

Research methods in nutrition

Course No.	Title of Course	Credit Hours
HND-324	Research methods in nutrition	3(2-1)

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
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Theory:

Research methods in nutrition: Introduction, objectives, types of research: basic and applied, quantitative and qualitative, clinical and diagnostic; Types of sampling: probability and non-probability; Collection of literature: printed and electronic sources, managing literature; Methods of data collection; Writing scientific documents: synopsis, research proposal, articles, references, internship report. Research designs: observational studies, cross-sectional, case-control, cohort (prospective, retrospective, time-series); Experimental studies: observational studies, clinical studies. Experimental data analysis: incidence/ prevalence rate; Research ethics.

Suggested Readings:

1. Awan, J.A. 2015. Scientific Presentations. Unitech Communications, Faisalabad, Pakistan.
2. Lovegrove, J.A., L. Hodson, S. Sharma and S.A. Lanham-New. 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.



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