

**DEFINITIVE COURSE RECORD**

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

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 2023-24 academic year<sup>5</sup>.

**Course Summary**

BSc (Hons) Nutrition and Human Health (with Foundation Year) 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 applied nutrition. 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 strong scientific component, emphasising the importance of the scientific method and a

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

<sup>2</sup> All academic credit awarded as a result of study at the University adheres to the [Higher education credit framework for England](#).

<sup>3</sup> 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](#).

<sup>4</sup> 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](#).

<sup>5</sup> 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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rigorous empirical approach. The course is an applied science and set firmly within the context and activities of School of Engineering, Art, 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 curriculum is designed to meet this need.

The need to understand the importance of the scientific method and evidence-based enquiry is an essential underpinning philosophy, and consequently there is a rigorous research methods thread running through the programme. Furthermore, the course philosophy is one of providing an intellectually stimulating and enjoyable course of study for the students.

You are asked to challenge, analyse, utilise and apply existing theories and knowledge. At the same time, students develop key employability skills that will enable them to adapt to the demands of the workplace, and meet the needs of employers for a flexible, highly trained workforce. The importance of developing autonomous learners cannot be overlooked in this regard, and an underpinning philosophy is thus one of students being able to develop themselves and recognise their own academic, career and personal development needs.

Teaching staff are passionate about their subject, and enjoy engaging with and enthusing students in their programme of learning. There is also very much a culture and philosophy of learning and development within the school, meaning that the students are fully encouraged and supported to identify and help achieve their particular goals. The teaching team acknowledge that science can at times be intimidating to new and potential students, so the programme endeavours to demystify and present the concepts of science in a positive and thought-provoking way, leading to an enjoyable learning experience.

### **Course Aims**

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

1. 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.
2. Develop students' understanding of nutritional physiology and biochemistry.
3. Develop students' ability to undertake analytical assessment of food composition and quality using a range of methodologies.
4. 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.
5. Develop the skills necessary for the coherent communication of scientific data and information.
6. Develop students' ability to utilise and critically evaluate the validity and reliability of a range methods for acquiring and interpreting information about diet, nutritional and physiological status.
7. Provide students with the skills required to critically evaluate the current research literature in nutrition and human health.
8. Provide students with an understanding of the behavioural, social and economic

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factors which influence food choice and consumption.

9. Make a contribution to widening participation in science higher education in the region.
10. 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)<sup>6</sup>.

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.
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.
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.
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**

This degree programme is accredited by the Association for Nutrition (AC:323). As an accredited degree, successful graduates are able to apply for direct registration with the UK Voluntary Register of Nutritionists for associate membership and to carry the post-nominal letters ANutr.

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

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### 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 <sup>7</sup>
<b>Level 3</b>			
	Scientific Study Skills	20	Mandatory
	Principles of Biology	20	Mandatory
	Mathematics for Science	20	Mandatory
	Fundamentals of Biochemistry and Biophysics	20	Mandatory
	Foundations of Anatomy and Physiology	20	Mandatory
	Investigative Project	20	Mandatory
<b>Level 4</b>			
	Scientific Skills	20	Mandatory
	Human Physiology 1	20	Mandatory
	Biochemistry	20	Mandatory
	Human Physiology 2	20	Mandatory
	Food Quality and Production	20	Mandatory
	Introduction to Nutrition and Health Sciences	20	Mandatory
<b>Level 5</b>			
	Data Analysis and Statistics	20	Mandatory
	Applied Nutrition & Metabolism	20	Mandatory
	Food Analysis	20	Optional
	Research Methods and Scientific Communication	20	Mandatory
	Biology of Disease	20	Optional
	Immunology	20	Optional
	Work-Based Experience	20	Optional
	Health Promotion	20	Mandatory
<b>Level 6</b>			
	Dissertation	40	Mandatory
	Advanced Nutrition & Metabolism	20	Mandatory
	Professional Development for the Life Sciences	20	Mandatory
	Obesity & Energy Homeostasis	20	Mandatory
	Clinical Nutrition	20	Mandatory

<sup>7</sup> 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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\*the optional modules are offered only at level 5 and 6.

### Awards

On successful completion of the course, students will be awarded a BSc (Hons) Nutrition and Human Health (with Foundation Year). Students who leave the course early may be eligible for a DipHE Nutrition and Human Health on successful completion of 240 credits including all mandatory modules at levels 4 and 5, or a CertHE Nutrition and Human Health on successful completion of 120 credits including all mandatory modules at level 4.

### Course Delivery

The course is delivered at Ipswich. Students studying full-time on BSc (Hons) Nutrition and Human Health (with Foundation Year) are likely to have approximately 300 tutor structured learning hours for level 3, 300 tutor structured learning hours for level 4, 300 tutor structured learning hours for level 5 and 410 tutor structured learning hours for level 6. Tutor structured learning will be a mix of lecture, seminar and practical activity. 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. This is important as it supports the student's development as an independent learner, and provides opportunities for the students to develop skills and attributes that will be valuable for their future. The students will notice that assessment strategies change as they progress in their studies. There are more examinations in the first year (and Foundation Year), because we are checking the student's understanding of fundamental scientific laws and principles. In contrast, the final year utilises assessment techniques that replicate work-based practice including examinations with case studies. All assessments will be detailed in your module handbooks, at the start of each academic year.

### Special Features

The BSc (Hons) Nutrition and Human Health (with Foundation Year) course is accredited by the Association for Nutrition. Graduates of this programme will be eligible to apply for direct entry to the UK Voluntary Register of Nutritionists (UKVRN) as Registered Associate Nutritionists.

### 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 and relevant staff are registered with the appropriate professional body (i.e. Association for Nutrition).

### 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	£9,250 per year
Part-time UK	£1,454 per 20 credit module
Full-time EU/International	£14,598 per year
Part-time EU/International	£2,433 per 20 credit module

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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](#).