

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 benefit from some of the best teaching and facilities available, with more than £30 million 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 our state-of-the-art facilities such as the BodPod, VO₂ max and specialist nutrition labs. Your studies will also be enhanced by the high calibre of our teaching staff.

Employability

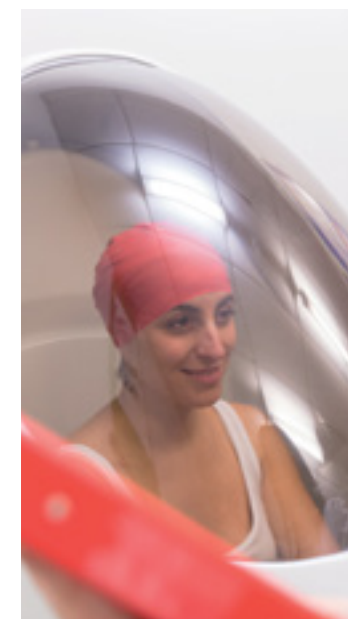
Our recently updated Human Nutrition BSc Honours is accredited by the Association for Nutrition (AfN) and graduates from this course are eligible to join the Register as an Associate Nutritionist. The AfN recognises the high standards of training offered on our accredited courses. The Associate Nutritionist (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.

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

Foundation pathway

We offer Foundations as a route onto some of our undergraduate programmes. For module information and any further details, please visit: westminster.ac.uk/foundation-courses

See also: Biomedical Sciences p54 • Biosciences p58



90%
of Nutrition
graduates are
in work or
further study
within six
months



Nutrition facilities at Cavendish Campus

Data taken from unistats.ac.uk in December 2017

HUMAN NUTRITION

BSc Honours

Length of course: Three years full-time

UCAS code: B401

Campus: Central London (see map p192)

Typical offer for September 2018: 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 4 in two Higher Level science subjects; Pearson BTEC Level 3 Extended National Diploma/National Diploma – DMM/D*D* in Applied Science. We consider applications that reflect a mixture of Level 3 qualifications as long as they are equivalent to our typical offer requirements and include the science requirements. See also entry requirements on p185.



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

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

