



Yenepoya (Deemed to be University)

Recognized under Sec 3(A) of the UGC Act 1956 Accredited by NAAC with 'A⁺' Grade

CURRICULUM GOVERNING M.Sc. APPLIED NUTRITION AND DIETETICS PROGRAMME

M.Sc. Applied Nutrition and Dietetics

1. Coursework
2. Coursework and Research
3. Research

**Offered by
Department of Food Science and Nutrition
The Yenepoya Institute of Arts, Science, Commerce and Management**

**Under the
FACULTY OF SCIENCE
Yenepoya (Deemed to be University)**

2025-26

Course Structure

M.Sc. Applied Nutrition and Dietetics (Coursework)

Semester 1/ Year 1

Semester 1										
Sl. No.	Course Code	Course Type	Course Title	Hours per Week			CIA	SEE	TOTAL	Credits
				T	P	E				
1	25AND101CT	DSC	Advanced Nutrition (Theory)	4	0	0	50	50	100	4
2	25AND101CP	DSC	Advanced Nutrition (Practical)	0	2	0	50	50	100	1
3	25AND102CT	DSC	Therapeutic Dietetics–I (Theory)	3	0	0	50	50	100	3
4	25AND102CP	DSC	Therapeutic Dietetics–I (Practical)	0	4	0	50	50	100	2
5	25AND103CT	DSC	Human Physiology (Theory)	4	0	0	50	50	100	4
6	25AND104C	TDE	Transdisciplinary Elective/ SWAYAM	4	0	0	50	50	100	4
7	25PGNMEC	ME	Multidisciplinary Elective	3	2	0	50	50	100	4
Total									700	22

T, Theory; P, Practical; E, Experiential Learning

Semester 2/ Year 1

Semester 2										
Sl. No.	Course Code	Course Type	Course Title	Hours per Week			CIA	SEE	TOTAL	Credits
				T	P	E				
1	25AND201CT	DSC	Applied Nutrition (Theory)	4	0	0	50	50	100	4
2	25AND201CP	DSC	Applied Nutrition (Practical)	0	2	0	50	50	100	1
3	25AND202CT	DSC	Therapeutic Dietetics–II (Theory)	3	0	0	50	50	100	3
4	25AND202CP	DSC	Therapeutic Dietetics–II (Practical)	0	4	0	50	50	100	2
5	25AND203C	DSE	Discipline Specific Elective Group 1	4	0	0	50	50	100	4
6	25AND204C	DSE	Discipline Specific Elective Group 2	4	0	0	50	50	100	4
7	25AND205C	DSE	Discipline Specific Elective Group 3	4	0	0	50	50	100	4
Total									700	22

T, Theory; P, Practical; E, Experiential Learning

Semester 3/ Year 2

Semester 3										
Sl. No.	Course Code	Course Type	Course Title	Hours per Week			CIA	SEE	TOTAL	Credits
				T	P	E				
1	25AND301CT	DSC	Community Nutrition and Family Health (Theory)	3	0	3	50	50	100	4
2	25AND301CP	DSC	Community Nutrition and Family Health (Practical)	0	2	0	50	50	100	1
3	25AND302CT	DSC	Sports Nutrition and Science of Exercise (Theory)	3	0	0	50	50	100	3
4	25AND302CP	DSC	Sports Nutrition and Science of Exercise (Practical)	0	2	0	50	50	100	1
5	25AND303CT	DSC	Advanced Food Microbiology (Theory)	4	0	0	50	50	100	4
6	25AND303CP	DSC	Advanced Food Microbiology (Practical)	0	2	0	50	50	100	1
7	25AND304C	DSE	Discipline Specific Elective Group 4	4	0	0	50	50	100	4
8	25AND305C	DSE	Discipline Specific Elective Group 5	4	0	0	50	50	100	4
Total									800	22

T, Theory; P, Practical; E, Experiential Learning

Semester 4/ Year 2

Semester 4										
Sl. No.	Course Code	Course Type	Course Title	Hours per Week			CIA	SEE	TOTAL	Credits
				T	P	E				
1	25AND401C	DSE	Discipline Specific Elective Group 6	4	0	0	50	50	100	4
2	25AND402C	DSE	Discipline Specific Elective Group 7	4	0	0	50	50	100	4
3	25ANDCI	SEC	Internship	0	0	36	100	100	200	12
Total									400	20

T, Theory; P, Practical; E, Experiential Learning

Course Structure

M.Sc. Applied Nutrition and Dietetics (Coursework and Research)

Semester 1/ Year 1

Semester 1										
Sl. No.	Course Code	Course Type	Course Title	Hours per Week			CIA	SEE	TOTAL	Credits
				T	P	E				
1	25AND101CRT	DSC	Advanced Nutrition (Theory)	4	0	0	50	50	100	4
2	25AND101CRP	DSC	Advanced Nutrition (Practical)	0	2	0	50	50	100	1
3	25AND102CRT	DSC	Therapeutic Dietetics–I (Theory)	3	0	0	50	50	100	3
4	25AND102CRP	DSC	Therapeutic Dietetics–I (Practical)	0	4	0	50	50	100	2
5	25AND103CRT	DSC	Human Physiology (Theory)	4	0	0	50	50	100	4
6	25AND104CR	TDE	Transdisciplinary Elective/ SWAYAM	4	0	0	50	50	100	4
7	25PGNMECR	ME	Multidisciplinary Elective	3	2	0	50	50	100	4
Total									700	22

T, Theory; P, Practical; E, Experiential Learning

Semester 2/ Year 1

Semester 2										
Sl. No.	Course Code	Course Type	Course Title	Hours per Week			CIA	SEE	TOTAL	Credits
				T	P	E				
1	25AND201CRT	DSC	Applied Nutrition (Theory)	4	0	0	50	50	100	4
2	25AND201CRP	DSC	Applied Nutrition (Practical)	0	2	0	50	50	100	1
3	25AND202CRT	DSC	Therapeutic Dietetics–II (Theory)	3	0	0	50	50	100	3
4	25AND202CRP	DSC	Therapeutic Dietetics–II (Practical)	0	4	0	50	50	100	2
5	25AND203CR	DSE	Discipline Specific Elective Group 1	4	0	0	50	50	100	4
6	25AND204CR	DSE	Discipline Specific Elective Group 2	4	0	0	50	50	100	4
7	25AND205CR	DSE	Discipline Specific Elective Group 3	4	0	0	50	50	100	4
Total									700	22

T, Theory; P, Practical; E, Experiential Learning

Semester 3/ Year 2

Semester 3										
Sl. No.	Course Code	Course Type	Course Title	Hours per Week			CIA	SEE	TOTAL	Credits
				T	P	E				
1	25AND301CRT	DSC	Community Nutrition and Family Health (Theory)	3	0	3	50	50	100	4
2	25AND301CRP	DSC	Community Nutrition and Family Health (Practical)	0	2	0	50	50	100	1
3	25AND302CRT	DSC	Sports Nutrition and Science of Exercise (Theory)	3	0	0	50	50	100	3
4	25AND302CRP	DSC	Sports Nutrition and Science of Exercise (Practical)	0	2	0	50	50	100	1
5	25AND303CRT	DSC	Advanced Food Microbiology (Theory)	4	0	0	50	50	100	4
6	25AND303CRP	DSC	Advanced Food Microbiology (Practical)	0	2	0	50	50	100	1
7	25AND304CR	DSE	Discipline Specific Elective Group 4	4	0	0	50	50	100	4
8	25AND305CR	DSE	Discipline Specific Elective Group 5	4	0	0	50	50	100	4
Total									800	22

T, Theory; P, Practical; E, Experiential Learning

Semester 4/ Year 2

Semester 4										
Sl. No.	Course Code	Course Type	Course Title	Hours per Week			CIA	SEE	TOTAL	Credits
				T	P	E				
1	25ANDCRRP	SEC	Research Project	0	0	60	200	200	400	20
Total									400	20

T, Theory; P, Practical; E, Experiential Learning

Course Structure

M.Sc. Applied Nutrition and Dietetics (Research)

Semester 1/ Year 1

Semester 1										
Sl. No.	Course Code	Course Type	Course Title	Hours per Week			CIA	SEE	TOTAL	Credits
				T	P	E				
1	25AND101R	DSC	Advanced Data Analysis Tools	3	2	0	50	50	100	4
2	25AND102R	DSC	Advanced Research Methodology	3	2	0	50	50	100	4
3	25AND103RT	DSC	Human Physiology (Theory)	4	0	0	50	50	100	4
4	25AND104R	TDE	Transdisciplinary Elective/ SWAYAM	4	0	0	50	50	100	4
5	25PGNMER	ME	Multidisciplinary Elective	3	2	0	50	50	100	4
Total									500	20

T, Theory; P, Practical; E, Experiential Learning

Note: A bridge course will be offered after I semester for the candidates opted for research vertical to provide basic knowledge of nutrition and dietetics.

Semester 2/ Year 1

Semester 2										
Sl. No.	Course Code	Course Type	Course Title	Hours per Week			CIA	SEE	TOTAL	Credits
				T	P	E				
1	25AND201RT	DSC	Applied Nutrition (Theory)	4	0	0	50	50	100	4
2	25AND201RP	DSC	Applied Nutrition (Practical)	0	2	0	50	50	100	1
3	25AND202RT	DSC	Therapeutic Dietetics–II (Theory)	3	0	0	50	50	100	3
4	25AND202RP	DSC	Therapeutic Dietetics–II (Practical)	0	4	0	50	50	100	2
5	25AND203R	DSE	Discipline Specific Elective Group 1	4	0	0	50	50	100	4
6	25AND204R	DSE	Discipline Specific Elective Group 2	4	0	0	50	50	100	4
7	25AND205R	DSE	Discipline Specific Elective Group 3	4	0	0	50	50	100	4
Total									700	22

T, Theory; P, Practical; E, Experiential Learning

Semester 3/ Year 2

Semester 3										
Sl. No.	Course Code	Course Type	Course Title	Hours per Week			CIA	SEE	TOTAL	Credits
				T	P	E				
1	25ANDRRP1	SEC	Research Project 1	0	0	60	200	200	400	20
Total									400	20

T, Theory; P, Practical; E, Experiential Learning

Semester 4/ Year 2

Semester 4										
Sl. No.	Course Code	Course Type	Course Title	Hours per Week			CIA	SEE	TOTAL	Credits
				T	P	E				
1	25ANDRRP2	SEC	Research Project 2	0	0	60	200	200	400	20
Total									400	20

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Discipline Specific Elective (DSE) Courses:

Discipline Specific Elective – DSE*			
Groups	Food Science	Nutrition Science	Dietary Science
	A	B	C
1	25AND203A Food Composition and Culinary Science	25AND203B Nutritional Biochemistry	25AND203C Diverse Diets: Strategies for Healthy Eating
2	25AND204A Techniques in Food Analysis	25AND204B Global Nutrition Issues and Solutions	25AND204C Pediatric Nutrition
3	25AND205A Food Chemistry and Nutritional Technology	25AND205B Sustainable Food Systems and Nutrition	25AND205C Geriatric Nutrition
4	25AND304A Food Technology: Processing and Preservation	25AND304B Principles of Functional Foods and Nutraceuticals	25AND304C Bariatric Nutrition
5	25AND305A Fermentation Technology	25AND305B Nutritional Immunology	25AND305C Lifespan Nutrition Among Women
6	25AND401A Emerging Technologies in Food Science	25AND401B Microbiome and Nutrition	25AND401C Holistic Approaches for Lifestyle Management
7	25AND402A Food Toxicology	25AND402B Space Nutrition	25AND402C Nutrition in Special Needs

*The course code for Discipline Specific Elective will be modified based on the vertical selected by the students.

Transdisciplinary Elective (TDE) Courses:

Transdisciplinary Elective – TDE	
25AND104A*	Data Visualization Techniques
25AND104B*	Comprehensive Digital Marketing Strategies
25AND104C*	SWAYAM**

*The course code for Transdisciplinary Elective will be modified based on the vertical selected by the students.

**Candidates opting for SWAYAM courses must register in the beginning of 1st semester and should complete the course on or before 2nd semester end. After certification, the candidate should make a request to the University for the credit transfer.

Multidisciplinary Elective (ME) Courses:

Multidisciplinary Elective – ME	
25PGNME*	Transformative Role of Artificial Intelligence in Food Science and Nutrition

*The course code for Multidisciplinary Elective will be modified based on the vertical selected by the students.