

# INSTITUTE OF HUMAN NUTRITION & DIETETICS

## CREDIT HOURS FOR UNDERGRADUATE AND GRADUATE DEGREES

A credit hour means teaching/earning a theory course for one hour each week throughout the semester.

Course	Duration of Class
Theory Course of 03 Credit Hours	3 classes of 01 hour per week Or 2 classes of 1.5 hours per week
Practical (Lab)Work/Field Work of 01 Credit Hour	02 to 03 contact hours per week

One credit hour in laboratory or practical work/project would require lab contact of two to three hours per week throughout the semester.

The credit hours are denoted by two digits within brackets with a hyphen/plus in between. The first digit represents the theory part while the second (right side) digit represents the practical.

Thus 3(3-0) means three credit hours of theory, while 4(3-1) means a total of four credit hours, of which three are of theory while one credit hour is for laboratory/studio work/field work/practical work supervised as mentioned above.

## **CLASS ATTENDANCE**

A candidate with less than 75% of the attendance in a course shall not be eligible to appear in the final examination.

## **RULES REGARDING THE AFFILIATED COLLEGES (GOVERNMENT / PRIVATE)**

### **. SEMESTER SYSTEM BASED DEGREES**

The apportionment of marks is as under

(a) Mid-semester examination	20%
(b) At least 02 Assignments and 02 quizzes/ presentations.	10%
(c) Final examination (at least 20% of Final Exams will consist of Mid Term Course).	70%
<b>Total</b>	<b>100%</b>

## GRADE POINT AVERAGE

21.6.1 Grade point and equivalence between letter grading and numerical grading shall be as follows:

Grade	Value	Marks (%)
A	4.00	85% or above
A-	3.75-3.95	80% to 84%
B+	3.35- 3.70	70% to 79%
B	3.00-3.28	65% to 69%
B-	2.70-2.94	60% to 64%
C+	2.35-2.63	55% to 59%
C	2.00-2.28	50 to 54%
C-	1.50-1.90	45 % to 49%
D	1.00-1.40	40 to 44%
I	(Incomplete)	
F (Fail)	0	<ul style="list-style-type: none"><li>• Less than 40% for undergraduate &amp; master level programs.</li><li>• Less than 50% for MS/MPhil/PhD.</li></ul>
W	(Withdrawn)	Will not be included in GPA calculation.

\* There is no "D" and "C-" Grades in Pharm-D, Electrical Engineering, MPhil and PhD programs.

In order to calculate the GPA, multiply Grade Point (next page) with the Credit Hours in each Course to obtain total grade points, add up to cumulative Grade Points and divide by the total number of Credit Hours to get the GPA for a Semester.

$$\text{GPA} = \frac{\sum (\text{GP} \times \text{Credit Hours}) \text{ courses of a semester}}{\text{Total Credit Hours of a semester}}$$

For calculating CGPA, sum total of GPs in a semester earned in different courses multiplied by respective credit hour of a course and divided by total numbers of credit hours.

$$\text{CGPA} = \frac{\sum (\text{GP} \times \text{Credit Hours}) \text{ of all courses in a programme}}{\text{Total Credit Hours of all courses in that Programme}}$$

21.6.2 Grade point (GP) shall be determined on the basis of numerical grade in the following table:

Percentage Marks	Grade Point (GP)	Percentage Marks	Grade Point (GP)	Percentage Marks	Grade Point (GP)	Percentage Marks	Grade Point (GP)
Grade "D" Range of Numerical value		Grade "C+" Range of Numerical value		Grade "B+" Range of Numerical value		Grade 'A' Range of Numerical value	
40	1.0	55	2.35	70	3.25	85.0 and above	4.00*
41	1.1	56	2.42	71	3.30		
42	1.2	57	2.49	72	3.35		
43	1.3	58	2.56	73	3.40		
44	1.4	59	2.63	74	3.45		
Grade "C-" Range of Numerical value		Grade "B-" Range of Numerical value		75	3.50		
45	1.5	60	2.70	76	3.55		
46	1.6	61	2.76	77	3.60		
47	1.7	62	2.82	78	3.65		
48	1.8	63	2.88	79	3.70		
49	1.9	64	2.94				
Grade "C" Range of Numerical value		Grade "B" Range of Numerical value		Grade "A-" Range of Numerical value			
50	2.0	65	3.00	80	3.75		
51	2.07	66	3.05	81	3.80		
52	2.14	67	3.10	82	3.85		
53	2.21	68	3.15	83	3.90		
54	2.28	69	3.20	84	3.95		

## REQUIRED CREDIT HOURS AND DURATION OF DEGREE PROGRAMS

Following is the minimum and maximum duration of academic programs.

DEGREE PROGRAM	CREDIT HOURS	DURATION	
		MINIMUM	MAXIMUM
Under Graduate Program (BS and BBA etc.)	130	4 Academic Years	6 Academic Years

# ROAD MAP OF BS HUMAN NUTRITION & DIETETICS (2020-2024)

## BS Human Nutrition & Dietetics

Semester 1		
FST-301	Introduction to Food Science and Technology	3(2-1)
HND-301	Principles of Human Nutrition	3(3-0)
CSI-321	Introduction to Computing Applications	3(2-1)
PST-321	Pakistan Studies	2(2-0)
ENG-321	Functional English	3(3-0)
PSY-305	Introduction to Psychology	3(2-1)
BCH307	Essentials of Biochemistry	3(3-0)
Semester 2		
HND-302	Community Nutrition	3(2-1)
FST-304	Food Processing and Preservation	3(2-1)
HND-304	Fundamentals of Halal Foods	3(3-0)
FST-307	Food Microbiology	3(2-1)
ENG-322	English Composition and Comprehension	3(3-0)
ISL-321	Islamic Studies/Ethics	2(2-0)
Semester 3		
HND-401	Dietetics I	3(2-1)
HND-403	Contemporary Nutrition	2(2-0)
HND-405	Metabolism of Nutrients	3(3-0)
HND-407	Analytical Tools in Food and Nutrition	3(1-2)
AHS-303	General Human Anatomy	3(2-1)
AHS-302	General Pathology	3(2-1)
BNB-405	Introduction to Biotechnology	3(2-1)
Semester 4		
HND-402	Dietetics II	3(2-1)
HND-404	Life Cycle Nutrition	3(3-0)

HND-406	Food Safety and Toxicology	3(3-0)
HND-408	Assessment of Nutritional Status	3(2-1)
AHS-404	Applied Anatomy	3(2-1)
STA-351	Introduction to Statistical Theory	3(3-0)
Semester 5		
HND-501	Nutrients Drugs Interaction	3(3-0)
HND-503	Functional Foods and Nutraceuticals	3(3-0)
HND-505	Meal Planning and Management	3(2-1)
HND-507	Nutrition in Emergency	3(3-0)
HND-509	Nutritional Biochemistry	3(3-0)
PHS-301	Functional Anatomy and Physiology-I	3(2-1)
Semester 6		
HND-502	Clinical and Therapeutic Nutrition	3(2-1)
HND-506	Diet Modeling and Counseling	3(2-1)
HND-508	Vitamins and Minerals in Nutrition	3(3-0)
BCH-602	Biochemistry of Diseases	3(2-1)
PHS-302	Functional Anatomy and Physiology-II	3(2-1)
PHM-701	General Pharmacology	3(3-0)
Semester 7		
HND-601	Medical Nutrition Therapy	3(2-1)
HND-603	Nutrition in Exercise and Sports	3(3-0)
HND-605	Nutritional Deficiency Disorders	3(2-1)
HND-607	Infant and Young Child Feeding	3(2-1)
HND-609	Research Projects and Scientific Writing	2(1-1)
HND-611	Nutrition Policy and Public Health	3(3-0)
Semester 8		
HND-632	Internship (Six month) and Report Writing	6(0-6)

# FACULTY OF FOOD AND NUTRITIONAL SCIENCES, GULAB DEVI EDUCATIONAL COMPLEX, LAHORE

## INSTITUTE OF HUMAN NUTRITION & DIETETICS TIME TABLE (FALL- 2020-21)

### MONDAY

ROOMS #	8:00-09:00	09:00-10:00	10:00-11:00	11:00-12:00	12:00-01:00	01:00-02:00
Saigal Block, Lecture Hall # 05	Essentials of Biochemistry (BCH-307), 1st HND, Dr. Saadiya Zia	Introduction to Food Science & Technology (FST-301), 1st HND, Mr. Mateen			Principle of Human Nutrition (HND-301), 1st HND, Dr. Nadeem	Functional English (ENG-321), 1st HND, 1st Biochem, Ms. Nosheen
Computer Lab			Introduction to Computing Application (CSI-321), 1st HND & 1st Biotech, Mr. Junaid Altaf			

### TUESDAY

ROOMS #	8:00-09:00	09:00-10:00	10:00-11:00	11:00-12:00	12:00-01:00	01:00-02:00
Saigal Block, Lecture Hall # 05		Introduction to Psychology (PSY-422), 1st HND, Ms. Khadijha	Introduction to Computing Application (CSI-321), 1st HND & 1st Biotech, Mr. Junaid Altaf	Introduction to Food Science & Technology (FST-301), 1st HND, Mr. Mateen	Pakistan Studies (PST-321), 1st HND, Ms.Sadaf	

### WEDNESDAY

ROOMS #	8:00-09:00	09:00-10:00	10:00-11:00	11:00-12:00	12:00-01:00	01:00-02:00
Saigal Block, Lecture Hall # 05		Introduction to Psychology (PSY-422), 1st HND, Ms. Khadijha	Introduction to Computing Application (CSI-321), 1st HND & 1st Biotech, Mr. Junaid Altaf		Functional English (ENG-321), 1st HND, Biochem, Ms. Nosheen	Essential of Biochemistry (BCH-307), 1st HND, Dr. Saadiya Zia

### THURSDAY

ROOMS #	8:00-09:00	09:00-10:00	10:00-11:00	11:00-12:00	12:00-01:00	01:00-02:00
Saigal Block, Lecture Hall # 05	Essential of Biochemistry (BCH-307), 1st HND, Dr. Saadiya Zia	Principle of Human Nutrition (HND-301), 1st HND, Dr. Nadeem	Pakistan Studies (PST-321), 1st HND, Ms.Sadaf		Introduction to Psychology (PSY-422), 1st HND, Ms. Khadijha	Functional English (ENG-321), 1st HND, Biochem, Ms. Nosheen

### FRIDAY

ROOMS #	8:00-09:00	09:00-10:00	10:00-11:00	11:00-12:00	12:00-01:00	01:00-02:00
Arian Block, HND Lab			Introduction to Food Science & Technology (FST-301), 1st HND, Mr. Mateen			

### SATURDAY

ROOMS #	8:00-09:00	09:00-10:00	10:00-11:00	11:00-12:00	12:00-01:00	01:00-02:00
Saigal Block, Lecture Hall # 05			Principle of Human Nutrition (HND-301), 1st HND, Dr. Nadeem			

**Focal Persons**

**From HND: Mr. Mateen: Cell No. 0333 5050608**

**From Admin Office: Mr. Muzaffar Khaliq; Cell No. 0324 4082690**