



Clinical Nutrition Department

Date of the Entry Test for the Master of Science in Clinical Nutrition Program for the Academic Year 1448H

Date: **Thursday 20/11/1447H corresponding 07/05/2026G**

Time: **1:00 - 3:00 pm**

Note: The test includes all applicants who have received a nomination for admission to sit for the test through the Deanship of Graduate Studies application portal.

Test Location

Scan for location



King Abdulaziz University

Faculty of Applied Medical Sciences

Male section - Building number 142

Next to King Fahad Medical Research Centre

Important Test Instructions

- Arrive at the building 30 minutes before the test time.
- Bring your national ID.
- Bring necessary materials to answer the questions (blue pen, pencil, eraser).
- The use of mobile phones, smartwatches, or earphones during the test is prohibited.
- The test duration is a maximum of two hours, and entry is not allowed after 30 minutes from the start.
- Entry to the test is restricted to nominated applicants only, and proof of initial nomination must be presented.
- Bring a calculator.



List of Topics Covered in the Test

Fundamentals of human nutrition/nutritional science

- Principles of nutritional science
 - Macronutrients (requirements, sources, inadequate intake, and excessive intake)
 - Micronutrients (role, requirements, sources, deficiency and toxicity)
- Nutrition during life cycle
- Nutrition Assessment
 - Standards for nutrient intake
 - Estimating energy needs
 - Anthropometry
 - Biochemical assessment of nutritional status
 - Clinical assessment of nutrition status
 - Measuring diet
 - Nutritional assessment in disease prevention
- Food safety, foodborne illnesses and hazards, and food spoilage

Medical nutrition therapy and application of the nutrition care process

- MNT for various diseases/health conditions
- NCP & menu planning
- Prominent food-drug interactions
- Nutrition support
 - Indications for enteral and parenteral nutrition
 - Enteral and parenteral nutrition formulations and calculations
 - Monitoring during enteral nutrition
 - Complications of enteral and parenteral nutrition
 - Formulations for specific diseases or conditions

Additional areas:

- Community Nutrition/nutrition education
 - Understanding and achieving behavior change
 - Community needs assessment
- Nutritional immunology
 - Reactions of the immune system against infection, allergy and inflammation
 - The gastrointestinal tract and the gut microbiota, prebiotics and probiotics
- Professional skills
 - Education and professional development
 - Scope of practice and code of ethics, employment setting and responsibility
- Research methods & epidemiology
 - Fundamental steps in scientific research
 - Research study designs
 - Internal & external validity & bias



List of References

- Rolfes, S.R., Pinna, K., and Whitney, E. Understanding Normal and Clinical Nutrition. 12th Edition. Cengage Learning. 2021.
- Raymond, J., L., and Morrow, K. Krause and Mahan's Food and the Nutrition Care Process. 15th Edition. Elsevier Saunders. 2021.
- Nutritional Assessment, 7th Edition (2019) by Robert D Lee et al.
- Essentials of Food Science, 4th Edition (2014) by Vaclavik et al.
- ASPEN Adult Nutrition Support Core Curriculum, 3rd Edition (2017) by Mueller C.

Wish you the best of luck,,,,,

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