



Philippine Christian University

1648 Taft Ave. corner Pedro Gil St., Malate, Manila

AY 2025-2026 CURRICULUM

BACHELOR OF SCIENCE IN NUTRITION AND DIETETICS

FIRST YEAR

First Semester

Courses	No. of Hrs / Wk		Units
	Lecture	Studio/ Lab	
Christian Formation	3		3
Understanding the Self	3		3
Readings in Philippine History	3		3
NSTP 1	3		3
PATHFit 1: Physical Activities Toward Health and Fitness 1	2		2
Biochemistry (Lec/Lab)	3	6	5
Anatomy & Physiology (Lec/Lab)	3	6	5
Basic Foods 1 (Lec/Lab)	2	3	3
Total	22	15	27

Second Semester

Courses	No. of Hrs / Wk		Units
	Lecture	Studio/ Lab	
Christian Ethics	3		3
Mathematics in the Modern World	3		3
NSTP 2	3		3
PATHFit 2: Physical Activities Toward Health and Fitness 2	2		2
Microbiology & Parasitology (Lec/Lab)	3	6	5
Basic Foods II (Lec/Lab)	2	3	3
Basic Nutrition (Lec/Lab)	3	6	5
Nutritional Biochemistry	3		3
Total	22	15	27

SECOND YEAR

First Semester

Courses	No. of Hrs / Wk		Units
	Lecture	Studio/ Lab	
Basic Accounting	3		3
The Contemporary World	3		3
Art Appreciation	3		3
Entrepreneurial Mind	3		3
PATHFit 3: Physical Activities Toward Health and Fitness 3	2		2
Developmental Psychology	3		3
Purposive Communication	3		3
Meal Management (Lec/Lab)	2	3	3
Nutritional Assessment (Lec/Lab)	2	3	3
Total	24	6	26

Second Semester

Courses	No. of Hrs / Wk		Units
	Lecture	Studio/ Lab	
Science, Technology & Society	3		3
English (Technical Writing)	3		3
PATHFit 4: Physical Activities Toward Health and Fitness 4	2		2
Biostatistics	3		3
Nutrition Care Process	3		3
Nutrition in the Life Stages 1 (Lec/Lab)	2	3	3
Fundamentals of Food Technology (Lec/Lab)	2	3	3
Foodservice Systems 1 (Lec/Lab)	3	6	5
Total	21	12	25

THIRD YEAR

First Semester

Courses	No. of Hrs / Wk		Units
	Lecture	Studio/ Lab	
Ethics	3		3
Principles and Strategies of Teaching	3		3
Nutrition in the Life Stages II (Lec/Lab)	2	3	3
Nutrition Therapy I (Lec/Lab)	2	3	3
Public Health Nutrition	3		3
Foodservice Systems II (Lec/Lab)	3	6	5
Food and Nutrition Research 1 (Lec/Lab)	2	3	3
Total	18	15	23

Second Semester

Courses	No. of Hrs / Wk		Units
	Lecture	Studio/ Lab	
Health Economics	3		3
Logic	3		3
Rizal's Life, Works & Writings	3		3
Nutrition Education (Lec/Lab)	2	3	3
Nutrition Therapy II (Lec/Lab)	2	3	3
Food and Nutrition Research II (Lec/Lab)	2	3	3
Sports Nutrition	3		3
Total	18	9	21



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FOURTH YEAR

First Semester

Courses	No. of Hrs / Wk		Units
	Lecture	Studio/ Lab	
Hospital Dietetics Practicum (600 hours)			12
Seminar in Nutrition and Dietetics 1	3		3
Total			15

Second Semester

Courses	No. of Hrs / Wk		Units
	Lecture	Studio/ Lab	
Foodservice Practicum (300 hours)			6
Public Health Nutrition Practicum (300 hours)			6
Seminar in Nutrition and Dietetics 2	3		3
Total			15