

# 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

The course 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, VO2 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 2015), 96 per cent of students agreed that staff are good at explaining things, with 93 per cent agreeing that staff made the subject interesting.

## Employability

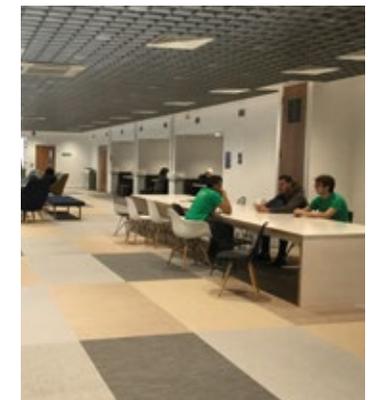
Our recently updated Human Nutrition BSc Honours is seeking accreditation by the Association for Nutrition (AfN); once accredited graduates from this course would then be eligible to join the Register as an Associate Nutritionist. The AfN has previously recognised the high standards of training offered 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.

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

See also: Biomedical Sciences p56 • Biosciences p62



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Nutrition facilities at Cavendish Campus

Data from NSS 2015

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

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

**Campus:** Cavendish (See p20)

**Typical offer for September 2016:** 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; Edexcel BTEC Level 3 Extended Diploma/Diploma – DMM/D\*D\* in Applied Science. See also entry requirements on p197.



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)

This course is currently seeking accreditation from the Association for Nutrition.

"I've really enjoyed the tutorials and classes, particularly in modules where the classes are very small. Everyone can get to know each other, and it breaks down the barrier of being worried about interacting with others. And it's always good to get to know your lecturers and tutors more during class."

**Kiu Sum**

Human Nutrition BSc Honours, first year

