

Nutrition BSc (Hons)

UCAS Code: B400 | Duration: 3 years | Full-time | Hope Park | 2024/2025

Accredited | Placement year opportunities available



Course Overview

Nutrition is becoming a vital discipline as the awareness of the importance of healthy eating grows. Nutritionists have a key role in helping us understand how diet helps maintain health and prevents disease. Nutritionists work in a diverse and wide range of professional roles providing and implementing evidence-based nutritional guidelines, public health nutrition strategies, and developing the safe, sustainable, and healthy 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, in various roles across the public health and commercial food sectors (as well as preparation for further study or pursuing a professional career in dietetics).

The curriculum includes a focus on: nutritional science; the food supply chain; the social and behavioral sciences; health and wellbeing; and the importance of 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 UK registered nutritionists (supported with additional expertise in food science, the biological sciences, and public health). Our staff have a wide range of practical experience and 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 2024/2025 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

Applicants will need access to a computer if course delivery is switched to online. The University has a laptop lending service if remote study is necessary.

Accreditation

The Single Honours degree is accredited by the UK Association for Nutrition (AfN). This means that once you graduate, you are eligible to apply for registration as a registered Associate Nutritionist directly.



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Nutrition BSc (Hons) Curriculum

Year One

In the first year, the curriculum will be focused on the sciences that underpin the principles of Human Nutrition. Topics studied include:

- Principles of human nutrition
- General anatomy and physiology*
- Nutritional biochemistry and metabolism*
- Food systems
- Nutritional modifications

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:

- Nutritional assessment
- Nutrition throughout the lifecycle
- Influencing factors that affect health and nutritional status
- Basic nutritional epidemiology and public health nutrition
- Pathology of diseases*
- Endocrinology, gut microbiome and metabolic diseases*
- Molecular and cellular biology*
- Immunology*
- 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, physical activity, and sport
- Clinical nutrition
- Public health nutrition

- Food choice, behaviour modification and nutrition education
- Food supply, formulation, and policy*
- Nutrition ethics & professional practice
- Food processing techniques and biotechnology*
- Food product development, food packaging and sensory evaluation*
- Food safety, authenticity, and food quality management*
- Contemporary issues in food science & food innovation*

(*single hon only)

Work Placement Opportunities

Professional placements are a valuable part of our Nutrition degree. Placements are unpaid (minimum) two-week periods working full time in either commercial food businesses, clinical and hospital settings; or community-based organisations involved in food-related activities. Placements take place in the Summer each year and you typically work full-time on specific projects or providing general support to the organisation.

COURSE STRUCTURE

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

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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