

BSc with Honours in Fitness, Nutrition and Health – 2018 entry

Duration of programme: 4 years (where students join the programme in year 1)

Award on successful completion: Bachelor of Science with Honours

Location of delivery: Abertay University, Bell Street, Dundee

Composition of the programme: 120 SCQF (Scottish Credit and Qualifications Framework) credits in each academic year, delivered in modules of 20 credits each, with 3 modules taken in term 1, and 3 in term 2 each year. In years 1 and 2, students have the opportunity to take modules outside their main subject. Work placements are available during the programme; placements arranged by the University take place in Dundee, but students may negotiate placement elsewhere. All students complete a 40 credit independent project in the final year.

Contact hours and workload: Each academic year typically requires 1200 hours of student effort; on average across the 4 years of this programme, 22% of that time is in lectures, seminars, practicals and similar activities; the remainder is independent study.

Assessment methods: The programme is assessed using a combination of examination and course work to help students develop a variety of intellectual and practical skills, such as being able to put forward a position based on evidence, or being able to discuss and promote ideas within a group.

Additional costs: Students have to cover the cost of obtaining membership of the PVG scheme in order to be able to work with children and vulnerable adults (cost £59 for a new application, £18 for update). They are also required to purchase a lab coat and Abertay branded sports kit for use in practical sessions and placements. The cost of the basic Sports kit is £80 (price correct at November 2017).

Academic staff: This programme is delivered by staff in the Division of Food and Drink in the School of Science, Engineering and Technology and staff in the Division of Sport and Exercise Sciences in the School of Social and Health Sciences. Staff profiles can be viewed at <http://www.abertay.ac.uk/studentlife/schools/set/staff/> and <http://www.abertay.ac.uk/studentlife/schools/shs/staff/>

Core modules in the programme:
Fundamentals of Nutrition
Biomechanics for Physical Activity Health
Nutrition and the Consumer
Psychology of Exercise and Health
Nutrition Through the Lifespan
Physiology for Physical Activity & Health
Public Health Nutrition and Health Promotion 1
Social Science of Physical Activity and Health
Work Placements
Clinical Nutrition 1
Physical Activity Health Promotion

Research Methods
Physiology of Lifestyle Diseases
Public Health Nutrition and Health Promotion 2
Physical Activity Across the Lifespan
Sports Research Project
Clinical Nutrition 2
Lifestyle Management
Other modules that may be offered, but are subject to change over time:
Biology Principles & Practice
Public Health and Physical Activity
Physiological Adaptations for Health

Developments in the discipline: The curriculum may evolve in response to change in legislation, government led health initiatives, consumer trends, professional body requirements, industry training demands and technological innovations.