University of Suffolk

DEFINITIVE COURSE RECORD

Course Title	**BSc (Hons) Nutrition and Human Health [with Foundation Year]**
Awarding Bodies	**University of Suffolk**
Level of Award[1]	**FHEQ Level 6**
Professional, Statutory and Regulatory Bodies Recognition	**Association for Nutrition**
Credit Structure[2]	**480 Credits** **Level 3: 120 Credits** **Level 4: 120 Credits** **Level 5: 120 Credits** **Level 6: 120 Credits**
Mode of Attendance	**Full-time and part-time**
Standard Length of Course[3]	**3 years full-time**
Intended Award	**BSc (Hons) Nutrition and Human Health**
Named Exit Awards	**BSc Nutrition and Human Health** **DipHE Nutrition and Human Health** **CertHE Nutrition and Human Health**
Entry Requirements[4]	**80 UCAS tariff points (or above)** **CDD (A-Level), MMP (BTEC)**
Delivering Institution	**University of Suffolk**
UCAS Code	**B401**

This definitive record sets out the essential features and characteristics of the BSc (Hons) Nutrition and Human Health [with Foundation Year] course. The information provided is accurate for students entering level 4 in the 2025-26 academic year[5].

Course Summary

The BSc (Hons) Nutrition and Human Health [with Foundation Year] at the University of Suffolk is a scientifically rigorous, evidence-based programme designed to explore the complex interactions between diet, human health, and disease prevention. The course equips students with a strong foundation in human physiology, biochemistry, and metabolism, while integrating cutting-edge topics such as gut health, clinical nutrition, sports nutrition, and public health interventions.

[1] For an explanation of the levels of higher education study, see the QAA Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies (2024)
[2] All academic credit awarded as a result of study at the University adheres to the Higher education credit framework for England.
[3] Where the course is delivered both full-time and part-time, the standard length of course is provided for the full-time mode of attendance only. The length of the part-time course is variable and dependent upon the intensity of study. Further information about mode of study and maximum registration periods can be found in the Framework and Regulations for Undergraduate Awards.
[4] Details of standard entry requirements can be found in the Admissions Policy and further details about Disclosure and Barring Checks (DBS) can be found on the University's DBS webpage..
[5] The University reserves the right to make changes to course content, structure, teaching and assessment as outlined in the Admissions Policy.

A key strength of the course is its applied and research-driven approach, ensuring students gain practical skills alongside theoretical knowledge. Laboratory-based modules such as Food Quality and Production and Applied Nutrition and Metabolism enable students to assess food composition, nutrient bioavailability, and dietary interventions, while Healthy Cooking – Science and Practice bridges the gap between nutrition science and real-world application. The programme also introduces specialist fields such as Gut Health and Beyond, which delves into the microbiome's role in disease, and Nutrition for Sports and Exercise, which examines how dietary strategies enhance performance and recovery.

A strong research methods strand is embedded across all levels, culminating in the Advanced Nutritional Research module and final-year dissertation, where students design and conduct independent investigations into contemporary nutrition challenges. In addition, Health Promotion provides students with the expertise to develop population-wide nutrition interventions, integrating behavioural and societal influences.

Throughout the course, students are encouraged to critically evaluate scientific evidence, apply innovative problem-solving skills, and engage with real-world case studies. The programme fosters independent learning and professional adaptability, preparing graduates for a diverse range of careers in clinical nutrition, public health, sports science, food industry, and research.

Taught by expert academics and industry professionals, the course is designed to be accessible, engaging, and highly relevant to today's evolving health landscape. Students benefit from interactive lectures, laboratory sessions, workshops, and guest speakers from the nutrition sector, ensuring they graduate as competent, research-informed professionals who can confidently contribute to the field of nutrition and human health.

Course Aims

Programme aims for students studying BSc (Hons) Nutrition and Human Health [with Foundation Year] at the University of Suffolk:

1. Develop a comprehensive understanding of the role of food, nutrients, and dietary patterns in human health and disease prevention, integrating biochemical, physiological, and clinical perspectives.

2. Enhance students' ability to critically evaluate nutrition research, methodologies, and evidence-based practice, preparing them for scientific inquiry and professional application.

3. Equip students with the skills to undertake independent research, including hypothesis development, study design, data analysis, and ethical considerations.

4. Prepare students for careers in nutrition, public health, and scientific research by fostering analytical thinking, problem-solving, and professional communication.

5. Explore specialized fields such as gut health, clinical nutrition, sports nutrition, and epidemiology, ensuring students are equipped to address emerging global health challenges.

6. Develop an in-depth understanding of disease mechanisms, including pathophysiology, diagnosis, and the role of nutrition in disease prevention and

management.

7. Promote awareness of the behavioural, social, and economic determinants of dietary choices and public health nutrition strategies.

8. Encourage self-reflection, autonomy, and lifelong learning, fostering a commitment to continuing professional development.

9. Advance inclusivity and accessibility in nutrition education, supporting equitable engagement in science and health disciplines.

10. Equip students with the scientific knowledge and practical skills required to prepare nutritionally balanced, culturally appropriate, and sustainable meals, integrating public health principles.

Course Learning Outcomes

The following statements define what students graduating from the BSc (Hons) Nutrition and Human Health [with Foundation Year] course will have been judged to have demonstrated in order to achieve the award. These statements, known as learning outcomes, have been formally approved as aligned with the generic qualification descriptor for level 6 awards as set out by the UK Quality Assurance Agency (QAA)[6].

Level 3 (Foundation Year)

Upon successful completion of Level 3 (Foundation Year), students will be able to:

1. Demonstrate knowledge of fundamental biological principles, including cell biology, genetics, and ecology
2. Apply mathematical and computational techniques to analyse scientific data, solve quantitative problems, and interpret results in life sciences research.
3. Describe the structure and function of the human body, explaining the roles of key physiological systems and their relevance to health and disease.
4. Develop essential academic and scientific study skills, including critical thinking, literature evaluation, and effective communication, to support progression to undergraduate study.

Level 4 (Foundation Knowledge and Skills)

Upon completion of Level 4, students will be able to:

1. Demonstrate knowledge of human anatomy, physiology, and biochemistry as they relate to nutrition and health, applying scientific concepts to dietary function.
2. Understand the principles of food quality, safety, production, and their impact on human health and sustainability.
3. Develop fundamental scientific skills, including laboratory techniques, data collection, analysis, and effective communication of findings.

[6] As set out in the QAA Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies (2024)

4. Explain the role of macronutrients and micronutrients in metabolism, homeostasis, and disease prevention.
5. Apply introductory research methods to explore basic nutrition and health-related questions, including data handling and ethical considerations.

Level 5 (Application and Analysis)

Upon completion of Level 5, students will be able to:

1. Analyse the relationship between dietary patterns, metabolism, and disease development, integrating biochemical and physiological mechanisms.
2. Evaluate the role of nutrition in the prevention, progression, and management of non-communicable diseases, integrating pathophysiology and diagnostic approaches.
3. Develop and implement health promotion strategies to address public health challenges related to nutrition, considering behavioural and societal influences.
4. Demonstrate theoretical and practical understanding of obesity, energy balance, and metabolic health, applying evidence-based approaches.
5. Demonstrate practical cooking skills and apply scientific principles to food preparation, sustainability, and public health nutrition.
6. Apply intermediate research methods and statistical analysis to nutrition and health studies, preparing for advanced inquiry and dissertation work.

Level 6 (Critical Evaluation and Professional Competence)

Upon completion of Level 6, students will be able to:

1. Critically evaluate emerging research and evidence in nutrition science, particularly in gut health, clinical nutrition, sports nutrition, and personalised nutrition.
2. Design and conduct an independent dissertation project, demonstrating the ability to address a research question using appropriate methodologies and ethical considerations.
3. Assess the impact of behavioural, social, and economic factors on dietary choices, public health policies, and interventions.
4. Apply advanced research methodologies, including epidemiological and statistical techniques, to solve complex problems in nutrition and health.
5. Demonstrate professional competence, employability, and communication skills suitable for careers in public health, clinical nutrition, sports nutrition, and scientific research.

Course Design

The BSc (Hons) Nutrition and Human Health [with Foundation Year] has been designed in accordance with UK Quality Assurance Agency (QAA) Subject Benchmark Statements, ensuring that the curriculum meets the highest academic and professional standards in the field of nutrition. The course is accredited by the Association for Nutrition (AfN) (AC:323), confirming its alignment with AfN Core Competency Requirements.

DEFINITIVE COURSE RECORD

Course Structure

The BSc (Hons) Nutrition and Human Health [with Foundation Year] comprises modules at levels 3, 4, 5 and 6.

Module Specifications for each of these modules is included within the course handbook, available to students on-line at the beginning of each academic year.

	Module	Credits	Module Type[7]
Level 3			
	Scientific Study Skills	30	Mandatory
	Principles of Biology	30	Mandatory
	Math and Computing for Science	30	Mandatory
	Foundations of Human Anatomy and Physiology	30	Mandatory
Level 4			
	Scientific Skills	15	Mandatory
	Research Skills for Nutrition	15	Mandatory
	Human Anatomy and Physiology	30	Mandatory
	Biochemistry and Biomolecules	30	Mandatory
	Food Quality and Production	30	Mandatory
Level 5			
	Applied Nutrition and Metabolism	30	Mandatory
	Health Promotion	30	Mandatory
	Biology of Disease	30	Mandatory
	Obesity and Energy Homeostasis	15	Mandatory
	Healthy Cooking: Science to Practice	15	Mandatory
Level 6			
	Dissertation	30	Mandatory
	Advanced Nutritional Research	30	Mandatory
	Clinical Nutrition and Dietetics	30	Mandatory
	Nutrition for Sport and Exercise	15	Mandatory
	Gut Health and Beyond	15	Mandatory

[7] Modules are designated as either mandatory (M), requisite (R) or optional (O). For definitions, see the Framework and Regulations for Undergraduate Awards

DEFINITIVE COURSE RECORD

Awards

Upon successful completion of the course, students will be awarded a BSc (Hons) Nutrition and Human Health.

For students who exit the programme early, the following named exit awards are available:

- BSc Nutrition and Human Health – awarded upon successful completion of 300 credits, including all mandatory modules at levels 4 and 5, and 60 credits at level 6.
- Diploma of Higher Education (DipHE) in Nutrition and Human Health – awarded upon successful completion of 240 credits, including all mandatory modules at Levels 4 and 5.
- Certificate of Higher Education (CertHE) in Nutrition and Human Health – awarded upon successful completion of 120 credits, including all mandatory modules at Level 4.

These exit awards ensure that students who complete part of the programme still receive formal recognition of their academic achievement.

Course Delivery

The BSc (Hons) Nutrition and Human Health [with Foundation Year] is delivered at the University of Suffolk, Ipswich. The course follows a structured blended learning approach, combining lectures, seminars, practical sessions, and independent study to ensure a comprehensive and engaging learning experience.

Students studying full-time can expect the following tutor-structured learning hours:

- Level 3: Approximately 288 hours
- Level 4: Approximately 288 hours
- Level 5: Approximately 192 hours
- Level 6: Approximately 192 hours

Tutor-structured learning includes a mix of teaching methods, such as:

- Lectures – Providing core theoretical knowledge.
- Seminars – Encouraging interactive discussions and critical analysis.
- Laboratory Practical Sessions – Developing hands-on skills in food analysis, human physiology, and nutritional assessment.
- Workshops & Site Visits – Applying nutrition science to real-world scenarios.

Students are also expected to engage in self-directed learning, typically 36 hours per week, though this may fluctuate based on assessment deadlines and module requirements. Independent study includes reading, research, preparation for assessments, and group work, supporting the development of critical thinking and professional skills.

This structured approach ensures that students graduate with a strong scientific foundation, practical experience, and the ability to apply knowledge in diverse professional settings.

Course Assessment

A variety of assessment methods are used throughout the BSc (Hons) Nutrition and Human Health [with Foundation Year] to provide students with opportunities to develop, refine, and demonstrate their knowledge, practical skills, and critical thinking abilities. The assessment strategy is designed to 1) align with module learning outcomes, ensuring students achieve the required competencies, 2) expose students to diverse assessment formats, preparing them for both academic and professional applications, and 3) support independent learning, fostering autonomy, problem-solving, and self-directed study. All assessments are outlined in the module handbooks, which are provided at the start of each academic year. Clear assessment criteria, submission deadlines, and feedback processes ensure that students are well-supported in their academic journey.

Special Features

As an AfN-accredited degree, the programme ensures that students develop the scientific knowledge, practical skills, and professional competencies necessary for a career in nutrition. Upon successful completion, graduates are eligible to apply for direct registration with the UK Voluntary Register of Nutritionists (UKVRN) as an Associate Nutritionist (ANutr), demonstrating their commitment to evidence-based practice, ethical conduct, and continuing professional development.

Course Costs

Students undertaking BSc (Hons) Nutrition and Human Health [with Foundation Year] will be charged tuition fees as detailed below.

Student Group	Tuition Fees
Full-time UK	£9,535 per year
Part-time UK	£2,384 per 30 credit module
Full-time EU/International	£15,690 per year
Part-time EU/International	£3,923 per 30 credit module

Payment of tuition fees is due at the time of enrolment and is managed in accordance with the Tuition Fee Policy.

Students will be required to pay additional costs for trips and residentials. Students are likely to incur other costs for equipment, materials, optional field trips and exhibitions.

Academic Framework and Regulations

This course is delivered according to the Framework and Regulations for Undergraduate Awards and other academic policies and procedures of the University and published on the website.