

SHAHEED BENAZIR BHUTTO WOMEN UNIVERSITY PESHAWAR

SCHEME OF STUDIES OF BS 4 YEAR PROGRAM WITH MAJOR HUMAN NUTRITION & DIETETICS

(SESSION 2025 & Onwards)

Semester	Category	Course Codes	Course Title	Lectures	Lab	Cr.Hrs
Semester 1	Art & Humanities	AH-301	Basics of Art	2	0	2
	Ideology and Constitution of Pakistan	PST-313	Ideology and Constitution of Pakistan	2	0	2
	Interdisciplinary/Allied	MB-301	Introduction to Microbiology	3	1	4
	Functional English	ENG-303	Functional English	3	0	3
	Major I	HND-311	Fundamentals of Human Nutrition	2	1	3
	Major II	FST-312	Essentials of Food science & Technology	2	1	3
			Total	14	3	17
Semester 2	Social Sciences	MS-307	Essential of management	2	0	2
	Expository Writing	ENG-304	Expository Writing	3	0	3
	Interdisciplinary/Allied	BCHM-302	Introductory Biochemistry	2	1	3
	Islamic Studies/Religious Education/Ethics	ISL-301	Islamic Studies/Religious Education/Ethics	2	0	2
	Pakistan Studies	PST-323	Pakistan Studies	2	0	2
	Major III	HND-313	Macronutrients in Human Nutrition	3	0	3
	Major IV	HND-314	Fundamentals of Human Physiology	2	1	3
			Total	16	2	18
Semester	Category	Course Codes	Course Title	Lectures	Lab	Cr.Hrs
Semester 3	Quantitative Reasoning (QR I)	MTH-401	Quantitative Reasoning QR I	3	0	3
	Application of Information and Communication Technologies.	CSC-308	Application of Information and Communication Technologies	2	1	3

	Natural Science	BIT- 414	Climate Change and Human Health	3	0	3
	Entrepreneurship	MS-309	Introduction to Entrepreneurship	2	0	2
	General Course	ISL-325	Fehm ul Quran I/ Any General Course for Non-Muslims	1	0	1
	Major V	HND-412	Advanced Human Physiology	2	1	3
	Major VI*	HND-415	Human Anatomy	2	1	3
			Total	15	3	18
Semester	Category	Course Codes	Course Title	Lectures	Lab	Cr.Hrs
Semester 4	Civic and Community Engagement	PSC-418	Civic and Community Engagement	2	0	2
	Quantitative Reasoning (QR II)	MTH-402	Quantitative Reasoning QR II	3	0	3
	General Course	ISL-325	Fehm ul Quran II/ Any General Course for Non- Muslims	1	0	1
	Major VII	HND-411	Micronutrients in Human nutrition	3	0	3
	Major VIII	HND-416	Assessment of Nutritional status	2	1	3
	Major IX	HND-417	Nutrition through the life Cycle	3	0	3
	Major X	HND-418	General Pathology	2	1	3
			Total	16	2	18
Semester	Category	Course Codes	Course Title	Lectures	Lab	Cr.Hrs
Semester 5	Interdisciplinary/Allied Course	BCHM-513	Clinical Biochemistry	2	1	3
	Interdisciplinary/Allied Course	STAT-401	Biostatistics	3	0	3
	Major XI	HND-511	Fundamental of dietetics	2	1	3
	Major XII	HND-512	Nutrition and Psychology	3	0	3
	Major XIII	FST-414	Food safety and Quality management	3	0	3
	Major XIV	HND-521	Sports Nutrition	2	1	3
			Total	15	3	18
Semester	Category	Course Codes	Course Title	Lectures	Lab	Cr.Hrs
Semester 6	Major XV	FST-419	Food Analysis	1	2	3
	Major XVI	HND-516	Food and Drugs Law	2	0	2
	Major XVII	HND-517	Advanced Dietetics	2	1	3

	Major XVIII	HND-518	Functional foods and Nutraceuticals	3	0	3
	Major XIX	HND-519	Nutrition through social protection	2	0	2
	Major XX	FST-522	Infants and Young child feeding	3	0	3
			Total	13	3	16
Semester	Category	Course Codes	Course Title	Lectures	Lab	Cr.Hrs
Semester 7	Internship (Mandatory)	HND-698	Internship (Mandatory)	3	0	3
	Major XXI	HND-611	Dietetics in managing diseases	2	1	3
	Major XXII	HND-613	Research Methods in Nutrition	3	0	3
	Major XXIII	HND-629	Metabolism of Nutrients	3	0	3
	Major XXIV (Elective I)	HND-625	Nutrition in Emergencies	3	0	3
	Capstone Research Project OR Capstone Project + Optional Course	HND-699/	Capstone Research Project (Mandatory) or	3		3
			Optional Course for those who opted for Capstone Project	3 (optional course)		
				17	1	18
Semester	Category	Course Codes	Course Title	Lectures	Lab	Cr.Hrs
Semester 8	Major XXV (Elective II)	FST-623	Food Chemistry (Elective II)	3	0	3
	Major XXVI	HND-614	Nutritional practices in clinical care	2	1	3
	Major XXVII	HND-616	Food Service management	3	0	3
	Major XXVIII	FST-413	Food Microbiology	2	1	3
	Capstone Research Project OR Capstone Project + Optional Course	HND-699	Capstone Research Project	3	0	3
		HND-XXX	Optional Course for those who opted for Capstone Project	3 (optional course)		
			Total	13	2	15

* An optional subject for the students who opt only capstone project and having a CGPA less than 3 will select an optional subject from the list below.

Total credit hours: 138