

About Us

Clinical Nutrition Department was established in 1424 AH / 2003 AD with the aim of preparing highly qualified graduates in the field of nutrition and clinical dietetics.

This department was established to meet the needs of the country and improve the nutritional and health status of individuals, families and groups.

Scientific Research

Our research investigates the role of dietary habits and key nutrients in health, as well as in the prevention and treatment of chronic diseases. Specifically, we are interested in studying diabetes, obesity, metabolic disorders, gastrointestinal disorders, gut health, bone health, cardiovascular health, cognitive health and psychological disorders. Additionally, we are interested in studying food science, safety, and microbiology.



Vision

Leadership and Innovation in the Field of Clinical Nutrition

Mission

To produce entry-level registered dietitians who adhere the national and international standards of education, research, community services to improve the health of individuals and populations.

Get In Touch With Us

Tel: 012-6400000/ Ex: 24212

e.mail: fams-cln@kau.edu.sa

Website : nut.kau.edu.sa

Or Follow Us On Social Media

Instagram: clinical_nutrition_kau

X: @KauNutrition

BSc in Clinical Nutrition

Clinical Nutrition Department
Faculty of Applied Medical Sciences
King Abdulaziz University





Program Goals

- To prepare graduates to be competent entry-level registered dietitians.
- To prepare graduates with leadership skills and the ability to communicate and work in a multidisciplinary team.
- To promote lifelong learning and self-evaluation.

Admission Requirements

Students entering the BSc in Clinical Nutrition must meet all the university and faculty admission requirements. They must also pass the Foundation Year with a high GPA to be eligible for admission to the BSc Clinical Nutrition program.

Graduation Requirements

The degree granted is Bachelor of Science in Clinical Nutrition. The BSc in Clinical Nutrition is a four-year program with an additional obligatory year for clinical practice (Internship Program). In order for a student to qualify the BSc degree, he/she must successfully complete the total credit hour requirements (137 study units) including university requirements (26 study units), faculty requirement (23 study units) and departmental requirements (88 study units).



Employment Opportunities

According to the Saudi Dietetic Association, the areas of work for clinical dietitians are not limited to a hospital-based jobs. There are many other job opportunities available, including:

- Hospitals and other healthcare facilities
- Management of food service operations in hospitals, day-care centers and rehabilitation facilities.
- Education
- Research centers
- Sports medicine or nutrition for athletes
- Private sector or private clinics
- Non-governmental organizations such as UNESCO and United Nations.

Internship Year

After completing all required courses over four academic years, students are required to spend a full year (12 months) training and practicing clinical nutrition. This involves training rounds in approved hospital wards and specialized health centers, under the joint academic supervision of the Clinical Nutrition Department in the Faculty of Applied Medical Sciences. It is also supervised by the staff members of hospital wards and specialized health centers.

Study Plan

Year One	
First Semester	Second Semester
General Mathematics	General Statistics
General Physics	General Chemistry
English Language (1)	English Language (3)
English Language (2)	English Language (4)
Program-Solving & Programming	General Biology
Year Two	
First Semester	Second Semester
Principles of Nutritional Science	Nutritional Biochemistry
Food Science (1)	Food Science (2)
Biochemistry	Pathology
Physiology	Nutrition During Lifecycle
Anatomy & Medical Terminology	Nutritional Status Assessment
Arabic Language (1)	Arabic Language (2)
Islamic Studies (1)	Islamic Studies (2)
Year Three	
First Semester	Second Semester
Medical Nutrition Therapy (1)	Medical Nutrition Therapy (2)
Nutrition Counseling & Education	Research Methods
Food Microbiology & Hygiene	Enteral & Parenteral Nutrition
Elective (1)	Elective (3)
Elective (2)	Elective (4)
Islamic Studies (3)	Islamic Studies (4)
	Free Course (1)
Year Four	
First Semester	Second Semester
Clinical Rotation in MNT (1)	Clinical Rotation in MNT (2)
MNT in Pediatric Nutrition	Nutritional Psychology
Genetic & Metabolic Disorders	Employability Skills for Medical Science
Research Project & Seminar (1)	Sport Nutrition
Elective (5)	Community Nutrition
Free Course (2)	Research Project & Seminar (2)
	Elective (6)
	Elective (7)