

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	None
Credit Structure ²	480 Credits Level 3 Foundation year: 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	4 years full-time
Intended Award	BSc (Hons) Nutrition and Human Health
Named Exit Awards	DipHE Nutrition and Human Health CertHE Nutrition and Human Health
Entry Requirements ⁴	Typical Offer: 80 UCAS tariff points (or equivalent) Mathematics, English Language and Science GCSEs at grade C or above (or equivalent) IELTS 6.5 overall (minimum 6.0 in all components) where English is not the students' first language
Delivering Institution(s)	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 3 in the 2018-19 academic year.⁵

Course Summary

BSc (Hons) Nutrition and Human Health applies scientific principles to the study of human interaction with food and how this affects human health. It includes the study of physiology, biochemistry and behaviour. In addition to the analysis and enhancement of optimal nutrition for health, the course examines pathophysiology, nutrition for exercise and food science.

The degree programme aims to meet the need for graduates who are knowledgeable of, and have skills within the academic disciplines of nutrition and human health. The programme has a strongly scientific component, emphasising the importance of the scientific method.

¹ For an explanation of the levels of higher education study, see the [QAA Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies \(2014\)](#)

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](#)

⁵ The University reserves the right to make changes to course content, structure, teaching and assessment as outlined in the [Admissions Policy](#).

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and a rigorous empirical approach. The course is an applied science and set firmly within the context and activities of the Department of Science and Technology. Furthermore, the programme recognises the importance of equipping students with appropriate knowledge and expertise that they can readily employ within the workplace or in post-graduate study.

The additional foundation year at level three allows prospective students who perhaps do not have a background in scientific disciplines, or for mature students who have been away from education to ready themselves for study of a science programme at degree level. The seamless progression from the level three to level four study making the course particularly attractive to those wanting a holistic educational package.

Course Aims

- Enable students to develop a detailed knowledge of the role of diet, food and nutrients in the maintenance of health and in the prevention, causation and amelioration of disease
- Develop students' understanding of nutritional physiology and biochemistry
- Develop students' ability to undertake analytical assessment of food composition and quality using a range of methodologies
- Provide students with the knowledge and skills required for employment specifically within the field of nutrition and human health, and more generally, graduate level employment
- Develop the skills necessary for the coherent communication of scientific data and information
- Develop students' ability to utilise and critically evaluate the validity and reliability of a range of methods for acquiring and interpreting information about diet, nutritional and physiological status
- Provide students with the skills required to critically evaluate the current research literature in nutrition and human health
- Provide students with an understanding of the behavioural, social and economic factors which influence food choice and consumption
- Make a contribution to widening participation in science higher education in the region
- Enable students to become independent learners

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

⁶ As set out in the [QAA Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies \(2014\)](#)

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Knowledge and Understanding

1. Demonstrate and apply critical, detailed and coherent knowledge of contemporary issues in nutrition and human health
2. Demonstrate and apply critical, detailed knowledge of nutrition and health across a range of ages and health states

Mental or cognitive skills

3. Critically analyse and evaluate knowledge and skills relating to nutrition and human health developed on the programme
4. Critically analyse the validity and reliability of a range of novel food and feeding techniques
5. Obtain and integrate science based evidence to formulate and test hypotheses relevant to nutrition and health

Subject Specific and Practical Skills

6. Design, plan, and conduct a dissertation within nutrition and human health and critically evaluate the significance of the outcomes
7. Research, apply and critically evaluate methodologies to solve problems within the nutrition and human health subject discipline

Key Skills

8. Demonstrate graduate key skills in the skill areas of improving own learning, communication, IT, problem solving, numeracy, working with others commensurate with level 6
9. Exercise initiative and personal responsibility in undertaking a task e.g. dissertation, project

Course Design

The design of this course has been informed by the following QAA Benchmark:

- Biosciences (2015)

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 are included within the course handbook, available to students on-line at the beginning of each academic year.

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	Module	Credits	Module Type ⁷
Level 3			
	Fundamentals of Biochemistry and Biophysics	20	M
	Principles of Biology	20	M
	Scientific Study Skills	20	M
	Investigative Project	20	M
	Foundations of Anatomy and Physiology	20	M
	Mathematics for Science	20	M
Level 4			
	Food Quality and Production	20	M
	Biochemistry	20	M
	Introduction to Psychology	20	M
	Human Physiology	20	M
	Human Physiological Measurements	20	M
	Scientific Skills	20	M
Level 5			
	Applied Nutrition and Metabolism	20	M
	Health Promotion	20	M
	Research Methods and Scientific Communication	20	M
	Data Analysis and Statistics	20	M
	Two from the following		
	Food Analysis	20	O
	Biology of Disease	20	O
	Work-based Experience	20	O
Level 6			
	Functional Foods and Metabolism	20	M
	Dissertation	40	M
	Three from the following		
	Professional Development for Life Sciences	20	O
	Engaging Science	20	O
	Obesity and Energy Homeostasis	20	O
	Clinical Nutrition	20	O
	Nutrition for Sport Performance	20	O

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

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Awards

On successful completion of the course, students will be awarded a BSc (Hons) Nutrition and Human Health. Students who leave the course early may be eligible for a DipHE Nutrition and Human Health on successful completion of 340 (including 100 at level 3) credits including all mandatory modules at levels 4 and 5, or a CertHE Nutrition and Human Health on successful completion of 220 credits including all mandatory modules at level 4.

Course Delivery

The course is delivered at Ipswich. Students studying full-time on the BSc (Hons) Nutrition and Human Health (with Foundation Year) are likely to have approximately 12 hours per week contact hours for level 3, 12 hours per week contact hours for level 4, 12 contact hours per week for level 5 and 8 contact hours for level 6 plus a dissertation project. The contact hours will be a mix of lectures, laboratory practical sessions, seminars, group tutorials and workshops. Students will normally be expected to undertake 36 hours of independent study in an average week, but should be prepared for this to vary based on assignment deadlines and class exercises.

Course Assessment

A variety of assessments will be used on the course to enable students to experience and adapt to different assessment styles. The assessment methods used will be appropriate to assess each module's intended learning outcomes. Assessment on the course overall will be approximately 60% coursework (including essays, laboratory reports, presentations, group work, and research projects) and 40% examinations.

Course Team

The academic staff delivering this course are drawn from a team that includes teaching specialists and current practitioners. All staff are qualified in their subjects with their own specialist knowledge to contribute.

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/EU	£9,250 per year
Part-time UK/EU	£1,454 per 20 credit module
Full-time International	£13,000 per year
Part-time International	£2,165 per 20 credit module

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

Students are likely to incur other costs for optional field trips, exhibitions and books amounting to approximately £200 per year.

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](#).