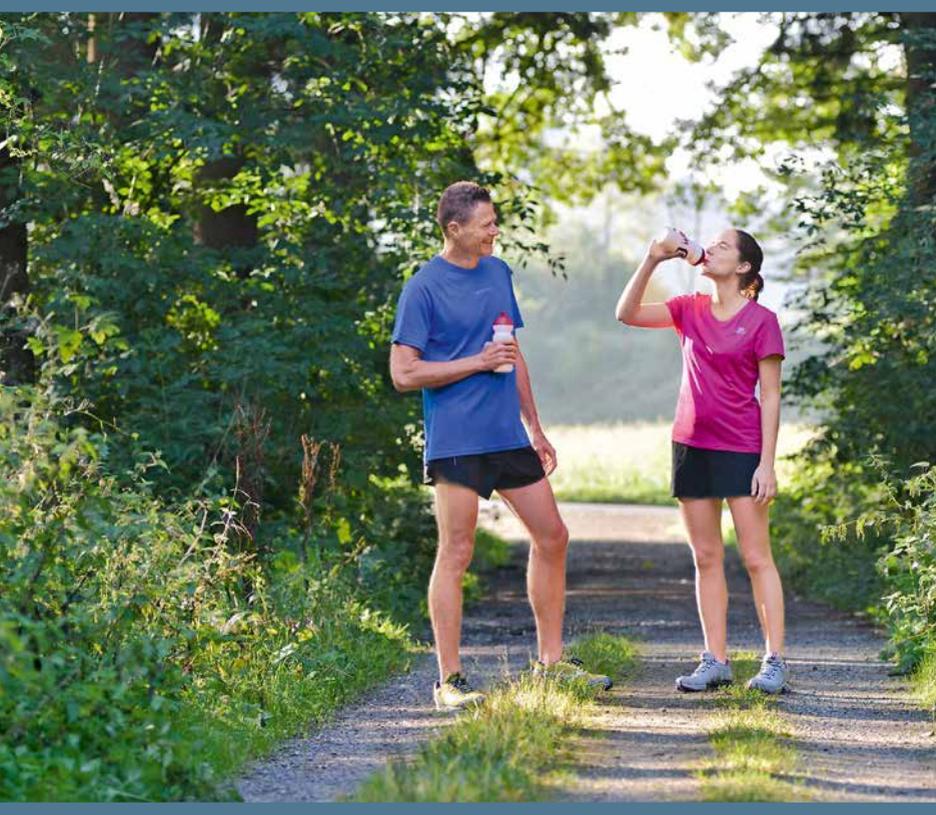




Bern University  
of Applied Sciences



# MSc in Life Sciences Food, Nutrition and Health

- ▶ Department of Health
- ▶ School of Agricultural, Forest and Food Sciences HAFL

Partner:

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# Specialists at innovative interfaces

- 2 The market for specialised food products, eg functional and novel foods, dietary and supplementary nutrition etc, is booming. Such products offer the food industry new development opportunities. On the other hand, more and more people are fighting overweight or food intolerances, and topics such as food waste or the use of natural resources within the food industry are in the spotlight. The challenge of marrying technical feasibility and social desire will only grow in the future.

These new issues need well-educated specialists at the interface between food and nutritional sciences who can think holistically, introduce fresh ideas and innovative solutions and act practically – along the whole food chain. This begins with needs analysis, goes through production, design and marketing and ends with consumption and impact on health. Particular attention is paid to population groups with specific dietary requirements such as diabetics, allergy sufferers, senior citizens or athletes.

## **What makes this Master's unique?**

The Master's degree programme in Food, Nutrition and Health equips its graduates with the skills necessary for a future-oriented area of work and research. The cooperation of several specialised departments of universities of applied sciences guarantees a sound, interdisciplinary and practical approach to the programme. It is run by the School of Agricultural, Forest and Food Sciences HAFL and the Department of Health, both of Bern University of Applied Sciences (BFH), together with the Division of Life Technologies of the University of Applied Sciences and Arts Western Switzerland (HES-SO) in Sion.

This programme at the interface of food technology, nutrition and dietetics is unique in Switzerland and its neighbouring countries.



New development opportunities for booming markets, for example target-group-appropriate nutrition

## Career prospects: fit for research and leadership

During your studies, you will develop scientifically sound knowledge in a specialised area of your choice. You will become a specialist who is well able not only to deepen your knowledge of an area quickly and independently but also to apply this knowledge in practice. You will also gain both the high social and project-management skills and the know-how to cooperate across disciplines which are essential on today's job market.

By the time you graduate from this programme, you will have the skills required by employers in this industry for management positions: you will be a practically-oriented specialist who can work scientifically and manage complex projects.

As a holder of this Master's degree, you will be in demand as a specialist for new processes in food production, food quality and innovative nutritional concepts. The ability to work across disciplines will open doors not only to management and research positions at national level but also demanding positions in an international environment.

# Content and structure

4 The programme is built such that you can develop your individual strengths and interests. You will deepen your knowledge of food and nutritional sciences as appropriate to your specialisation. You will also improve your management skills and learn how to develop future-oriented solutions for current challenges in the food industry and the nutrition sector. In particular, you will deal with:

- food quality and safety along the whole value chain
- food law regulations and consumer needs
- manufacturing processes and their effect on nutritional value
- target-group-appropriate nutrition, eg athletes, young children, allergy sufferers, senior citizens
- properties and active agents of foodstuffs

In addition to the specialisation modules, the foundation modules, where you have a wide choice of options, will prepare you optimally for professional practice.

Entrepreneurial Skills (12 ECTS)	Advanced Life Science Skills (18 ECTS)	Specialisation modules Food, Nutrition and Health (30 ECTS)
<p>Core-elective: you choose three out of five modules.</p> <ul style="list-style-type: none"> <li>• Innovation and Knowledge Management</li> <li>• Business Management</li> <li>• Society and Politics</li> <li>• Leadership</li> <li>• Communication and Market</li> </ul>	<p>Core-elective: you choose six out of 14 modules, for example:</p> <ul style="list-style-type: none"> <li>• Nutrition and Nutrition-related Chronic Diseases</li> <li>• Cellular and Molecular Physiology</li> <li>• Sustainable Sourcing, Processing and Tracing of Food</li> <li>• Management of R&amp;D Projects</li> <li>• Data Management and Visualisation</li> <li>• Quality Excellence</li> <li>• Life Cycle Assessment</li> <li>• Applied Statistics</li> </ul>	<p>Core-elective: you choose six modules out of seven modules:</p> <ul style="list-style-type: none"> <li>• Food Quality from Farm to Fork</li> <li>• Food Regulations and Consumer Perceptions</li> <li>• Technology meets Nutrition</li> <li>• Food for Specific Target Groups</li> <li>• Food Ingredients</li> <li>• Current Issues in Food, Nutrition and Health*</li> <li>• Public Health Nutrition</li> </ul> <p>* in agreement with the programme convenor</p>
<b>Master thesis: 30 ECTS</b>		

# Flexible and practical

The degree programme is run in close cooperation with partners from research, the economy and society. Through case studies, round tables and excursions, you will have direct contact with representatives from research and industry. There is also a high proportion of self-study, which enables you to structure your studies very flexibly.

## **Master thesis – your future specialist field**

In your Master thesis, you will address a practical issue relating to food technology or nutritional science in a scientifically principled manner. You will define your topic together with the programme convenor before beginning the programme. If you are working part-time while taking this programme, you may wish to use your Master thesis to investigate specific questions from your professional field.

The Master thesis corresponds to one third of the degree programme.

## **Your career prospects**

On completion of this programme, you will be well qualified to take on demanding management-level positions or to work in applied research, for example in product development in the food industry or in research at private or public research institutions. The nutritional advisory services of the large supermarket chains are also potential employers, as are specialist food producers and government agencies. You can take on management positions in NGOs, charities, consultancy practices and projects concerned with nutritional issues, or you can work as a nutritional expert in an international organisation.



A challenge for the future: building bridges between technical feasibility and society's desires

# Overview

## Target audience

The Master's degree in Life Sciences – Food, Nutrition and Health is aimed at Food Technology, Nutrition, Dietetics or similar graduates.

## Admission

Graduates from a Swiss university of applied sciences in the above-mentioned disciplines with a minimum grade average of 5. Students with other types of degrees or lower grade averages may be admitted on the basis of an aptitude assessment.

## Degree

You will earn 90 ECTS credits and the degree 'Master of Science in Life Sciences specialising in Food, Nutrition and Health' from Bern University of Applied Sciences.

## Length

1.5 years full-time study. Part-time study is also possible.

## Teaching languages

English. The Master thesis can be written in English, German or French.

## Tuition fees

CHF 750 per semester plus registration and examination fees.

## Cooperation

The MSc in Life Sciences degree programme is a cooperation between four Swiss universities of applied sciences: BFH, FHNW, HES-SO and ZFH.

## Registration and deadline for registration

The programme can be started in spring or autumn. The deadline for registration is 30 September and 30 April before the respective start.

Registration: [www.hafl.bfh.ch](http://www.hafl.bfh.ch)

# Further information

## Bern University of Applied Sciences

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and Food Sciences HAFL

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