LEBANESE INTERNATIONAL UNIVERSITY

Major Title: Bachelor of Nutrition and Dietetics
Major Code: BNUTR
Level: underGraduate
Number Of Credits: 99
Date: 24-09-2026

Bachelor of Nutrition and Dietetics (BNUTR)

Program Objectives

Objective	Description
PO-1	Provide a comprehensive scientific and professional education that prepares graduates for careers in nutrition and dietetics.
PO-2	Prepare graduates to contribute to improved nutritional health and well-being across diverse populations and stages of life.
PO-3	Establish a foundation for supervised dietetic training and progression toward professional qualification.
PO-4	Prepare graduates to contribute to effective foodservice systems that support nutritional health, food safety, and responsible resource use.
PO-5	Foster an inquiry-oriented approach to nutrition and dietetics that supports adaptation to scientific and technological advances.
PO-6	Promote professional responsibility and constructive engagement with individuals, communities, and multidisciplinary teams.

Program Learning Outcomes

Outcome	Description
PLO-1	Integrate foundational principles from biomedical, food, behavioral sciences and the humanities to explain the relationships among food, nutrition, health, and disease.
PLO-2	Apply knowledge of nutrients and food properties to determine nutritional requirements and explain factors influencing food intake, metabolism, growth, and health across the life cycle and at different levels of physical activity.
PLO-3	Select and apply appropriate methods, standardized procedures, and tools to assess the nutritional status of individuals and populations.
PLO-4	Apply the full Nutrition Care Process—from assessment through evaluation—to deliver evidence-based nutrition care for individuals in health and disease.
PLO-5	Assess the nutrition-related needs of communities and populations and design, implement, and evaluate evidence-based nutrition education, health-promotion, and disease-prevention interventions.
PLO-6	Apply food science and business management principles to plan and manage foodservice operations that produce and deliver safe, nutritionally appropriate, quality-assured, and cost-effective meals.
PLO-7	Evaluate and integrate scientific literature, apply appropriate research methods, and use digital tools, including artificial intelligence, responsibly and ethically to support evidence-based practice in nutrition and dietetics
PLO-8	Apply appropriate communication, counseling, behavior-change, and education strategies to communicate evidence-based nutrition information effectively to individuals, groups, communities, and other stakeholders.
PLO-9	Demonstrate ethical, legal, and professional conduct, respect diversity, and collaborate effectively within multidisciplinary teams in nutrition and dietetics practice.
PLO-10	Analyze complex nutrition- and dietetics-related situations, critically evaluate, and formulate justified, evidence-based decisions and solutions.