

NUTRITION AND DIETETICS

Degree Level: Undergraduate



Qualification type	Delivery Mode	Attendance Mode	Delivery Language	Duration
Bachelor of Science	On Campus	Full Time	English	Four Years

KEY FACTS

SDG



Contact Persons

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CAREER PATHWAYS

- Clinical Dietician
- Licensed Clinical Nutritionist
- Nutritionist
- Dietician
- Food Science Technician
- Academic Research
- Teaching Assistant

PROFESSIONAL PATHWAYS

- MSc in Nutrition and Dietetics
- National Health Regulatory Authority Bahrain (NHRA) Dieticians Examination License

OVERVIEW

The Bachelor of Science in Nutrition and Dietetics (BSND) offers an innovative blend of general education and specialised coursework. This four-year programme equips students with the essential knowledge, skills, and leadership abilities needed for careers in nutrition, dietetics, and food management. Graduates are prepared to excel in diverse fields, including clinical dietetics, nutrition research, food service management, public health, and wellness programmes.

The curriculum addresses both current and future industry needs through a multidisciplinary approach that develops lifelong learning skills. It integrates life, health, and social sciences to explore the deeper relationship between food, nutrition, and health.

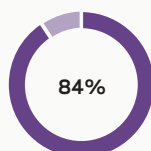
Hands-on learning in state-of-the-art laboratories, guided by highly qualified and experienced faculty members, ensures a comprehensive educational experience. Since 2003, the College has been committed to excellence, training skilled health professionals ready to lead as clinical nutritionists and dietitians in Bahrain and beyond.

PROGRAMME AIMS

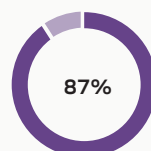
- To be equipped with critical knowledge and understanding in nutrition and dietetics as described by the academic, professional, and statutory bodies.
- To be equipped with applied knowledge to exercise professional and ethical judgment in the practice of the nutrition and dietetics.
- To be equipped with critical evaluation skills develop to evaluate current trends in the practice of the profession based on the latest evidence and health-care research methodology.
- To be equipped with digital competence and lifelong learning skills, including research and sensitivity to ethical issues and social responsibility to transform sustainable practices.

PROGRAMME STAKEHOLDER SATISFACTION

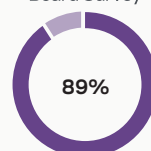
Academics Survey



Employers Survey



External Advisory Board Survey



ENTRY REQUIREMENTS

Admission to Ahlia University (AU) is selective and based on academic achievement. Applications are welcomed from all students regardless of race, colour, gender, religion, nationality, physical or learning disability. Admission is purely based on merit.

General Admission

To be eligible for consideration for admission to the undergraduate programmes, applicants must meet the following entry requirements set by the university in-line with Bahrain Higher Education Council (HEC) requirements. The applicant must hold a recognised and endorsed secondary school certificate or its equivalent.

Programme-Specific Admission

In addition to satisfying the general admission requirements, applicants are expected to meet the following programme-specific admission requirements for admission into the Bachelor of Science in Nutrition and Dietetics (BSND).

College of Medical and Health Sciences		
Bachelor of Science in Nutrition and Dietetics	<ul style="list-style-type: none"> Minimum academic score (Tawjihi) required is $\geq 70\%$ or it is equivalent. Applicant specialization in Secondary School Certificate (Tawjihi) Science Track, General Track or its equivalent. 	
	Work Experience	Professional Courses/Certificates
	Not Applicable	Not Applicable
	Passing an Interview	
	<ul style="list-style-type: none"> All applicants must pass an interview conducted by the department. Applicants will be subjected for an interview based on interview rubric; applicant must score minimum of $\geq 60\%$ to be accepted. 	
	Medical Fitness and Immunization Form - upon initial acceptance	
	<ul style="list-style-type: none"> Applicant must submit a completed Medical Fitness and Immunization form. 	

English Proficiency Skills

Applicants who fulfill one of the following English proficiency skills will be exempted from English orientation courses:

Criteria	Score
Overall Score in Secondary School Certificate (Tawjihi) or its Equivalent	$\geq 85\%$
Average Score in English Language Courses studied in the Secondary School Certificate (Tawjihi) or its equivalent	$\geq 85\%$
Private Schools - where English Language is used as a medium of instruction	Exempted
TOEFL iBT	46
IELTS	≥ 5.5 or its equivalent
Pass Ahlia English Placement Test	$\geq 70\%$

Mathematics Proficiency Skills

Applicants who fulfill one of the following Mathematics proficiency skills will be exempted from the mathematics orientation courses:

Criteria	Score
Overall Score in Secondary School Certificate (Tawjihi) or its Equivalent	$\geq 85\%$
Average Score in Mathematics Courses studied in the Secondary School Certificate (Tawjihi) or its Equivalent	$\geq 85\%$
Pass Ahlia Mathematics Placement Test	$\geq 70\%$

Placement Test

The university administers placement test in English language and mathematics. Applicants who pass the placement tests are exempted from the foundation courses.

Foundation Courses

Incase applicants require foundation courses in English or Mathematics, applicants will be required to complete successfully the foundations courses to join the BSND programme.

STUDY PLAN

The programme comprises of 145 credit hours that is distributed across four years of the study.

First Year

During the first year, learners are exposed to a range of foundation courses with generalized and some detailed knowledge and understanding related to general physiology, general chemistry for health sciences, general anatomy, and English for health and sciences that allows the learners to capture academic writing for medical reports and clinical self-reflection.

Second Year

In the second year, learners are provided with detailed knowledge and understanding related to Fundamentals of Nutrition, General Microbiology, Biochemistry, Fundamentals of Foods & Food Science, Food Microbiology and Sanitation, Psychology & Sociology in Nutrition and Food Production and Service.

The learners will be exposed to applied knowledge through basic practice that is conducted in the medical laboratory.

Third Year

Within the third year, learners will be provided with advanced applied knowledge and understanding and will be equipped with critical evaluation skills for diagnostics.

Topics will include Nutritional Status Assessment and Intervention, Fundamentals of Food Technology, Food Processing and Preparation, Life Cycle Nutrition, Nutrition Counselling & Education and apply the gained knowledge through Clinical Nutrition Practicum in the Food Service & Industry.

Fourth Year

In the last year of the study, learners will be equipped with critical knowledge and understanding as well as applied knowledge related to Advanced Nutrition & Dietetics, Medical Nutrition Therapy, Community Nutrition and Clinical Practicum in Medical Hospital. Learners will be required to produce a research project in Nutrition and Dietetics as a graduation requirement with a consideration of Ethics in Health care practice.

FEES

Application fee	BD 20
Registration fee	BD 200
HEC ID Fee	BD 30
Year1 Fees	BD 3,600
Year2 Fees	BD 4,130
Year3 Fees	BD 5,000
Year4 Fees	BD 5,550
TOTAL	BD 18,530

Additional fee chargeable if applicable

Placement test fee	BD 40
Orientation Courses (three courses at BD300 per course)	BD 1200