

Course Summary: March 29, 2026

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: **2026**

Next start date:

- September 2026

Tuition fees (Year 1)

- Home: **£9,790**
- International: **£30,900**

Entry requirements and offers

- A-Level: **BBB**
- IB: **30 points**

UCAS Institution name and code:

- NEWC / N21

Undergraduate Open Day

Start your university journey. Find where you belong. Friday, June 26 (9:00-16:00)
Saturday, June 27 (9:00-16:00)

[Book your place now](#)

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 2025-26.

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'll be introduced to topics such as:

- food sustainability
- food security
- ethical considerations in the food industry

We'll also support you in your career and personal planning to begin your professional development.

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 Health Psychology and Behaviour module, you are introduced to ways communication may be used to support positive changes in human health and wellbeing.

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'll continue to develop and apply your nutrition knowledge and practical skills. You'll plan, organise, and conduct a research project, under academic supervision.

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

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

Learn more about the careers our graduates have pursued on the [School of Biomedical, Nutritional and Sport Sciences website](#).

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

If you're studying an **accredited degree** and thinking about working in Europe after you graduate, the best place to find current information is the [UK Government's guidance on recognition of UK professional qualifications in EU member states](#). This official resource explains whether your profession is regulated in another country, what steps you need to take, and which organisation you should contact.

Find out more...

- Go online for information about our full range of degrees:
www.ncl.ac.uk/undergraduate
- Watch videos about student life in Newcastle by visiting our YouTube channel at **www.youtube.com/@newcastleuni**
- Watch a virtual tour of our campus at
<https://youtu.be/vJUfHcqB7l8?si=8lUrf7kTxXbgdfr1>
- Book for an Open Day to come and see us in person
www.ncl.ac.uk/openday
- Contact us online at **www.ncl.ac.uk/enquiries** or phone +44 (0)191 208 3333

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<https://www.ncl.ac.uk/student-welcome/student-contract/>

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