

BSHND 404: RESEARCH METHODS IN NUTRITION

Course Learning Outcomes:

- To apply tools and skills required to understand published research
- To identify the types of methods best suited for investigating different types of problems and questions
- To get hands-on training of writing successful research proposals for thesis and projects
- To abreast ethical consideration in research and publications

Content-Theory:

1. Introduction, objectives, types of research:

- Basic and applied,
- Quantitative and qualitative,
- Clinical and diagnostic;

2. Types of sampling:

- Probability and non-probability;

3. Collection of literature:

- Printed and electronic sources,
- Managing literature;
- Methods of data collection;

4. Writing scientific documents:

- Synopsis,
- Research proposal,
- Articles,
- References,
- Internship report.

5. Research designs:

- observational studies,
- cross-sectional,
- case-control,
- cohort (prospective, retrospective, time-series);

6. Experimental studies:

- Observational studies,
- Clinical studies.

7. Experimental data analysis:

- Incidence/ prevalence rate

- Research ethics.

Teaching-Learning Strategies:

Teaching will be a combination of class lectures, class discussions, and group work. Short videos/films will be shown on occasion.

Assignments:

The sessional work will be a combination of written assignments, class quizzes, presentation, and class participation/attendance.

Assessments and Examination:

Sessional Work: 25 marks

Midterm Exam: 35 marks

Final Exam: 40 marks

Recommended Readings:

1. Awan, J.A. (2015). Scientific Presentations. Unitech Communications, Faisalabad, Pakistan.
2. Lovegrove, J.A., Hodson, L., Sharma, S. & Lanham-New, S.A. (2015). Nutrition Research Methodologies. Wiley-Blackwell, John Wiley & Sons Ltd., Chichester, West Sussex, UK.
3. Lowe, M. (2007). Beginning Research: A Guide for Foundation Degree Students, (1st ed.) Routledge Publications, New York, USA.
4. Starks, T.P. (2006). Trends in Nutrition Research. Nova Science Publishers, Inc., New York, USA.
5. Walliman, N. (2005). Your Research Project, A Step by Step Guide for The First-time Researcher, (2nd ed.) Sage Publications, Thousand Oaks, CA, USA.

