

# NUTRITION

As a nutrition student at the University of Westminster you will gain the specialist scientific knowledge and practical skills you need to meet your future career challenges. You will be part of the Faculty of Science and Technology, based at our purpose-built Cavendish Campus in the heart of London. The Faculty and Campus have undergone a major programme of refurbishment, with more than £30million invested in creating cutting-edge facilities and resources.

## Teaching and learning

Nutrition explores the evidence base relating to the relationship between diet, physical activity and health, and the role that interventions can have in promoting health and treating disease. Teaching makes use of the state-of-the-art facilities at our Cavendish Campus such as the BodPod,  $VO_2$  max and specialist nutrition labs. Your studies will also be enhanced by the high calibre of our teaching staff. In the most recent National Student Survey results (NSS 2016), 95 per cent of students agreed that staff are good at explaining things.

## Employability

Our recently updated Human Nutrition BSc Honours is accredited by the Association for Nutrition (AfN); graduates from this course would be eligible to join the Register as an Associate Nutritionist. The AfN recognises the high standards of training offered on our accredited courses. The Associate Nutritionist (ANutr) designation is designed to help you make a rapid transition to full registration, normally after a period of three years, and develop a career in nutritional science.

The Human Nutrition degree is currently undergoing validation by the Royal Society of Biology.

Our graduates in this exciting field gain employment as nutrition advisors, sports nutritionists, teachers and researchers.

See also: Biomedical Sciences p58 • Biosciences p64



**100%**  
student  
satisfaction  
on the Human  
Nutrition with  
Foundation  
course

Data from National Student Survey 2016



Nutrition facilities at Cavendish Campus

## HUMAN NUTRITION BSc HONOURS

**Length of course:** Three years full-time; four years full-time with Foundation

**UCAS code:** B401; with Foundation B408

**Campus:** Cavendish (See p22)

**Typical offer for September 2017:** A Levels – BBC to include two science subjects, including one from Chemistry and Biology, and one from Chemistry, Biology, Maths, Physics and Psychology; International Baccalaureate – 26 points to include a minimum of 5 in two Higher Level science subjects; Pearson BTEC Level 3 Extended National Diploma/National Diploma – DMM/D\*D\* in Applied Science. See also entry requirements on p201.



Public and media interest in what we eat has never been greater. Human nutrition integrates knowledge from diverse areas of science to present a unified view of this dynamic discipline and its applications. You will examine how nutrients and eating patterns impact on health and well-being, and the role of diet in both health and disease.

We have well-equipped laboratories in all bioscience disciplines including a suite of biochemical test facilities for nutritional analysis, whole-body metabolism and determination of body composition. In Years 2 and 3, you can choose to follow a theme focusing on human nutrition, or can select the theme of human nutrition with exercise science, which focuses on the role that exercise and nutrition play in all aspects of human health and disease.

For module information and further details, please visit: [westminster.ac.uk/nutrition](http://westminster.ac.uk/nutrition)

The course is accredited by the Association for Nutrition (AfN)



“The course covers a variety of topics, and there are many inspiring visits from guest lecturers. All of the lecturers at Westminster are so supportive, approachable, and enthusiastic, and this enthusiasm is contagious, which makes staying motivated effortless.”

**Jasmine Chirchi**  
Human Nutrition BSc Honours, graduate

## NUTRITION FOUNDATION

**Length of course:** One year full-time as the first year of a four-year full-time Human Nutrition BSc Honours course

**UCAS code:** B408

**Campus:** Cavendish (See p22)

**Typical offer for September 2017:** A Levels – BBC in non-science subjects; International Baccalaureate – 26 points not to include Higher Level Science; Pearson BTEC Level 3 Extended National Diploma/National Diploma – DMM/D\*D\* . We welcome applications from candidates without formal qualifications other than GCSE Maths and English Language Grade C or above and applicants may be invited to an interview at the University.

This course is available for applicants who do not meet the entry requirements for the BSc course in Human Nutrition. It is a well-established route of access into higher education for mature students (those aged over 21) without formal qualifications, and is also suitable if you have completed A Levels in non-science subjects.

You will study the fundamentals of biology, physiology, chemistry and cell biology, and you will practise and develop key laboratory and analytical skills. You will also study a skills-based module covering academic writing and referencing, numeracy, information technology, communication and study skills, thereby preparing you for subsequent BSc study.

The course combines lecture, tutorial, practical laboratory and practice elements. You will be introduced to a variety of learning resources including Blackboard, our online learning environment. The emphasis on continuous and coursework assessment during the first semester prepares you for self-directed studies and formal exams.

For module information and further details, please visit: [westminster.ac.uk/nutrition](http://westminster.ac.uk/nutrition)

