

Nutrition BSc (Hons)

UCAS Code: B400 | Duration: 3 years | Full-time | Hope Park | 2021/2022

Accredited | Placement year opportunities available



Course Overview

Nutrition is an increasingly important discipline with a focus on understanding how diet helps maintain health and prevent disease. Nutritionists have a key role to play in a wide range of professional roles providing and implementing evidence-based nutritional guidelines, public health nutrition strategies, and developing the safe, healthy and sustainable foods of the future. Our Nutrition degree is focused on developing the practical, professional and research skills needed to develop a successful career as a professional nutritionist, as well as for further study or professional careers in dietetics, public health or the commercial food industry.

The curriculum includes a focus on the delivery of five core competencies: nutritional science; food chain; social and behavioral sciences; health and wellbeing; and professional conduct. You will be taught in our Health Sciences building, which features specialist laboratories and equipment dedicated to the study of food, nutrition and health.

You will learn from a highly committed team of research-active registered nutritionists with a range of practical experience, who are enthusiastic about both the academic subject and the quality of your student experience.

Entry Requirements

The standard offer level is 112 UCAS tariff points. In addition, you should have GCSE grade C/4 or above (or equivalent) in English Language, Mathematics and two Science subjects. You should also be studying towards an A Level in a science discipline.

Fees and Additional Costs

The tuition fees for 2021/2022 are £9,250 for full-time undergraduate courses.

On top of your tuition fees, you also need a maximum of £300 per year for fieldtrips, textbooks, lab coats and portfolio preparation.

If you graduate and want to join the Register of Nutritionists, there is a fee. Full details about joining the register and the cost can be found on the AfN website: www.associationfornutrition.org

You will also need to consider the cost of your accommodation each year whilst you study at university. Visit our accommodation webpages for further details: www.hope.ac.uk/halls

Accreditation

The Single Honours degree is accredited by the Association for Nutrition (AfN). This means that once you graduate, you are eligible to apply for registration as a registered Associate Nutritionist directly. If you graduate with Nutrition (Combined Honours), you can apply for registration via submission of a portfolio of evidence to meet the requirement of the UK Voluntary Register of Nutritionists (UKVRN) as set out by the AfN.



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Nutrition BSc (Hons) Curriculum

Year One

In the first year, the curriculum will be focused on an introduction to Human Sciences, the sciences that make the foundations of Human Nutrition, and the principles of Human Nutrition. Topics studied include:

Nutrition

- Nutritional biochemistry
- Gastrointestinal anatomy and physiology
- Macronutrients and micronutrients
- Fluid and Energy balance
- Alcohol and Non-nutritive substances
- Food labelling
- Nutrient composition of foods
- Food safety and hygiene
- Theoretical and practical aspects of dietary modifications

Human Sciences (Single Honours students only)

- From atoms and molecules to cells
- General anatomy and physiology
- Tissues and organ systems
- Protein and lipid biochemistry
- Body systems in relation to dysfunction and disease
- Laboratory methods and techniques

Year Two

In the second year, the focus of the curriculum is on applying and expanding your knowledge gained in the first year. Topics studied include:

Nutrition

- Assessment of nutritional status
- Nutrition and lifecycle
- Nutrition in relation with socioeconomic factors, ethnicity and religion
- Genes and obesity
- Food enrichment and fortification
- Nutrient-nutrients and Nutrient-drug interactions
- Basic nutritional epidemiology and public health nutrition

Human Sciences (Single Honours students only)

- Epidemiology and pathology of diseases
- Metabolic diseases
- Molecular and cellular biology
- Endocrinology and immunology
- Parameters of Health
- Bioscience lab techniques

Year Three

In the final year, the curriculum will focus on the advanced understanding of the contemporary issues in Human Nutrition and Food Science. Topics studied include:

Nutrition

- Nutrition, physical activity and sport
- Obesity and weight management
- Clinical nutrition
- Public Health Nutrition
- Food choice and behaviour modification of dietary intake
- Food supply and formulation
- Nutrition ethics & practice

Food Science (Single Honours students only)

- Food processing techniques
- Sensory food evaluation
- New product development
- Food biotechnology
- Food allergies and sensitivities
- Food toxicity and Food packaging
- Contemporary issues in Food Science

Work Placement Opportunities

Professional placements are a valuable part of our Nutrition degree. Placements provide you with practical experience and is essential to your academic and professional development, particularly in today's competitive job market.

COURSE STRUCTURE

Teaching on this degree is structured into lectures, seminars and tutorials. You also have the opportunity to have a one-to-one meeting with your tutor each week.

If you study a Single Honours degree, in your first year of study there are approximately 12 teaching hours each week, which reduces to approximately 10 hours in your second and third years. If you study a Combined Honours degree, in your first year of study there are approximately 6 teaching hours each week, which reduces to approximately 5 hours in your second and third years.

On top of teaching hours, you are also expected to spend approximately 18 hours studying independently each week.

ASSESSMENT AND FEEDBACK

During your three years of study, you will have a number of assessments, including written exams, portfolios, case studies, laboratory logs and diaries, viva, and group presentations. In your final year, you will complete a dissertation.

Feedback will be provided for all formal assessments. The feedback can be offered in various forms as a written feedback, as a verbal feedback in a one-to-one meeting or as a general feedback of class performance in tutorial and teaching sessions. The individual feedback on written work will be typically offered within four weeks after submission.



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