated relevant arguments and/or evaluated present evidence based on scientific literature
- gained in-depth knowledge on topic.

Completion:

This is an independent scientific writing task. The student suggests relevant topic and schedule to the responsible professor. After agreement, the student writes a literature review or essay on the topic and returns the text in the settled schedule in Moodle.

Prerequisites: One year HNFB studies.

Sisältö:

- Invention of study question and narrowing down the topic of the text,
- literature search, reading and drafting,
- writing of a literature review or essay.

Study materials and literature: Scholarly literature relevant to the topic.

Activities and teaching methods in support of learning: More detailed instructions can be found in the Moodle page of the course.

Evaluation/Assessment practices and criteria: A literature review or essay. Evaluation 0–5 according to criteria listed in Moodle.

Other information: The course may be included as an elective advanced level course in the HNFB-3000 Human Nutrition, Advanced Studies or HNFB-4000 Food-Related Behaviour, Advanced Studies. Moodle-learning platform is used.

Responsible person: the responsible professor of one's study track: Mikael Fogelholm or Taru Lindblom

HNFB-241: Optional advanced literature exam in Nutritional Physiology/Valinnainen kirjallisuuskulustelu, ravitsemusfysiologia, 5 ects

Target group: The course is optional for students in the HNFB Master's programme. The course is elective in the module HNFB-2100 Nutritional physiology and molecular nutrition. Not available for other students.

Timing: Any time, preferably first summer or second study year, by agreement

Objective/Learning outcomes:

After completing the course the student

- has independently deepened her/his knowledge on the field of nutritional physiology and molecular nutrition
- is able to describe and relate phenomena relevant to the selected field of nutritional physiology/molecular nutrition

Completion: Independent reading and a written examination

Prerequisites: HNFB-211 Advanced Nutritional Physiology

Contents: The content is chosen based on interest of the student. The literature may consist of advanced level textbooks and/or scientific articles.

Suggested fields:

- vitamins and minerals
- metabolism
- nutrigenomics and epigenomics
- gut metabolism, microbiota and immunology

Study materials and literature: By agreement

Evaluation/Assessment practices and criteria: The performance in the examination will be graded using a scale 0-5. The student will get also short oral feedback.

Language of learning: The examination may be completed in Finnish, Swedish or English

Responsible person: Anne-Maria Pajari

Other information: The student planning to take the exam should contact the responsible teacher

HNFB-242: Optional advanced literature exam in Public Health Nutrition, 5 op

Target group: Can be chosen from different options

Timing: 2nd year, I-IV period

Objective/Learning outcomes: To broaden knowledge and understanding of a chosen, advanced topic related to public health nutrition.

Completion: Written and/or oral examination on scientific literature chosen together by the student and responsible teachers.

Prerequisites: HNFB courses of EQF-7 level

Contents: Literature from a chosen, advanced textbook or a collection of scientific papers, mainly reviews

Study materials and literature: Literature from a chosen, advanced textbook or a collection of scientific papers, mainly reviews

Evaluation/Assessment practices and criteria: Examination graded 1 to 5

Other information:

Both literature and examination may be in Finnish, Swedish or English (note! literature and examination do not need to be in the same language)

Responsible persons: Mikael Fogelholm and Maijaliisa Erkkola

HNFB-251: Practical training/Harjoittelu, 5 ects

Language of learning: Suomi, english

Target group: Elective as a part of the HNFB studies (working life skills)

Timing: HNFB programme, 2nd year (recommendation, summer between 1st and 2nd study year)

Objective/Learning outcomes:

After engaging in Traineeship, the student

- can understand the qualification requirements of the profession
- apply theoretical knowledge and skills in practice
- recognize own strengths and areas in need of development
- establish networks with experts in your field

Completion:

The student must agree with the teacher that their planned traineeship is suitable for the course. Minimum of 2 months (can be done in 4 week periods). A minimum duration of a university subsidised traineeship is two months. Performance: a written report and a reflection seminar after traineeship (organized every autumn)

<https://guide.student.helsinki.fi/sites/default/files/inline-files/Traineeship%20report%20template.pdf>

Sisältö:

Activities and teaching methods in support of learning:

Student: good advance preparation, making full use of the employment period and a thorough reflection and reporting afterwards

Evaluation/Assessment practices and criteria: Approved - failed

Responsible person: Liisa Korkalo

HNFB-252: Research group internship/Tutkimusharjoittelu, 1 - 5 ects

Language of learning: suomi, english

Target group: Elective as a part of the HNFB studies (working life skills)

Timing: HNFB programme, any time

Objective/Learning outcomes:

During an internship in any of the HNFB-related research groups, the student

- learns how research is done in practice and how it fits to the discipline's international research community
- deepens skills and knowledge on methods how to carry out research practices teamwork, enhances critical thinking, and boosts self-confidence explores her/his future role as a scientist

Completion:

The student is expected to work full-time during the internship. The length and the contents of the internship will be agreed prior starting the work and determines the ECTS received. Performance: a written report.

Prerequisites:

HNFB-202 Dietary assessment methods or HNFB-203 Nutritional status assessment or other relevant studies depending on the internship's discipline.

Contents:

Taking actively part in a research group's scientific project and carrying out a set of analyses related to the project
Writing a report reflecting the work performed in a research group

Activities and teaching methods in support of learning:

The student will have a named supervisor in the research group she/he is doing the internship.

Evaluation/Assessment practices and criteria: A written report

Responsible person: Anne-Maria Pajari

HNFB-253: Service-Learning/Palveluoppiminen, 1 - 5 ects

Arvostelu: Yleinen asteikko

Language of learning: suomi, english

Target group: Elective as a part of the HNFB studies (working life skills)

Timing: HNFB program, any time

Objective/Learning outcomes:

After engaging in Service-Learning, the student:

- learns about the context in which service is provided,
- applies academic knowledge and skills to the complexity of a real-world situation, investigates her future role as a professional,
- Improves critical thinking, teamwork, effective communication skills and self-confidence, strengthens her role as a responsible member of the society.
- The overall purpose of service learning is to instill in students a sense of civic engagement and responsibility and work towards positive social change within society.

Completion:

Reflection and experiential learning strategies underpin the learning process and the service is link to the academic discipline.

Performance: a written report

Recommended studies:

- HNFB-121 Kansanravitseemus (Public Health Nutrition)
- HNFB-221 Nutrition and Society
- HNFB-222 Health promotion project work
- SOSM-SP305 Behaviour change and intervention planning

Contents:

- Preparation work; mapping needs together with a civil society actor
- Service work (field work)
- Project evaluation
- Writing a report reflecting the experience and learning

Activities and teaching methods in support of learning:

Service-learning is a form of experiential and reflective learning that focuses on issues in a real-world context.

Reflection is a main component leading to students professional and personal development. The community partner is a valued partner with equal say with ample room for knowledge exchange.

Evaluation/Assessment practices and criteria: A written report

Responsible person: Maijaliisa Erkkola

HNFB-254: Other discipline related activities/Muu tieteenalaan liittyvä toiminta, 1 - 5 ects

Language of learning: suomi, ruotsi, english

Target group: Elective as a part of the HNFB studies (working life skills)

Timing: HNFB programme, any time

Objective/Learning outcomes:

After completing the course the student has

- developed professional skills or project competence in a project related to the discipline,
- acquired teaching experience as a peer teacher,
- deepened her/his knowledge on a particular subject in the discipline or
- gained perspective on scientific research as a study participant.

Completion:

Credits can be obtained, for example, from participation in the organization of an event or acting as a study participant. Credits can be obtained also from peer teaching. In some cases, the task may also be a written assignment.

Completion requires a written report. The number of credits, the timetable and the content of the report are agreed upon with the investigating researcher or the responsible teacher.

Contents:

The content of the course depends on the task and may include, for example, working in an organizing committee, peer teaching or writing an article. The student can also get credits as a research person. A written report is part of the study attainment.

Activities and teaching methods in support of learning:

The activities depend on the task. A report, which should include reflection on the assignment and learning during the course, is an essential part of the course.

Evaluation/Assessment practices and criteria: A written report. Evaluation pass/fail.

Responsible person: Riitta Freese

HNFB-260: Changing theme course in Human Nutrition and Food-Related Behaviour, 5 erts

Timing: Year 1 or 2, the course is not provided every year

Completion: Contact teaching, on-line teaching

Contents: Variable course, for example courses provided by visiting lecturers.

Learning material and literature: Literature provided by the teachers.

Assessment methods and grading: Pass/fail or 0 – 5 depending of the theme

Responsible person: Riitta Freese

AY930001: Avoin yo: Liikunta ja ravitseminen, 5 erts

Kohderyhmä: Opintojakso sopii liikunnan harrastajille, kuntoilijoille ja muille ravitsemuksesta ja liikunnasta kiinnostuneille.

Osaamistavoitteet

Opintojakson käytyään opiskelija osaa:

- esittää periaatteet terveyttä edistävästä liikunnasta ja liikunnan terveysvaikutuksista
- kuvata liikunnan ja kilpaurheilun aiheuttamia aineenvaihdunnallisia muutoksia ja niiden merkitystä ravintoaineiden tarpeeseen
- arvioida ravitsemuksen ja liikunnan yhteisiä terveysvaikutuksia
- kertoa ravitsemuksen merkityksestä fyysiselle suorituskyvylle ja tämän avulla arvioida, miten ruoalla/ravintoainelisillä mahdollisesti voidaan vaikuttaa urheilijoiden suoritukseen

Edeltävät opinnot tai edeltävä osaaminen

Ei ehdottomia esitietovaatimuksia. Suositeltavia edeltäviä kursseja ovat erityisesti Elintarvikkeet ruokavalioissa (AYHNFB-122, 5 erts), Ravitsemusfysiologia (AYHNFB-112, 5 erts), ja Kansanravitseminen (AYHNFB-121, 5 erts)

Sisältö

- terveys- ja kuntoliikunnan suositukset eri ikäryhmille
- urheilijan ravitsemussuositusten laadinnan periaatteet
- liikunnan ja ravitsemuksen erilliset ja yhteiset vaikutukset energia-aineenvaihduntaan
- energiantarpeen arviointi
- liikunnan vaikutus ravinnontarpeeseen
- syömisen ja juomisen vaikutus urheilijalle ennen urheilusuoritusta, sen aikana ja palautumisessa
- ravintolisien merkitys urheilijan fyysiseen suorituskykyyn
- liikunnan ja ravitsemuksen yhteisvaikutukset terveyteen

Oppimateriaali ja kirjallisuus

- Olli Ilander: Liikuntaravitseminen -tehoa, tuloksia ja terveyttä ruuasta, 2014, VK-Kustannus Oy, sivut 19-48, 94-408
- Burke Louise, Vicki Deakin: Clinical Sports Nutrition, 5th ed. McGraw-Hill Education, 2015, sivut 94-157, 234-462, 493-591.

- Lanham-New S A, Stear S J, Shirreffs S M, Collins A L: Sport and exercise nutrition. Wiley-Blackwell 2014, sivut 31-187

Arviointimenetelmät ja -kriteerit Asteikolla 0-5

Yhteydet muihin opintojaksoihin Opintojakso on osa [ravitsemustieteen opintoja](#)

EDUM504: Sustainable culinary culture, 5 ect

Vastuuyksikkö: Kasvatustieteiden maisteriohjelma

Language of learning: english

Target group:

The course is obligatory for students in

- Master's Programme in Education, teacher education in home economics (advanced studies) (home economics students can alternatively take the ECGS-203 course Sustainable everyday life, 5 credits, arranged by the Environmental Change and Global Sustainability Master's Programme).
- Master's Programme in Human Nutrition and Food-related Behaviour, the Food-related behaviour in a changing society core module.

It is open to students in

- Master's Programme in Environmental Change and Global Sustainability, food and sustainability study module
- Master's Programme in Food Economy and Consumption, consumer economics study module
- Master's Programme in Social Sciences, Consumption in society study track
- if there is room, also students from other applicable programmes as well as exchange students can participate

Timing: It is recommended that the course is taken during the 1st year of master's studies.

Objective/Learning outcomes:

After completing the course the student masters the key concepts and research approaches in the study of sustainable food cultures. S/he understands various perspectives that can be used in studying food culture as part of societal structures, social communities and individual choices. The student is able to analyse the differences between various theoretical approaches, to argue for their applicability in particular research questions, and to identify and apply interdisciplinary perspectives in the study of sustainable food cultures. S/he can critically assess the public discourses and academic conceptualisations of sustainable eating practices.

Completion:

There are two options for completing the course:

- 1) A lecture course is arranged every other year (intensive period in May). The course includes group teaching, lectures, written assignments, group work and independent studies. In group teaching there is 90 % attendance requirement and compensatory assignments are accomplished when the student is not present. The grade is based on individual assignments.
- 2) Essay based on literature (arranged once in autumn term and once in spring term).

Home economics students can alternatively take the ECGS-203 course Sustainable everyday life, 5 credits, arranged by the Environmental Change and Global Sustainability Master's Programme.

Prerequisites: There are no required preceding studies.

Recommended studies:

In the HNFB Master's programme, the other courses in the "Food related behaviour in a changing society" study module are recommended. In the ECGS Master's programme, the other courses in the "Food and sustainability" study module are recommended.

Contents:

The course familiarises the student with the key concepts and approaches relating to sustainable food consumption and food culture, food choices and practices of eating. Thematically, the course covers environmental impacts of food production and consumption; various dimensions of sustainability; research perspectives on sustainable, ethical and responsible food consumption; cultural meanings, and food politics and policies relating to sustainability.

Study materials and literature:

Mason, P., & Lang, T. (2017). *Sustainable Diets. How Ecological Nutrition Can Transform Consumption and the Food System*. Milton Park, Abingdon, Oxon: Routledge.

Mäkelä, J., & Niva, M. (2016). Citizens and Sustainable Culinary Cultures. In: A. Paloviita & M. Järvelä (toim.), *Climate Change Adaptation and Food Supply Chain Management* (171–182). Milton Park, Abingdon, Oxon: Routledge.

In addition, topical literature will be given during the course.

Activities and teaching methods in support of learning:

The teaching includes interactive contact teaching and group work, independent reading of literature and writing, and discussions based on the literature with students and teachers.

Evaluation/Assessment practices and criteria:

The course will be evaluated by using the grading 0–5. The evaluation criteria can be found on the Moodle platform.

Responsible person: Taru Lindblom, Johanna Mäkelä

SOSM-SP305: Käyttäytymisen muutos ja interventioiden suunnittelu, 5 ects

Vastuuyksikkö: Sosiaalitieteiden maisteriohjelma

Opintokohteen kielet: suomi

Kohderyhmä:

Ensisijaisesti sosiaalipsykologian opintosuunnan opiskelijoille. Opintojakso on avoin Ihmisen ravitsemus ja ruokakäyttäytyminen sekä Environmental Change and Global Sustainability maisteriohjelman opiskelijoille sekä MSV:n opiskelijoille

Ajoitus: 1. vuosi

Osaamistavoitteet:

Opiskelija perehtyy sosiaalipsykologisen tiedon soveltamiseen erilaisten yhteiskunnallisten ongelmien ratkaisuihin esimerkiksi terveyskäyttäytymiseen tai ympäristönsuojeluun liittyen.

Opiskelija tutustuu keskeisiin sosiaalipsykologisiin teorioihin liittyen asenteisiin, motivaatioon, toiminnan säätelyyn ja käyttäytymisen muutokseen. Hän tuntee käyttäytymisen muutoksen tekniikoita sekä miten niitä hyödynnetään käyttäytymisen muutokseen tähtäävissä interventioissa. Lisäksi hän tuntee teoriaperusteisen käyttäytymisen muutoksen tähtäävän intervention suunnittelun vaiheet ja osaa soveltaa näitä periaatteita intervention suunnittelussa.

Toteutus: Lähiopetus, ryhmätapaamiset/keskustelut, oppimistehtävät, kirjallisuuskoulustelu ja kirjalliset tehtävät

Sisältö:

Opintojaksossa esitellään muutamia keskeisiä sosiaalipsykologisia teorioita liittyen asenteisiin, motivaatioon, toiminnan säätelyyn sekä käyttäytymisen muutokseen. Opiskelijoille esitellään käyttäytymisen muutoksen tekniikoita sekä miten niitä hyödynnetään tutkimuksessa ja interventiossa niiden eri vaiheissa. Lisäksi esitellään teoriaperusteisen käyttäytymisen muutoksen tähtäävän intervention suunnittelun vaiheet ja periaatteet.

Oppimateriaali ja kirjallisuus:

- Fishbein M & Ajzen I (2010). Predicting and Changing Behaviour: The Reasoned Action Approach.
- Psychology Press (410s)
- Bartholomew Eldredge, Markham, Ruiter, Fernández, Kok, Parcel (2016) Planning Health
- Promotion Programs: An Intervention Mapping Approach, 4th Ed, Jossey-Bass
- Susan Michie, Lou Atkins & Robert West (2014) The Behaviour Change Wheel: A Guide To
- Designing Interventions. Silverback Publishing sekä opintojaksolla annettava oheiskirjallisuus

Arviointimenetelmät ja -kriteerit: Asteikolla 0-5 (0 = hylätty, 1 = välttävä, 2 = tyydyttävä, 3 = hyvä, 4 = kiitettävä, 5 = erinomainen)

VIIKM-001: Maisterin kypsyysnäyte MM, 0 ects

Vastuuyksikkö: Maatalous-metsätieteellinen tiedekunta

Sisältö:

Kypsyysnäyte on opinnäytteen alaan liittyvä tieteellinen kirjallinen teksti, esimerkiksi tutkielma tai sen tiivistelmä. Kypsyysnäytteen hyväksyy kieltä taitava koulutusohjelman opettaja, esimerkiksi tutkielman ohjaaja. Kypsyysnäyte on erillinen opintosuoritus, josta ei kuitenkaan anneta opintopisteitä. Suorittamalla kypsyysnäytteen koulusivistyksensä kielellä opiskelija osoittaa julkisyhteisöjen henkilöstöltä vaadittavasta kielitaidosta annetun lain (424/2003) 6 §:n 1 momentin mukaisen erinomaisen kielitaidon.

Mikäli opiskelija on osoittanut asetuksen mukaisen kielitaitonsa kypsyysnäytteessä alemmassa korkeakoulututkinnossaan, hänen ei tarvitse osoittaa kielitaitoa enää ylemmässä korkeakoulututkinnossa

Arviointimenetelmät ja -kriteerit: Kypsyysnäyte arvioidaan asteikolla hyväksytty/hylätty

Suoritustavat: Kypsyysnäyte on suomeksi tai ruotsiksi kirjoitettu opinnäytteen alaan liittyvä tieteellinen kirjallinen teksti. Opiskelija, joka on saanut koulusivistyksensä muulla kuin suomen tai ruotsin kielellä tai saanut koulusivistyksensä ulkomailla, kirjoittaa kypsyysnäyteensä suomeksi, ruotsiksi tai englanniksi. Monikielisissä maisteriohjelmissa englanninkielellä opiskelevat kirjoittavat kypsyysnäytteen englanniksi.

Yhteydet muihin opintojaksoihin: Korvaa kurssin 80079 Maisterin englanninkielinen kypsyysnäyte 0 ects tai 80061 Maisterin kypsyysnäyte 0 ects .

VIIKM-002: Tutoring/ Tuutorointi MM, 5 ects

Ajoitus Kandivaiheen tuutorointi pääsääntöisesti kandiopintojen 1. tai 2. lukuvuoden keväällä (tuutorikoulutus) ja 2. tai 3. lukuvuoden syksyllä (tuutorointi).

Maisterivaiheen tuutorointi maisteriopintojen 1. lukuvuoden keväällä (tuutorikoulutus) ja 2. lukuvuoden syksyllä (tuutorointi). IV periodi (tuutorikoulutus) ja orientoiva viikko (tuutorointi)

Osaamistavoitteet Opiskelija tutustuu ryhmän perustamisen lainalaisuuksiin, ryhmäytymisen tukemiseen ja ryhmänohjaamiseen. Hän osaa myös vastata opintojen aloittamiseen liittyviin käytännön kysymyksiin. Opintojakson suoritettuaan opiskelija osaa ottaa vastuuta pienryhmäohjauksesta ja valmistaa toimintasuunnitelman ryhmän yhteisen tavoitteen saavuttamiseksi. Opiskelija syventää tietoaan Helsingin yliopistosta, omasta kampuksesta ja koulutusohjelmastaan sekä soveltaa niitä auttaessaan uutta opiskelijaa integroitumaan yliopistoyhteisöön.

Edeltävät opinnot tai edeltävä osaaminen Ei pakollisia edeltäviä opintoja

Sisältö Opintojen aloittamiseen ja oppimisympäristöön liittyvät käytännön tiedot. Tuutorisuunnitelman laatiminen itsenäisesti ja yhteistyössä muiden tuutoreiden ja koulutusohjelman henkilökunnan kanssa. Ryhmäteorian perusteet ja ryhmäytymisharjoitukset. Tuutoroinnin toteutus ja sen sekä oman oppimisen arviointi kirjallisessa tuutoriloppuraportissa

Oppimateriaali ja kirjallisuus Kirjallisuus ja muu oppimateriaali on saatavilla tuutorikoulutuksen Moodle-alueella.

Arviointimenetelmät ja -kriteerit Arvioinnin perusteena on osallistuminen tuutorikoulutukseen, tuutorointi orientoivalla viikolla sekä tuutorisuunnitelman ja tuutoriraportin palautus. Arviointiasteikko hyväksytty/hylätty

Suoritustavat Opintojakso sisältää muutaman pakollisen lähiopetuskerran. Sen lisäksi opiskelija opiskelee itsenäisesti hänelle osoitetun kirjallisuuden ja muun oppimateriaalin, tekee tuutorisuunnitelman, toimii tuutorina orientoivalla viikolla ja lopuksi kirjoittaa tuutoriraportin.

Lisätiedot Tuutorikoulutus on yhteinen MMtdk:n ja BYtdk:n tuutoreille. Opetuskielenä suomi/ruotsi/englanti

Yhteydet muihin opintojaksoihin Korvaa kurssin 80077 Opiskelijatuutorivalmennus (Y205

Responsible person Maatalous-metsätieteellinen tiedekunta

VIIKM-005: Demanding participation in administrative bodies and student organisations/Vaativat järjestö- ja opintohallintotehtävät, 2 - 5 ects

Kohderyhmä

Nämä ohjeet koskevat 1.8.2017 tai sen jälkeen alkaneiden maatalous-metsätieteellisen tiedekunnan koulutusohjelmien opiskelijoita. Ohjeita löydät myös [Opiskelijan ohjeista](#).

Hallinto- ja ainejärjestötoiminnasta myönnettävien opintopisteiden myöntämisperusteet eroavat ennen ja jälkeen 1.8.2017 alkaneissa koulutusohjelmissa. Jos opiskelet ennen 1.8.2017 alkaneessa koulutusohjelmassa, katso ohjeet WebOodin opintojaksolta 80114.

Opintojakso on valinnainen kandin ja maisterin tutkinnossa. Hallinto- ja opiskelijajärjestötoiminnassa hankittua osaamista on mahdollista sisällyttää myös osaksi tohtoriohjelmassa suoritettavia tutkintoja, mikäli hankittu osaaminen vastaa tohtoriohjelman opetussuunnitelmassa edellytettyä asiantuntijaidentiteetin kehittämistä

Osaamistavoitteet

Tavoitteena on kehittää opiskelijan vuorovaikutustaitoja ja oman osaamisen ja asiantuntijaidentiteetin tunnistamista. Opiskelija saa hallinto- ja opiskelijajärjestötoiminnassa kuvan hallinnon toimintaperiaatteista ja osaa toimia aktiivisesti järjestötehtävissä. Opiskelijoiden osallistuminen hallinto- ja opiskelijajärjestötoimintaan tukee myös Helsingin yliopiston strategisia tavoitteita vahvistaa vuorovaikutusta ja oppimista tiedeyhteisössä sekä kehittää kilpailukykyisiä koulutusohjelmia ja tutkintoja opiskelijälähtöisesti.

Toteutus

- Opiskelijan tulee hakea hallinto- ja järjestötoiminnasta saatavia opintopisteitä ja osoittaa osaamisensa. Hakemus toimitetaan Opiskelijaneuvonnan Opiskelijapalvelupisteeseen.
- Opiskelijan tulee osoittaa hallinto- ja opiskelijajärjestötoiminnan osaaminen toimielimen puheenjohtajan tai sihteerin tai järjestön vastaavan henkilön antamalla todistuksella. Todistuksesta tulee käydä ilmi opiskelijan rooli ja tehtävät sekä se, että opiskelijan toiminta on ollut aktiivista toimielimessä tai järjestössä. Toimielimen osalta todistuksesta tulee lisäksi käydä ilmi, kuinka suuressa osassa kokouksista opiskelija on ollut läsnä.
- Toimiminen samassa toimielimessä tai järjestötehtävässä huomioidaan vain kerran.

Sisältö Osallistumisesta järjestötoimintaan annetaan opintopisteitä seuraavasti:

Opiskelijan on oltava läsnä vähintään puolessa pidetyistä kokouksista vähintään lukuvuoden tai kalenterivuoden ajan

- Yliopistokollegio, hallitus, tiedekuntaneuvosto, laitosneuvosto, johtokunta, neuvottelukunta, opetustaitotoimikunta, opiskelijavalintatoimikunta/lautakunta, koulutusohjelman johtoryhmä,

oikeusturvalautakunta tai muu rehtorin, vararehtorin tai tiedekunnan päätöksellä perustettu monijäseninen toimielin:

- nimetty jäsen tai varajäsen: 1 opintopiste
- Ylioppilaskunnan piirissä toimivan järjestön hallitus (luettelo järjestöistä on osoitteessa <https://hyv.helsinki.fi/fi/j%C3%A4rjest%C3%B6t/hyyn-j%C3%A4rjest%C3%B6t>)
 - nimetty jäsen: yksi opintopiste
 - puheenjohtaja, taloudenhoitaja tai sihteeri: kaksi opintopistettä
- Ylioppilaskunnan piirissä toimivan järjestön virkailija (luettelo järjestöistä on osoitteessa <https://hyv.helsinki.fi/fi/j%C3%A4rjest%C3%B6t/hyyn-j%C3%A4rjest%C3%B6t>)
 - nimetty virkailija: yksi opintopiste (edellytetään määriteltäviä tehtäviä ja aktiivista toimintaa (esim. tapahtumien järjestäminen)
- Ylioppilaskunnan edustajisto, hallitus tai valiokunta
 - jäsen: yksi opintopiste
 - valiokunnan puheenjohtaja tai sihteeri: kaksi opintopistettä,
 - hallituksen puheenjohtaja: kolme opintopistettä
- Oman opiskelualan kansallinen tai kansainvälinen opiskelijajärjestö
 - jäsen: yksi opintopiste
 - valiokunnan puheenjohtaja, taloudenhoitaja tai sihteeri: kaksi opintopistettä,
 - hallituksen puheenjohtaja: kolme opintopistettä
 - nimetty virkailija: yksi opintopiste (edellytetään määriteltäviä tehtäviä ja aktiivista toimintaa, esim. tapahtumien järjestäminen)

Arviointimenetelmät ja -kriteerit Hallinto- ja opiskelijajärjestötoiminnan osaamisen arviointiasteikkona on hyväksytty-hylätty.

Suoritustavat Opiskelijan tulee hakea hallinto- ja järjestötoiminnasta saatavia opintopisteitä ja osoittaa osaamisensa. Hakemus toimitetaan Opiskelijaneuvonnan Opiskelijapalvelupisteeseen. Opintopisteitä on mahdollista saada 2-5 erts kandissa ja 2-5 erts maisterivaiheessa ja 2-5 erts tohtoritutkinnossa.

Lisätiedot Hakemus toimitetaan Opiskelijaneuvonnan Opiskelijapalvelupisteeseen

Vastuutaho: Toimita hakemus [Viikin opiskelijapalveluihin](#)