

# BSc (Hons) Health and Well-being Nutrition Science



## Faculty of Health



### COURSE FACTS

Tariff Score	240 UCAS points
Faculty	Faculty of Health
Apply	UCAS BB94 - <a href="http://www.ucas.ac.uk">www.ucas.ac.uk</a>
Duration	Three years full-time. (September intake)
Location	City South Campus and work placements
Fees	Please refer to website for details (address below)
Contact	T: +44 (0)121 331 5500 F: +44 (0)121 331 7986 E: <a href="mailto:Health.Admissions@bcu.ac.uk">Health.Admissions@bcu.ac.uk</a> W: <a href="http://www.bcu.ac.uk/health">www.bcu.ac.uk/health</a> <a href="http://www.bcu.ac.uk/courses/health-and-well-being-nutritional-science">www.bcu.ac.uk/courses/health-and-well-being-nutritional-science</a>
Open Days	<a href="http://www.bcu.ac.uk/opendays">www.bcu.ac.uk/opendays</a>

### ENTRY REQUIREMENTS

GCSE at Grade C or above in five subjects, which must include English Language and Mathematics. (GCSE equivalents are not accepted, e.g. Key Skills Level 2, Adult Numeracy, Adult Literacy).

All GCSE's must be achieved prior to application.

Plus 240 UCAS points from A levels or BTEC National Diploma. Access to Higher Education is also acceptable. For further information visit: [www.bcu.ac.uk/courses/health-and-well-being-nutritional-science](http://www.bcu.ac.uk/courses/health-and-well-being-nutritional-science).

If English is not your first language an IELTS score of 6.5 overall (or equivalent) is required.

Places are also subject to a satisfactory Occupational Health Check, an Enhanced Criminal Records Bureau Disclosure and registration with the Independent Safeguarding Authority.

### COURSE OVERVIEW

This innovative course will develop your knowledge and skills enabling you to promote good health and nutrition in a variety of settings in the UK and overseas. These may include food industries, community projects or healthcare facilities.

You will study the interactions between nutrients in the diet and many aspects of health. This may include addressing;

- Can foods influence mood?
- How can diet affect cancer risk?
- How can a mother's diet in pregnancy affect her child's future risk of heart disease?

- How can we reverse the rising incidence of obesity in children?
- How can we assess somebody's dietary intake and nutritional status?

In addition to nutrition, you will also study the effects of environment, including housing and workplaces on health and well being. This course can provide a wide range of career opportunities in health and is also the ideal foundation for further study. It makes use of Birmingham City University's state-of-the-art information, communication and teaching facilities.

The Faculty of Health is one of the UK's largest higher education centres for health and social care. Our courses are highly regarded by employers.

## COURSE CONTENT

The course is full-time and requires attendance for around three days per week for timetabled sessions. It uses a variety of learning and teaching methods, enabling you to take a flexible approach to your learning and develop transferable skills, useful for both study and employment. You will have the opportunity to use virtual resources, specifically designed to simulate real situations, practice your skills and consolidate your learning. If you don't have broadband at home you will be able to access these resources on campus. These are the modules that you will study:

### Level 4 (Year one)

Introduction to Nutrition  
Foundations for Personal and Professional Development  
Physiology for Health  
Perspectives on Well-Being

## ASSESSMENT

You are assessed throughout the academic year on your understanding and analysis of issues relating to health and well-being and nutrition. You will be assessed on your ability to apply your understanding in a variety of ways including written assignments, case studies, presentations, practical assessment of skills, examinations and a dissertation.

## FURTHER STUDY

Health and Well-Being provides the opportunity for life long learning and the BSc (Hons) awarded on completion of this course forms the basis of progression onto further study, e.g. health promotion, food production, dietetics, teaching.

## EMPLOYABILITY

Employment options include: community nutrition assistant, food and health co-ordinator, nutritionist in the food industry, nutrition research assistant, public health nutritionist.

Graduates from this course may wish to apply to the Association for Nutrition for registration as an Associate Nutritionist on the UK Voluntary register of Nutritionists (upon submission of a portfolio of evidence).

Registration may be preferred or required for some employment options.

For further information visit <http://www.associationfornutrition.org/default.aspx?tabid=71> under "UKVRN registration".

## MORE INFORMATION

You will be eligible to apply for a means-tested student loan from your Local Education Authority and to apply for the Birmingham City University bursary, which is currently £512.

### Level 5 (Year two)

Introduction to Nutritional Analysis  
Applied Physiology  
Researching Nutrition and Health  
Promoting Dietary Health and Well-being  
Nutrition and Well-Being into the Workplace  
With a choice of option module: Food Production & Policy or Introduction to Exercise Nutrition

### Level 6 (Final year)

Project Module  
Advanced Nutritional Analysis  
Nutrition and Lifespan Health  
Health and Well-being into the Community  
With a choice of option modules: Current Issues in Food and Nutrition or Applied Exercise Nutrition

There are two placement opportunities during the course: A three week placement in semester 2 of year 2 and a six week placement in semester 1 of year 3.



V3: 03/14