



Course Summary: June 22, 2025

## Human Nutrition BSc Honours

- UCAS code: **B46D**
- Full time
- 3 years

Our accredited human nutrition degree explores the links between diet and health and will equip you with the knowledge and skills you need to make an impact through a career in nutrition.

You are currently viewing course information for entry year: **2025**

Next start date:

- September 2025

### Tuition fees (Year 1)

- Home: **£9,535**
- International: **£30000**

### Entry requirements and offers

- A-Level: **ABB**
- IB: **32 points**

[View contextual offers](#)

**UCAS Institution name and code:**

- NEWC / N21

## Course overview

This three-year human nutrition degree focuses on developing your practical, professional and research skills so you graduate career-ready.

Our industry-recognised qualification helps to fast-track your career, so you can apply for direct entry into the UK Voluntary Register of Nutritionists as soon as you graduate.

Our degree curriculum is informed by research, which ensures you're learning about the most up-to-date and relevant theories, along with the latest discoveries in the industry.

Studying one of our [Nutrition and Dietetics courses](#) means that you'll look at nutrition from the cellular and molecular level through to people and populations. You'll also have the opportunity to explore topics such as genetics, physiology, bioenergetics and sport and exercise nutrition, among others.

### **Your course and study experience - disclaimers and terms and conditions**

Please rest assured we make all reasonable efforts to provide you with the programmes, services and facilities described. However, it may be necessary to make changes due to significant disruption, for example in response to Covid-19.

View our [Academic experience page](#), which gives information about your Newcastle University study experience for the academic year 2024-25.

See our [terms and conditions and student complaints information](#), which gives details of circumstances that may lead to changes to programmes, modules or University services.

## **Quality and ranking**

### **Professional accreditation and recognition**

All professional accreditations are reviewed regularly by their professional body.

# Modules and learning

## Modules

The information below is intended to provide an example of what you will study.

Most degrees are divided into stages. Each stage lasts for one academic year, and you'll complete modules totalling 120 credits by the end of each stage.

Our teaching is informed by research. Course content may change periodically to reflect developments in the discipline, the requirements of external bodies and partners, and student feedback.

### **Optional module availability**

Student demand for optional modules may affect availability.

Full details of the modules on offer will be published through the [Programme Regulations and Specifications](#) ahead of each academic year. This usually happens in May.

To find out more please [see our terms and conditions](#)

You're introduced to the underlying sciences of human nutrition. You study modules in nutrition, genetics, biochemistry, microbiology, immunology and physiology.

You will also be introduced to agri-food systems, covering issues arising through the food chain from production to consumption, as well as the nature and properties of different foods and nutrients.

## Modules

Compulsory Modules	Credits
--------------------	---------

Fundamental Principles of Genetics and Biochemistry for Nutrition	15
Human Physiology and Practical Skills	30
Practical and Career Development Skills for Nutrition	10
Introduction to Food and Nutrition	15
Sustainable & Secure Food Systems	15
Microbiology and Immunology for Food and Health	15
Bioenergetics	20

You continue to develop your core knowledge of human nutrition and associated topics. You'll explore nutritional assessment and the importance of good nutrition at each life stage.

You'll also investigate food science and food product development, and study the latest research developments in sports and exercise nutrition.

In the module Communication and Behaviour Change, you are introduced to some of the ways in which communication may be used to support positive changes in people's behaviour.

## Modules

Compulsory Modules	Credits
--------------------	---------

Health Psychology and Behaviour Change	10
New Food Product Development	20
Macro- and Micronutrients	20
Food Science and Technology	20
Nutrition Through the Lifecycle	10

Measurement and Assessment of Dietary Intake and Nutritional Status	20
Applied Sport and Exercise Nutrition	20

In the final year, you will study areas such as nutrition and its relation to health and disease, metabolic and personalised nutrition and the scientific basis for setting nutrient requirements in people.

You will develop your practical skills and your ability to plan and organise by carrying out a research project under the supervision of a member of academic staff.

## Modules

Compulsory Modules	Credits
Research Project	40
Contemporary Issues in Food and Human Nutrition	20
Personalised Nutrition	10
Nutritional Epidemiology and Public Health	30
Optional Modules	Credits
Nutrition Enterprise and Career Skills	20
Allergens and the Food Industry	20
Making Sense of Forgotten Senses: Investigating Olfaction and Gustation	20

## Information about these graphs

We base these figures and graphs on the most up-to-date information available to us. They are based on the modules chosen by our students in 2024-25.

Teaching time is made up of:

- scheduled learning and teaching activities. These are timetabled activities with a member of staff present.
- structured guided learning. These are activities developed by staff to support engagement with module learning. Students or groups of students undertake these activities without direct staff participation or supervision

## **Teaching and assessment**

### **Teaching methods**

Contact hours are made up of a combination of:

- lectures
- seminars
- small group tutorials
- practical classes

You supplement this with weekly private study of recommended reading materials.

### **Assessment methods**

You'll be assessed through a combination of:

- Case studies
- Dissertation or research project
- Essays
- Examinations – practical or online
- Presentations
- Projects

## **Skills and experience**

### **Research skills**

In the final year of your degree you'll complete a research project. The aim of the project is to provide you with experience of planning, researching and analysing a topic that interests you.

You will develop your research skills, as well as problem-solving, analysis and presentation skills.

## Opportunities

### Work placement

This human nutrition degree is also available with a year's work placement, as a four-year programme.

You'll apply to spend 9 to 12 months working in any organisation in the world, and receive University support from our dedicated team to secure your dream placement. Work placements take place in Stage 3.

You'll gain first-hand experience of working in the sector, putting your learning into practice and developing your professional expertise.

Placements are subject to availability.

[Find out more about work placements](#)

## Facilities and environment

### Facilities

You'll be based at our Newcastle city-centre campus, in the [School of Biomedical, Nutritional and Sports Sciences](#). The School is in the Faculty of Medical Sciences, which is also home to Dentistry, Medicine, Psychology and Pharmacy, encouraging inter-professional collaboration.

We've invested £32 million in new facilities for nutrition teaching and research, which opened in 2020. You'll have access to our nutrition training suite, including



a food handling laboratory, consultation rooms and sensory analysis booths to help you enhance your practical skills. You'll also have use of well-equipped, biomedical science laboratories.

Situated next to Newcastle's RVI hospital, we're one of the largest integrated teaching/hospital complexes in the country.

## Research Excellence in Nutrition and Exercise

To enhance your learning experience, you will be part of a thriving research community at the [Human Nutrition and Exercise Research Centre](#). Our team of experts is dedicated to advancing the understanding of nutrition, exercise, and their combined impact on health, wellbeing and disease. You will have the opportunity to engage with, and participate in, cutting-edge research and gain insights that will enrich your academic journey.

## Support

We provide plenty of support to help you successfully move from school to university study. We'll help you settle in quickly and are here if you have any issues.

You'll have the support of an academic member of staff as a personal tutor throughout your degree to help with academic and personal issues.

Peer mentors will help you in your first year. They are fellow students who can help you settle in and answer any questions you have when starting university.

## Your future

There is great demand for scientists with a knowledge of nutrition. [A wide range of opportunities exist across the sector](#), including:

- product development or quality assurance in the food industry
- with non-commercial bodies such as the Medical Research Council or Department for Environment, Food and Rural Affairs

- in research development
- in an advisory capacity with groups concerned with the communication of health messages and food safety advice

Graduates have gone on to take up roles, such as:

- dietetic assistant
- nutritionist
- food technologist
- food buyer
- product development technologist
- sports nutritionist

## **Make a difference**

### **Careers support**

Our Careers Service is one of the largest and best in the country, and we have strong links with employers. We provide an extensive range of opportunities to all students through our ncl+ initiative.

[Visit our Careers Service website](#)

### **Recognition of professional qualifications outside of the UK**

From 1 January 2021 there is an update to the way professional qualifications are recognised by countries outside of the UK

[Check the government's website for more information.](#)

## Find out more...

- Go online for information about our full range of degrees:  
**[www.ncl.ac.uk/undergraduate](http://www.ncl.ac.uk/undergraduate)**
- To watch videos about student life in Newcastle, visit  
**[www.ncl.ac.uk/lovenewcastle](http://www.ncl.ac.uk/lovenewcastle)**
- Visit **[www.ncl.ac.uk/tour](http://www.ncl.ac.uk/tour)** to take virtual tours of the campus and city
- Book for an Open Day to come and see us in person  
**[www.ncl.ac.uk/openday](http://www.ncl.ac.uk/openday)**
- Contact us online at **[www.ncl.ac.uk/enquiries](http://www.ncl.ac.uk/enquiries)** or phone +44 (0)191 208 3333

This brochure is created from web content and is up to date at the time of creation (see the first page for creation date). If you are on screen you are able to use the live links that are highlighted in blue. If reading in print, the URLs provided above will help you to navigate back online. Full details of the University's terms and conditions, including reference to all relevant policies, procedures, regulations and information provision, are available at:

**[www.ncl.ac.uk/pre-arrival/regulations](http://www.ncl.ac.uk/pre-arrival/regulations)**

© Newcastle University.

The University of Newcastle upon Tyne trading as Newcastle University.