



UNIVERSITY OF  
GOTHENBURG

Department of Food and Nutrition and Sport Science

**Courses at advanced level –  
Master's Degree (60 and 120 credits)  
in Food and Nutrition**

## **Master's Degree, 60 credits**

**Requirements for eligibility:** Bachelor's Degree in Food and Nutrition

For the Master's Degree, 60 credits are required, of which at least 45 credits at advanced level in the main field. It means:

### **Compulsory courses in Food and Nutrition:**

- IKA201 Master's thesis 15 credits
- MHA201 Subject specialisation 7.5 credits
- MHA301 Research perspectives and methods 7.5 credits
- Optional courses at advanced level in Food and Nutrition of 15 credits
- Courses 15 credits at basic- or advanced level

## **Master's Degree, 120 credits**

**Requirements for eligibility:** Bachelor's Degree in Food and Nutrition

For the Master's Degree, 120 credits are required, of which at least 90 credits at advanced level in the main field. It means:

### **Compulsory courses in Food and Nutrition:**

- IKA202 Master's thesis 30 credits
- MHA201 Subject specialisation 7.5 credits
- MHA301 Research perspectives and methods 7.5 credits
- Optional courses at advanced level in Food and Nutrition of 45 credits
- Courses 30 credits at basic- or advanced level

## **Many possibilities to combine**

On the following pages, you will find examples of course of studies for master's degrees (60 and 120 credits) in Food and Nutrition. You will also find a short presentation of the courses. For more detailed information, search for the course code, for example IKA201 at [Find courses \(gu.se\)](#)

Contact the study counsellor if you want to discuss different possibilities to combine your education.

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**Master's Degree, 60 credits**

## Course of study for Master's Degree (60 credits) in Food and Nutrition, example 1

### Autumn semester

**MHA201**  
**Subject specialisation**

7,5 credits  
(25% study pace)

**MHA301**  
**Research perspectives and methods**

7,5 credits  
(25% study pace)

**MHA203**  
**Hälsöfrämjande kostinterventioner**

15 hp  
(50% studietakt)

### Spring semester

**IKA306 Qualitative research methods**

7,5 credits (100% study pace)

**Valfri kurs (grund- eller avancerad nivå) 7,5 hp/  
Optional course (basic- or advanced level) 7,5 credits**  
(100% studietakt/100% study pace)

**IKA201 Master Thesis**

15 credits (100% study pace)

## Course of study for Master's Degree (60 credits) in Food and Nutrition, example 2

### Autumn semester

**MHA201**  
**Subject specialisation**

7,5 credits  
(25% study pace)

**MHA301**  
**Research perspectives and methods**

7,5 credits  
(25% study pace)

**IKA301**  
**Measurement methods 1: Diet and physical activity**

7,5 credits  
(50% study pace)

**IKA303**  
**Critical Analysis in Health Promotion**

7,5 credits  
(50% study pace)

### Spring semester

**IKA306 Qualitative research methods**

7,5 credits (100% study pace)

**IKA305 Applied quantitative data analysis**

7,5 credits (100% study pace)

**IKA201 Master Thesis**

15 credits (100% study pace)

## Course of study for Master's Degree (60 credits) in Food and Nutrition, example 3

### Autumn semester

**MHA201**  
**Subject specialisation**

7,5 credits  
(25% study pace)

**MHA301**  
**Research perspectives and methods**

7,5 credits  
(25% study pace)

**IKA308**  
**Livsmedelspreferens och sensorisk utvärdering**

7,5 hp  
(50% studietakt)

**IKA309 Hållbar matkonsumtion**

7,5 hp  
(50% studietakt)

### Spring semester

**Valfri kurs (grund- eller avancerad nivå) 7,5 hp/  
Optional course (basic- or advanced level) 7,5 credits**  
(100% studietakt/100% study pace)

**IKA305 Applied quantitative data analysis**

7,5 credits (100% study pace)

**IKA201 Master Thesis**

15 credits (100% study pace)



## Course of study for Master's Degree (60 credits) in Food and Nutrition, example 4

### Autumn semester

**MHA201  
Subject  
special-  
isation**

7,5 credits  
(25%  
study  
pace)

**MHA301  
Research  
perspecti  
ves and  
methods**

7,5 credits  
(25%  
study  
pace)

**IKA401 Internship I**

15 credits  
(100%, 50% or  
25% study pace)

### Spring semester

**IKA306 Qualitative research methods**

7,5 credits (100% study pace)

**Valfri kurs (grund- eller avancerad nivå) 7,5 hp/  
Optional course (basic- or advanced level) 7,5 credits**  
(100% studietakt/100% study pace)

**IKA201 Master Thesis**

15 credits (100% study pace)

**Master's Degree, 120 credits**

**Course of study for Master's Degree (120 credits) in Food and Nutrition, example 1**

**Year 1**

**Year 2**

**Autumn semester**

**IKA308**  
Livsmedelspreferens  
och sensorisk  
utvärdering

7,5 hp  
(50% studietakt)

**IKA309 Hållbar  
matkonsumtion**

7,5 hp  
(50% studietakt)

**MHA203**  
Hälsfrämjande  
kostinterventioner

15 hp  
(50% studietakt)

**MHA201**  
Subject  
special-  
isation

7,5 credits  
(25%  
study  
pace)

**MHA301**  
Research  
perspecti-  
ves and  
methods

7,5 credits  
(25%  
study  
pace)

**IKA301**  
Measurement  
methods 1: Diet and  
physical activity

7,5 credits  
(50% study pace)

**IKA303**  
Critical Analysis in  
Health Promotion

7,5 credits  
(50% study pace)

**Spring semester**

**Valfri kurs (grund- eller avancerad nivå) 7,5 hp/  
Optional course (basic- or advanced level) 7,5 credits**  
(100% studietakt/100% study pace)

**IKA305 Applied quantitative data analysis**

7,5 credits (100% study pace)

**IKA401 Internship I**

15 credits (100%, 50% or 25% study pace)

**IKA202 Master Thesis**

30 credits (100% study pace)

## Course of study for Master's Degree (120 credits) in Food and Nutrition, example 2

	Year 1	Year 2	
Autumn semester	<p><b>IKA301</b> Measurements Methods I, Diet and Physical Activity 7.5 credits (50% study pace)</p>	<p><b>IKA308</b> Livsmedelspreferens och sensorisk utvärdering 7.5 hp (50% studietakt)</p>	
	<p><b>IKA303</b> Critical Analysis in Health Promotion 7.5 credits (50% study pace)</p>	<p><b>IKA309</b> Hållbar matkunsumtion 7.5 hp (50% studietakt)</p>	
Spring semester	<p><b>IKA306</b> Qualitative Research Methods 7.5 credits (100 % study pace)</p>	<p><b>MHA301</b> Research Perspectives and Methods III 7,5 credits (25% study pace)</p>	
	<p><b>IKA305</b> Applied Quantitative Methods 7.5 credits (100% study pace)</p>		<p><b>MHA201</b> Specialization 7.5 credits (25% study pace)</p>
	<p><b>IKA401</b> Internship I 15 credits (100%, 50% or 25% study pace)</p>		<p><b>IKA402</b> Internship II 15 credits (100%, 50% or 25% study pace)</p>
		<p><b>IKA202</b> Master Thesis 30 credits (100% study pace)</p>	

# Course of study for Master's Degree (120 credits) in Food and Nutrition, example 3

## Year 1

## Year 2

Autumn semester

### IKA401 Internship I

15 credits  
(100%, 50% or  
25% study pace)

### IKA308 Livsmedelspreferens och sensorisk utvärdering

7,5 hp (50% studietakt)

### IKA303 Critical Analysis in Health Promotion

7,5 credits  
(50% study pace)

### MHA201 Subject special- isation

7,5 credits  
(25%  
study  
pace)

### MHA301 Research perspecti ves and methods

7,5 credits  
(25%  
study  
pace)

### MHA203 Hälsöfrämjande kostinterventioner

15 hp (50% studietakt)

Spring semester

### IKA306 Qualitative research methods

7,5 credits (100% study pace)

**Valfri kurs (grund- eller avancerad nivå) 7,5 hp/  
Optional course (basic- or advanced level) 7,5 credits**  
(100% studietakt/ 100% study pace)

### IKA402 Internship II

15 credits (100%, 50% or 25% study pace)

### IKA202 Master Thesis

30 credits (100% study pace)

# IKA308 Livsmedelspreferens och sensorisk utvärdering

7,5 hp (50% studietakt)

## Innehåll

- Människans upplevelse av livsmedel är individuell och vi kan sägas leva i individuella sensoriska världar. I den här distanskursen får du en förståelse för hur perceptionen fungerar och hur preferenser skapas för att kunna anpassa livsmedel, kostråd och måltider efter individer och målgruppers behov. Du får i kursen fördjupa dig inom ett område där din specifika utbildningsbakgrund och blivande yrke påverkar val av mätmetoder och metodologiska utmaningar. Du får också lära dig att presentera dina resultat i en poster, redo för en vetenskaplig konferens.
- Den här kursen kan du som studerande läsa vid sidan av andra åtaganden. Inga tillfällen är obligatoriska varför du själv kan välja hur du förlägger ditt arbete i kursen.

Kursen går helt på distans!

# IKA309 Hållbar matkonsumtion

7,5 hp (50% studietakt)

## Innehåll

- I denna kurs identifieras och problematiseras hållbar matkonsumtion med utgångspunkt i de Globala hållbarhetsmålen Agenda 2030, Nationella Livsmedelsstrategin och Nordiska näringsrekommendationer.
- Kursen behandlar synergier, konflikter och möjliga lösningar för grupper i befolkningen när hållbarhetsmålen ska nås samt teorier om hur hållbar matkonsumtion kan förstås.

# MHA203 Hälsöfrämjande kostinterventioner

15 hp (50% studietakt)

Ges endast vissa terminer.

## Innehåll

- Fokus är på **utvärdering av åtgärder** för att påverka kostvanor.
- Kunskaper om **hälsöfrämjande och förebyggande arbete** som behövs i så väl i forskningsstudier som i privat och offentligt friskvårdsarbete.
- **Design och metoder** i kostinterventioner och översiktligt vilka åtgärder som har visat sig ha effekt i interventioner inom området folkhälsonutrition.



# IKA301 Measurement methods 1: Diet and physical activity

7,5 credits (50% study pace)

## Content

- **Theoretical lectures** for understanding and training in critical thinking concerning methodological use of different subjective and objective methods and analysing techniques.
- **Practical experiments** to design and perform measurements and to evaluate reliability, validity and usability of different methods.
- **Presentation seminars** to debate and evaluate outcomes of the practical experiments, as well as to train in scientific argumentation and critical thinking.
- **Skill training** in using measurement devices, methods, softwares, creating datasets, searching databases and reading scientific papers.

# IKA303 Critical analysis in health promotion

7,5 credits (50% study pace)

## Content

- **Contemporary definitions and theories** of health, health education and health promotion are introduced and analyzed, specifically in relation to the promotion of healthy diet, food habits and physical activity.
- The **link between theory and strategy** and the methodological rigor of health promotion interventions will be analyzed.
- The emphasis of the course is on the **ability to analyze and evaluate** concepts, theories and methods in health promotion, as well as on the ability to argue and take an advocacy role on issues related to health promotion.

# IKA401 Internship I

15 credits (100%, 50% or 25% study pace)

## Content

- ***Professional or scientific field practice***, where the students are responsible for identifying, contacting and making arrangements with the work place.
- ***Reporting of experience*** and learning in relation to previous knowledge and skills, using literature to fill knowledge gaps.

# IKA402 Internship II

15 credits (100%, 50% or 25% study pace)

## Content

- ***Further professional or scientific field practice.*** This course is for students who wish to extend the internship offered through IKA 401 Internship I, or students who want to consider an additional career possibility. Students are responsible for identifying, contacting and making arrangements with the work place. The field placement could be in or outside Sweden, and at a university, or another work place or not-for-profit organization.
- Students ***report the experiences*** of different approaches and methods at the work place and link them to relevant literature.

# **MHA201 Subject specialisation**

7,5 credits (25% study pace)

## **Content**

- Produce a literature study.
- Search for scientific articles in relevant databases based on inclusion and exclusion criteria.
- Review of the articles found with a focus on theoretical and methodological perspectives and approaches.

# **MHA301 Research perspectives and methods III**

7,5 credits (25% study pace)

## **Content**

- Theoretical teaching with discussions covering various aspects of the research process, including; study design, data collection, reporting of results, research evaluation and ethical considerations.
- Write and develop a plan for an upcoming master's thesis.

# IKA305 Applied quantitative data analysis

7,5 credits (100% study pace)

## Content

- ***Fundamentals of the SPSS software*** to investigate relationships in diet, food habit, physical activity and health.
- ***Statistical skills*** by exploring SPSS and its different topics.
- ***Concepts and theoretical assumptions*** of statistical tests.

# IKA306 Qualitative research methods

7,5 credits (100% study pace)

## Content

- **Background** to qualitative research methods
- **Ethical issues** in qualitative research methods
- Qualitative research **approaches** used by department researchers
- Key qualitative research **methods in practice** through examples from the department
- Data analysis methods **qualitative content analysis** and **discourse analysis**
- **Practice** of qualitative data analysis methods
- Qualitative data **presentation possibilities**



**Master Thesis**  
**IKA201(60 credits**  
**IKA202 (120 credits)**  
30 credits (100% study pace)

**Content**

- Data collection and evaluation
- Production of written thesis
- Progression seminars
- Examination seminar with opponentship
- Supervision from institutional teacher/researcher