

Human Nutrition BSc (Hons)

This Human Nutrition programme offers you the opportunity to explore the connections between food constituents, diet and health, with an emphasis on practical experience and real life scenarios.

The course will look in detail at the functions of nutrients and other bioactive compounds. You will consider the processes that change the amounts and activity of these food components as they travel from farm to food, the factors that affect our ability to utilise them as they journey from mouth to metabolism, and the consequences of inadequate supply and imbalance on human physiology.

You will also look at our changing nutritional requirements as we grow and age; the political and social consequences of poor nutrition; and the work being undertaken to improve the quality of food in our schools, hospitals and the wider community.

Finally, there will be ample opportunity to gain both laboratory and theoretical skills in a 'hands-on' approach that allows the development of intellectual, practical and social skills relevant to the work of a nutritionist.

UCAS code

UCAS is the central organisation through which applications are processed for entry onto full-time undergraduate courses in Higher Education in the UK. For the latest information, check the UCAS website at www.ucas.com

Human Nutrition BSc (Hons) (Single Honours) B400 BSc/HN

Study options

It is also possible to study Human Nutrition as a joint degree with another subject.

The combination subjects available are: [Human Biology](#), [Human Geography](#), [Psychology](#), [Social Welfare](#), [Sports Studies](#).

The University of Worcester's degree combinations add breadth to your studies and enhance your employability.

Get in touch

Admissions Office

01905 855111

admissions@worc.ac.uk

The Institute of Science and the Environment Office

01905 855201

asgaoffice@worc.ac.uk

220 UCAS Tariff points with A2 Biology or related subject

240 UCAS Tariff points with AS Biology

Students will normally be expected to have studied Biology to at least AS Level

The University will consider each application on its individual merits and will recognise a range of qualifications not currently included in the Tariff, including Access courses, European Baccalaureate and pre-2002 qualifications such as GNVQ.

If your qualifications are not listed, please contact the Admissions Office for advice on 01905 855111 or e-mail admissions@worc.ac.uk for advice.

Further information about the UCAS Tariff can be obtained from www.ucas.com

Modules

A sample of available modules includes:

Year 1

Introduction to Nutrition
Introduction to Anatomy & Physiology
Health & Disease
Cell Biology

Year 2

The Food Supply Chain
Human Biochemistry & Metabolism
Research Methods
Systems Physiology
Work Experience

Year 3

Public Health Nutrition
Nutrition through the Life Cycle
Human Nutrition & Disease Prevention
Communication & Integrated Physiology
Independent Study
Integrated Studies in Biology

Assessment

Experienced Lecturers and Researchers

The course team is enthusiastic, supportive and well qualified, with some staff working as nutritionists in a variety of areas pertinent to the course. Staff regularly attend academic conferences and publish their work in journals and text books.

The work undertaken by staff in their nutritional roles off campus means that teaching is enriched and students benefit from up to date knowledge, contemporary perspectives and staff enthusiasm.

Assessment

A wide range of assessment techniques are employed. Currently, these include laboratory reports, seminar presentations, posters, dietary management strategies, case studies and research projects, as well as the more traditional essays and reviews.

Course Facilities

The Institute of Science and the Environment, in which the course is based, has five teaching laboratories, a specialist instrument room, a student project laboratory, glasshouses, controlled environment facilities, its own computer room and a state-of-the-art food laboratory at our partner college in Pershore. We also have access to a range of general teaching rooms suitable for large or small groups.

The Institute, additionally, has links with the Worcestershire County Council's Healthy Schools Programme (Healthy School Food).

Dr Laurence Trueman

Course Leader, Human Nutrition BSc (Hons)

"It's amazing how many people want to chat to you when they hear you are studying nutrition."

Academic department

[Institute of Science & the Environment](#)

"The Institute's acclaimed research in areas such as river management, rural issues, forensic biology, nutrition and archaeology has a common thread: our belief that science should be centred around its impact on people."

Professor John Newbury, Head of Institute

Employability

You will have opportunities to develop a wide range of skills including research, data collection and analysis, communication skills, critical evaluation, dietary analysis and laboratory techniques. You will also develop presentational and teamwork skills and the confidence to operate in a variety of environments where nutritional knowledge is of paramount importance.

Nutritionists who can look at evidence and make measured and reasoned judgements are required in scientific and health fields, but also in the media, as nutritional journalists and presenters; in retailing, as managers of health food shops and as advisors in the larger supermarkets; and in finance, to ensure there is a balanced view relating to new food technology and that any risks are neither under or over-stated.

Many other openings are also available in such areas as: education (healthy school food programme), food production (advisors to growers and animal husbandry), and food provision (advisors or trainers of catering staff).

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<http://www.worcester.ac.uk/courses/human-nutrition-bsc-hons.html>