

## CERTIFICATION

Certificate will be issued by AIOU, with logo of three collaborating organizations, i.e., AIOU, NHSD & NextGenU.

### Additional Information

For more information about this certificate course, please contact:

#### Course Coordinator

Ar. Nazia Iftakhar

Lecturer

Department of Environmental Design, Health and Nutritional Sciences

Allama Iqbal Open University

Email: nazia.iftakhar@aiou.edu.pk

Phone: 051-9057744

#### Department Faculty

**Dr. Hajra Ahmad**

Chairperson/ Associate Professor

**Dr. Zaheer Ahmed**

Associate Professor

**Dr. Mahpara Safdar**

Assistant Professor

**Ms. Asma Afreen**

Lecturer

**Ms. Rabeea Zafar**

Lecturer

**Ar. Nazia Iftakhar**

Lecturer

**Ar. Omer Shujat Bhatti**

Research Associate



## ADJUNCT FACULTY

**Prof. Dr. Erica Frank**

MD, MPH, FACMP

NEXT GEN U

**Ms. Mariam Chickering**

NEXT GEN U

**Dr. Fauzia Moghees**

NHSD

## IMPORTANT TELEPHONE NUMBERS

Academic staff Environmental Design, Health and Nutritional Sciences

051-9057742      051-9057265

051-9057748      051-9057744

051-9057741      051-9057746

**Director Admission 051-9250185**

**Additional Registrar (mailing) 051-9250185**

**Controller Examination 051-9250012**

**Director Student Affairs 051-9250174**



Department of Environmental Design  
Health & Nutritional Sciences  
Allama Iqbal Open University, Islamabad

# Certificate Course in Climate Change & Health

**Course Code: 1616**  
**Credit hours: 3(2+1)**

Department of Environmental Design  
Health & Nutritional Sciences  
Allama Iqbal Open University, Islamabad



## DEPARTMENT OF ENVIRONMENTAL DESIGN, HEALTH & NUTRITIONAL SCIENCES

Health care in the whole world has changed substantially in the new millennium. New disciplines have emerged, and role of traditional health disciplines has broadened to keep pace with the changing emphasis from curative to preventive health care. The focus from curing nutritional deficiencies has shifted to searching the role of diet in the cause of chronic diseases and examining the importance of nutrients in maintaining good health. The Department has produced scientific/value added and professional programs/courses in the areas of Community Health, Food & Nutrition, Environmental Design and Home Economics. The courses are offered under basic functional to post-graduate, MS and PhD level programs.

### Objectives

- To inculcate research culture among health professionals in the field of preventive health.
- To prepare learners for the career related disciplines considering the professional interests of individuals in the areas of Public/Community Health, Food Sciences and Nutrition & Dietetics.

## CERTIFICATE COURSES IN PUBLIC HEALTH

### Salient Features

Certificate courses in Public Health are being offered in Collaboration with NextGenU, Network for Human, Social Development NextGenU.org is the World's first US Charitable Foundation, since 2001, and still only portal to free, accredited online education and offers free post-secondary courses to audit or for credit through recognized accrediting institutions and organizations. Network for Human and Social Development (NHSD) is a not-for-profit NGO registered with Social Welfare Department ICT Islamabad under Societies Act 1961. The three partner organizations will be offering following six

courses in first phase.

1. Lifestyle and Health
2. Community Oriented Primary Care
3. Ethics in Public Health and Nutrition.
4. Epidemiology
5. Climate Change and Health
6. Environmental Health

## CERTIFICATE COURSE IN CLIMATE CHANGE AND HEALTH

### Introduction

This course provides information about the effects of climate change on human health. The focus of the course is to introduce the concept of climate change and highlight its effect on public health. Taking examples from history, the course covers future prediction and communication strategies about climate change and identifies the adaptation practices which help to mitigate the effect of climate change on health.

### Objectives

The course objectives are:

1. To introduce the science of climate change and how it Affects public health.
2. To predict and communicate climate change strategies.
3. To mitigate the effects of climate change.

## EXPECTED COMPETENCIES

After studying this course student will be able to:

- Describe the human activities that are contributing to climate change (burning fossil fuels, raising livestock, etc)
- Compare direct and indirect effects of climate change on health and be able to describe how climate change-related weather events affect health.
- Describe how climate information can be used to improve public health.

## ELIGIBILITY CRITERIA

The minimum entry requirement for admission in certificate course is 16 years of schooling from HEC recognized institutions in the relevant field with no third division. Following degree holders are eligible to apply for admission in the certificate course.

- Bachelor of Medicine, Bachelor of Surgery (MBBS)
- Bachelor of Dental Surgery (BDS)
- BS/M.Sc. Home Economics
- B.S. Nursing
- B/D-Pharmacy
- BS in Physiotherapy
- BS/B.Sc. (Hons.) in Food Technology
- BS/B.Sc. (Hons.) in Human Nutrition
- BS Medical Technology
- BS/Master's in Basic and Applied Sciences

## ASSESSMENT

A. Continuous assessment: There are two assignments.

- i. Assignment - I will be theory based. Student will be solving this assignment with help of free Open Education Resources including those available on NextGenU.org
- ii. Assignment II is of applied nature and includes a research activity followed by the submission of report based on activity.

B. Final examination: A three hour written examination will be taken at the end of semester.

## EVALUATION

As per AIOU rules.



## Fee Structure

As per approved AIOU's Rates of Remuneration and Fee Committee (RRFC)

## Instructional Methodology

The course will be taught through Learning Management System (LMS) by the Departmental Faculty. Foreign faculty of the NextGenU.org and subject experts from NHSD will also be contributing to teaching through LMS. The teaching hours will be met as per AIOU rules for postgraduate courses.

## Assessment

- A. Continuous assessment: There are two assignments.
- Assignment - I will be theory based. Student will be solving this assignment with help of free Open Education Resources including those available on NextGenU.org
  - Assignment II is of applied nature and includes a research activity followed by the submission of report based on the activity.
- b. Final examination: A three hour written examination will be taken at the end of semester.

## Evaluation

As per AIOU rules

## Certification

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## Additional Information

For more information about this certificate course, please contact:

## Course Coordinator

Dr. Hajra Ahmad  
Associate Professor  
Department of Environmental Design,  
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Email: [hajra.ahmad@aiou.edu.pk](mailto:hajra.ahmad@aiou.edu.pk)  
Phone: 051 9057742

Additional information can also be found on the [AIOU website](#).

## Department Faculty

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**Dr. Zaheer Ahmed**  
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**Dr. Mahpara Safdar**  
Assistant Professor  
**Ms. Asma Afreen**  
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**Ar. Nazia Iftakhar**  
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Research Associate

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NEXT GEN U

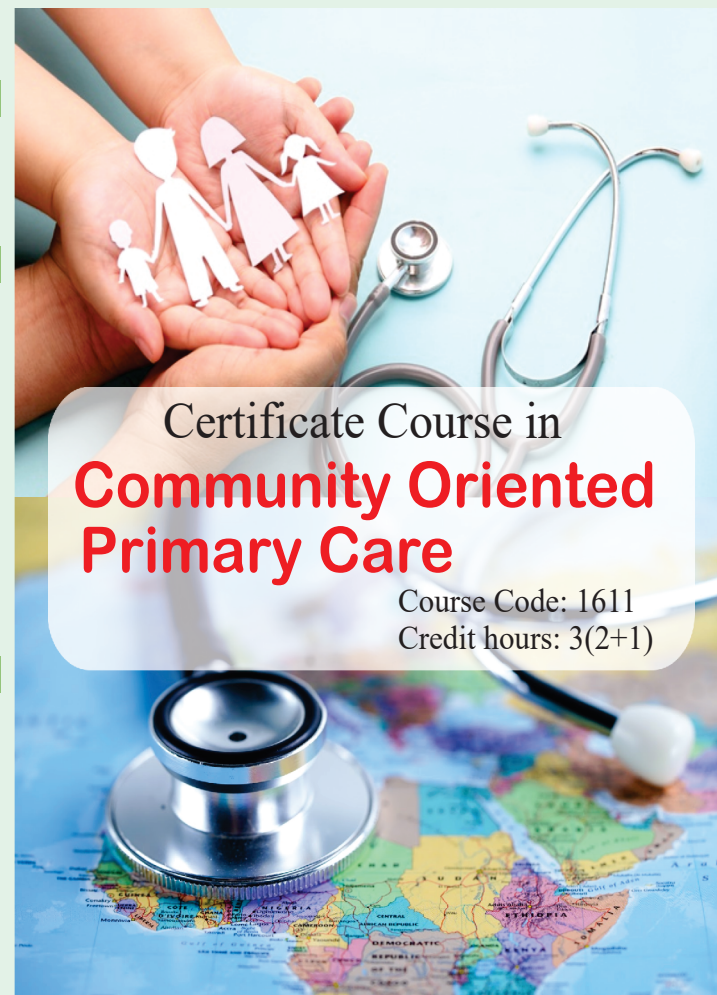
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**Dr. Fauzia Moghees**  
NHSD

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## Certificate Course in Community Oriented Primary Care

Course Code: 1611  
Credit hours: 3(2+1)



Department of Environmental Design  
Health & Nutritional Sciences  
Allama Iqbal Open University  
Sector H-8, Islamabad-Pakistan

## DEPARTMENT OF ENVIRONMENTAL DESIGN, HEALTH & NUTRITIONAL SCIENCES

Health care in the whole world has changed substantially in the new millennium. New disciplines have emerged, and role of traditional health disciplines has broadened to keep pace with the changing emphasis from curative to preventive health care. The focus from curing nutritional deficiencies has shifted to searching the role of diet in the cause of chronic diseases and examining the importance of nutrients in maintaining good health.

The Department has produced scientific/value added and professional programs/courses in the areas of Community Health, Food & Nutrition, Environmental Design and Home Economics. The courses are offered under basic functional to post-graduate, MS and PhD level programs.

### Objectives

- To inculcate research culture among health professionals in the field of preventive health.
- To prepare learners for the career related disciplines considering the professional interests of individuals in the areas of Public/Community Health, Food Sciences and Nutrition & Dietetics.

## CERTIFICATE COURSES IN PUBLIC HEALTH

### Salient Features

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1. Lifestyle and Health
2. Community Oriented Primary Care
3. Ethics in Public Health and Nutrition.
4. Epidemiology
5. Climate Change and Health
6. Environmental Health

## CERTIFICATE COURSE: COMMUNITY ORIENTED PRIMARY CARE (COPC)

### Introduction

The Community Oriented Primary Care (COPC) is an Introductory course, which provides a model for integrating primary Care services into communities, and targets health related concerns with active Community Participation. This Course is intended for physicians, Nurses, and allied health professionals in training and in practice.

### Objectives

After studying this course student will be able to:

1. Understand the history and practice of COPC.
2. Discuss the meaning and scope of the Five Principles of COPC.
3. Understand the definition and meaning of community and the value of community participation within the COPC process.

### Expected Competencies

**After studying this course, students will be able:**

- a) Describe, analyze, and integrate the conceptual framework, methodology, and principles of COPC.
- b) Define a community for the purpose of clinical care at the community level.
- c) Plan an assessment of health needs in a community, using available data for the collection and analysis of health information.
- d) Justify the need for the prioritization process in COPC and define objective criteria to be used for the selection and determination of methods to discuss process and decision.

- e) Gather best-practices models for community-based interventions and the necessary quantitative and qualitative information for implementation in the focus community.

### Eligibility Criteria

The minimum entry requirement for admission in certificate course is 16 years of schooling from HEC recognized institutions in the relevant field with no third division. Following degree holders are eligible to apply for admission in the certificate course.

- Bachelor of Medicine, Bachelor of Surgery (MBBS)
- Bachelor of Dental Surgery (BDS)
- BS/M.Sc. Home Economics
- B.S. Nursing
- B/D-Pharmacy
- BS in Physiotherapy
- BS/B.Sc. (Hons.) in Food Technology
- BS/B.Sc. (Hons.) in Human Nutrition
- BS Medical Technology
- BS/Master's in Basic and Applied Sciences

### Duration of the Course

Approximate time required for completion of the course is one semester. The student can enroll maximum of two courses in a semester.

### As per AIOU rules Certification

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## Fee Structure

As per approved AIOU's Rates of Remuneration and Fee Committee (RRFC)

## Instructional Methodology

The course will be taught through Learning Management System (LMS) by the Departmental Faculty. Foreign faculty of the NextGenU.org and subject experts from NHSD will also be contributing to teaching through LMS. The teaching hours will be met as per AIOU rules for postgraduate courses.

## Assessment

- A. Continuous assessment: There are two assignments.
- Assignment - I will be theory based. Student will be solving this assignment with help of free Open Education Resources including those available on NextGenU.org
  - Assignment II is of applied nature and includes a research activity followed by the submission of report based on the activity.
- b. Final examination: A three hour written examination will be taken at the end of semester.

## Evaluation

As per AIOU rules

## Certification

Certificate will be issued by AIOU, with logo of three collaborating organizations, i.e. AIOU, NHSD & NextGenU.

## Additional Information

For more information about this certificate course, please contact:

## Course Coordinator

Ar. Omer Shujat Bhatti  
Research Associate  
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Email: [omer.shujat@aiou.edu.pk](mailto:omer.shujat@aiou.edu.pk) Phone: 051-9057746

**Additional information can also be found on the AIOU website.**

## Department Faculty

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Chairperson/ Associate Professor

**Dr. Zaheer Ahmed**  
Associate Professor  
**Dr. Mahpara Safdar**  
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Research Associate

## Adjunct Faculty

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NEXT GEN U

**Ms. Mariam Chickering**  
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**Dr. Fauzia Moghees**  
NHSD

## IMPORTANT TELEPHONE NUMBERS

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Controller Examination 051-9250012  
Director Student Affairs 051-9250174

# Certificate Course in Environmental Health

Course Code: 1615  
Credit hours: 3(2+1)



Department of Environmental Design  
Health & Nutritional Sciences

Allama Iqbal Open University  
Sector H-8, Islamabad-Pakistan



## DEPARTMENT OF ENVIRONMENTAL DESIGN, HEALTH & NUTRITIONAL SCIENCES

Health care in the whole world has changed substantially in the new millennium. New disciplines have emerged, and role of traditional health disciplines has broadened to keep pace with the changing emphasis from curative to preventive health care. The focus from curing nutritional deficiencies has shifted to searching the role of diet in the cause of chronic diseases and examining the importance of nutrients in maintaining good health.

The Department has produced scientific/value added and professional programs/courses in the areas of Community Health, Food & Nutrition, Environmental Design and Home Economics. The courses are offered under basic functional to post-graduate, MS, and PhD level programs.

### Objectives

- To inculcate research culture among health professionals in the field of preventive health.
- To prepare learners for the career related disciplines considering the professional interests of individuals in the areas of Public/Community Health, Food Sciences and Nutrition & Dietetics.

## CERTIFICATE COURSES IN PUBLIC HEALTH

### Salient Features

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1. Lifestyle and Health
2. Community Oriented Primary Care
3. Ethics in Public Health and Nutrition.
4. Epidemiology
5. Climate Change and Health
6. Environmental Health

## CERTIFICATE COURSE IN ENVIRONMENTAL HEALTH

### Introduction

This Environmental Health course provides an introduction to environmental health, including risk assessment and management, toxicology, and other foundational principles. It relates with a broad spectrum of areas with environmental health at focus and integrating aspects of risks, environmental effects on human health & eco systems, exposure and its impacts, risk management and mitigation, occupational health, susceptibility, vulnerability of the poor and inequality in overall environmental systems, case studies and future of environmental health.

### Objectives

The course objectives are:

1. To understand the effects of environmental hazards on human health and eco system.
2. To learn an environmental and occupancy risk assessment.
3. To develop skills for environmental health advocacy.

### Expected Competencies

After studying this course student will be able to:

- Describe the direct and indirect human, ecological, and safety effects of major environmental and occupational agents.
- Evaluate how environmental medicine can help to prevent and control occupational agents.
- Understand approaches to assess, prevent, and control health and safety risks related to common sources of toxic substances.

## Eligibility Criteria

The minimum entry requirement for admission in certificate course is 16 years of schooling from HEC recognized institutions in the relevant field with no third division. Following degree holders are eligible to apply for admission in the certificate course.

- Bachelor of Medicine, Bachelor of Surgery (MBBS)
- Bachelor of Dental Surgery (BDS)
- BS/M.Sc. Home Economics
- B.S. Nursing
- B/D-Pharmacy
- BS in Physiotherapy
- BS/B.Sc. (Hons.) in Food Technology
- BS/B.Sc. (Hons.) in Human Nutrition
- BS Medical Technology
- BS/Master's in Basic and Applied Sciences

## Duration of the Course

Approximate time required for completion of the course is one semester. The student can enroll maximum two courses in a semester.



### Fee Structure

As per approved AIOU's Rates of Remuneration and Fee Committee (RRFC)

### Instructional Methodology

The course will be taught through Learning Management System (LMS) by the Departmental Faculty. Foreign faculty of the NextGenU.org and subject experts from NHSD will also be contributing to teaching through LMS. The teaching hours will be met as per AIOU rules for postgraduate courses.

### Assessment

- A. Continuous assessment: There are two assignments.
- Assignment - I will be theory based. Student will be solving this assignment with help of free Open Education Resources including those available on NextGenU.org
  - Assignment II is of applied nature and includes a research activity followed by the submission of report based on the activity.
- b. Final examination: A three hour written examination will be taken at the end of semester.

### Evaluation

As per AIOU rules

### Certification

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### Additional Information

For more information about this certificate course, please contact:

### Course Coordinator

Dr. Zaheer Ahmed  
Associate Professor  
Department of Environmental Design,  
Health and Nutritional Sciences  
Allama Iqbal Open University  
Email: [zaheer.ahmed@aiou.edu.pk](mailto:zaheer.ahmed@aiou.edu.pk)  
Phone: 051-9057265

Additional information can also be found on the [AIOU website](#).

### Department Faculty

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**Ms. Rabeea Zafar**  
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**Ar. Nazia Iftakhar**  
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### Adjunct Faculty

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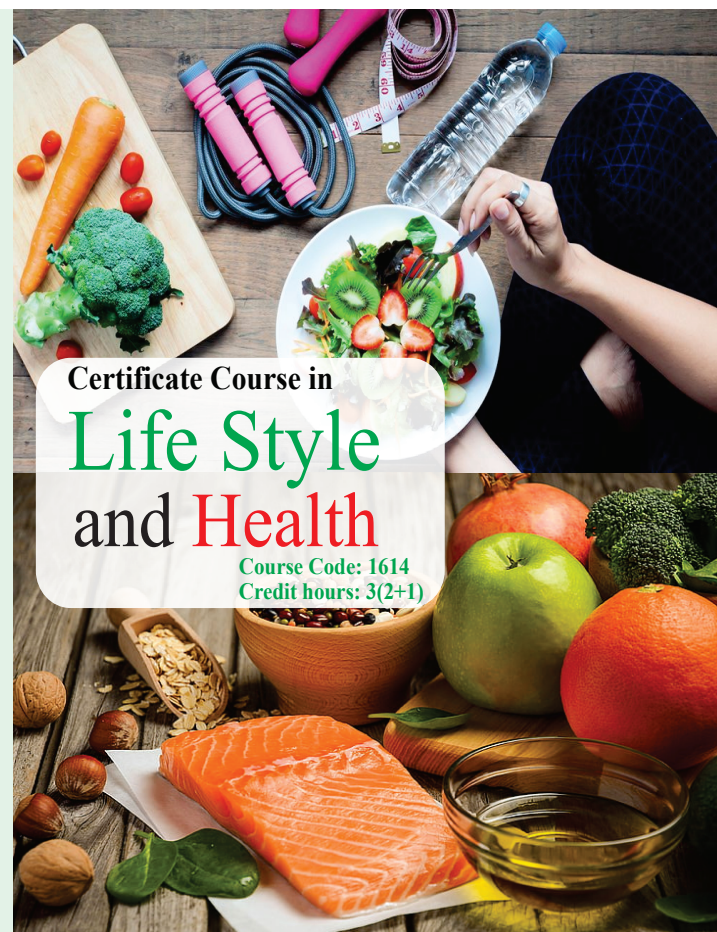
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**Dr. Fauzia Moghees**  
NHSD

### IMPORTANT TELEPHONE NUMBERS

Academic staff Environmental Design,  
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Controller Examination 051-9250012  
Director Student Affairs 051-9250174



## Certificate Course in Life Style and Health

Course Code: 1614  
Credit hours: 3(2+1)



Department of Environmental Design  
Health & Nutritional Sciences

Allama Iqbal Open University  
H-8, Islamabad-Pakistan

## DEPARTMENT OF ENVIRONMENTAL DESIGN, HEALTH & NUTRITIONAL SCIENCES

Health care in the whole world has changed substantially in the new millennium. New disciplines have emerged, and role of traditional health disciplines has broadened to keep pace with the changing emphasis from curative to preventive health care. The focus from curing nutritional deficiencies has shifted to searching the role of diet in the cause of chronic diseases and examining the importance of nutrients in maintaining good health.

The Department has produced scientific/value added and professional programs/courses in the areas of Community Health, Food & Nutrition, Environmental Design and Home Economics. The courses are offered under basic functional to post-graduate, MS and PhD level programs.

### Objectives

- To inculcate research culture among health professionals in the field of preventive health.
- To prepare learners for the career related disciplines considering the professional interests of individuals in the areas of Public/Community Health, Food Sciences and Nutrition & Dietetics.

## CERTIFICATE COURSES IN PUBLIC HEALTH

### Salient Features

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1. Lifestyle and Health
2. Community Oriented Primary Care
3. Ethics in Public Health and Nutrition.
4. Epidemiology
5. Climate Change and Health
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## CERTIFICATE COURSE IN LIFESTYLE AND HEALTH

### Introduction

**This Lifestyle and Health introductory course provides a foundation of theoretical and practical knowledge and skills, as well as an opportunity to plan strategies and practice techniques for assisting patients with positive health behavior changes. This course is intended for primary-care physicians, nurses, and allied health professionals in training and in practice.**

### Objectives

**The objectives of this course are:**

1. To understand the principles of lifestyle medicine, and an understanding of the effects of physical activity, nutrition, sleep, and stress on health.
2. To develop skills and implement action plans for lifestyle and health in both clinical and personal settings.

### Expected Competencies

After studying this course student will be able to:

- Demonstrate an understanding of the key concepts in the discipline of lifestyle and health that can positively affect health outcomes.
- Collaborate with patients to develop specific action plans.
- Have the ability to practice with interdisciplinary and community teams.

### Eligibility Criteria

The minimum entry requirement for admission in certificate course is 16 years of schooling from HEC recognized institutions in the relevant field with no third division. Following degree holders are eligible to apply for admission in the certificate course.

- Bachelor of Medicine, Bachelor of Surgery (MBBS)
- Bachelor of Dental Surgery (BDS)
- BS/ M.Sc. Home Economics
- B.S. Nursing
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- BS in Physiotherapy
- BS/B.Sc. (Hons.) in Food Technology
- BS/B.Sc. (Hons.) in Human Nutrition
- BS Medical Technology
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### Duration of the Course

Approximate time required for completion of the course is one semester. The student can enroll maximum two courses in a semester.

### Fee Structure

As per approved AIU's Rates of Remuneration and Fee Committee (RRFC)

### Instructional Methodology

The course will be taught through Learning Management System (LMS) by the Departmental Faculty. Foreign faculty of the NextGenU.org and subject experts from NHSD will also be contributing to teaching through LMS. The teaching hours will be met as per AIU rules for postgraduate courses.



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### Assessment

- a. Continuous assessment: There are two assignments.
  - i. Assignment - I will be theory based. Student will be solving this assignment with help of free Open Education Resources including those available on NextGenU.org
  - ii. Assignment II is of applied nature and includes a research activity followed by the submission of report based on the activity.
- B. Final examination: A three hour written examination will be taken at the end of semester.

The students failing in the continuous assessment will not be eligible to sit in the final examination.



### Additional Information

For more information about this certificate course, please contact:

### Course Coordinator

Dr. Mahpara Safdar  
Assistant Professor  
Department of Environmental Design,  
Health and Nutritional Sciences  
Allama Iqbal Open University  
Email: [mahpara.jadoon@aiou.edu.pk](mailto:mahpara.jadoon@aiou.edu.pk)  
Phone: 051-9057748

Additional information can also be found on the [AIOU website](#).

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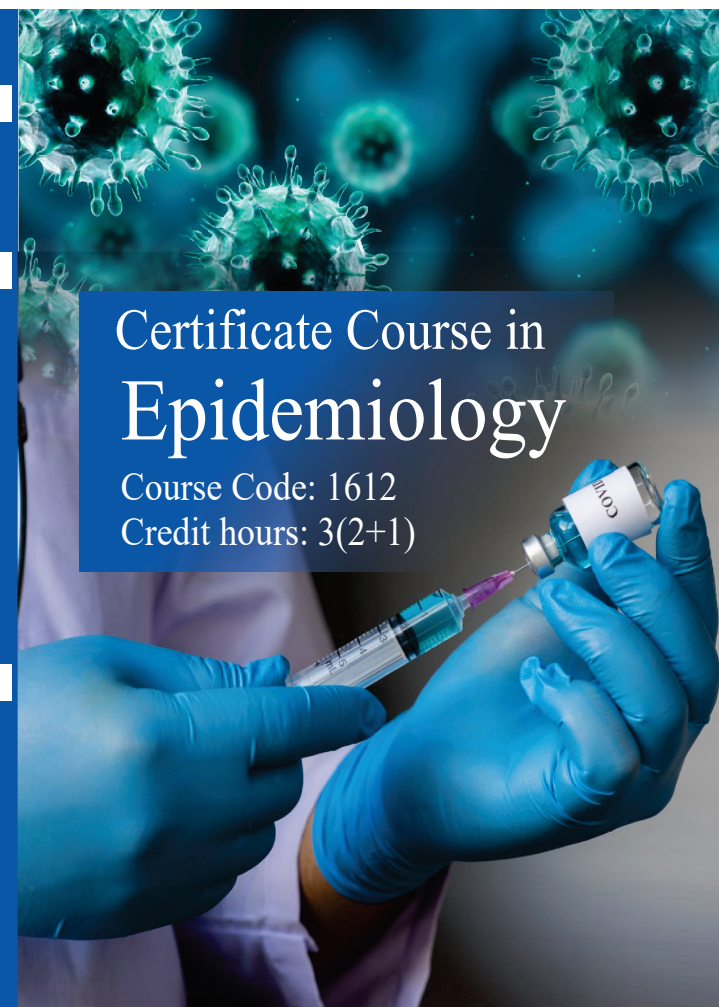
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# Certificate Course in Epidemiology

Course Code: 1612  
Credit hours: 3(2+1)



Department of Environmental Design  
Health & Nutritional Sciences

Allama Iqbal Open University  
H-8 Islamabad, Pakistan

## DEPARTMENT OF ENVIRONMENTAL DESIGN, HEALTH & NUTRITIONAL SCIENCES

Health care in the whole world has changed substantially in the new millennium. New disciplines have emerged, and role of traditional health disciplines has broadened to keep pace with the changing emphasis from curative to preventive health care. The focus from curing nutritional deficiencies has shifted to searching the role of diet in the cause of chronic diseases and examining the importance of nutrients in maintaining good health.

The Department has produced scientific/value added and professional programs/courses in the areas of Community Health, Food & Nutrition, Environmental Design and Home Economics. The courses are offered under basic functional to post-graduate, MS and PhD level programs.

### Objectives

- To inculcate research culture among health professionals in the field of preventive health.
- To prepare learners for the career related disciplines considering the professional interests of individuals in the areas of Public/Community Health, Food Sciences and Nutrition & Dietetics.

## CERTIFICATE COURSES IN PUBLIC HEALTH

### Salient Features

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## CERTIFICATE COURSE IN EPIDEMIOLOGY

### Introduction

This course will provide students with an understanding of the epidemiological concepts, with training in essential methodological skills for the conduct of epidemiological studies in humans. This course encompasses a theory-based component having 9 units and a skill-based component to identify relevant public health interventions based on evidence from both empirical epidemiological population studies and from qualitative studies.

### Objectives

The course objectives are to;

1. Provide an overview of core topics in epidemiology, such as descriptive epidemiology, study design, and critical evidence review.
2. Inculcate skills to measure indicators of mortality & morbidity and association & causation.
3. Endow the student with an introduction to applied epidemiology.

### Expected Competencies

After studying this course student will be able to:

- Demonstrate an understanding of the key concepts in the discipline of epidemiology.
- Understand the relationships between population health measures and different population characteristics.
- Know and understand the basic epidemiological study designs.

### Eligibility Criteria

The minimum entry requirement for admission in certificate course is 16 years of schooling from HEC recognized institutions in the relevant field with no third division. Following degree holders are eligible to apply for admission in the certificate course.

- Bachelor of Medicine, Bachelor of Surgery (MBBS)
- Bachelor of Dental Surgery (BDS)
- BS/M.Sc. Home Economics
- B.S. Nursing
- B/D-Pharmacy
- BS in Physiotherapy
- BS/B.Sc. (Hons.) in Food Technology
- BS/B.Sc. (Hons.) in Human Nutrition
- BS Medical Technology
- BS/Master's in Basic and Applied Sciences

### Duration of the Course

Approximate time required for completion of the course is one semester. The student can enroll maximum two courses in a semester.

