



BSc (Hons) Food Science, Nutrition and Wellbeing and pathways: BSc (Hons) Fitness, Nutrition and Health; BSc (Hons) Food and Consumer Science; BSc (Hons) Food, Nutrition and Health - 2023 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

Accreditation: BSc (Hons) Fitness, Nutrition and Health, and BSc (Hons) Food, Nutrition and Health are accredited by the Association for Nutrition (AfN) and BSc (Hons) Food and Consumer Science is accredited by the Institute of Food Science & Technology (IFST).

Composition of the programme: 120 SCQF (Scottish Credit and Qualifications Framework) credits in each academic, delivered mostly in modules of 20 credits each, with 3 modules taken in term 1, and 3 in term 2 each year. First and second year of the programme includes a choice of microcredential modules worth a total of 20 credits per year. In year 3, students undertake a work placement. All students complete a 40-credit individual research project in the final year.

All students in years 1 and 2 will complete the foundation Food Science, Nutrition and Wellbeing programme, and from year 3 onwards, students choose one of the following specialist pathways (details on the following pages):

- Food Science, Nutrition and Wellbeing
- Fitness, Nutrition and Health
- Food and Consumer Science
- Food, Nutrition and Health

Contact hours and workload: Each academic year typically requires 1200 hours of student effort; on average across the 4 years of this programme, 20-25% of that time is in lectures, seminars, practicals and similar activities; the remainder is independent study and assessment, which will include time on work-based placement.

Assessment methods: The programme is assessed using a range of coursework e.g. class tests, essays, reports, presentations, portfolios, exams and vivas 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 are required to purchase two lab coats (one for use in the labs and one for use in the kitchens with a coloured collar) at a cost of £15-20 each

Academic staff: These programmes are delivered by staff in the Divisions of Engineering and Food Science and Sport and Exercise Sciences in the School of Applied Sciences. Staff profiles can be viewed at <https://www.abertay.ac.uk/schools/school-of-applied-sciences/>

Core modules in the programme (years 1 and 2)*:
Fundamentals of Nutrition
Applied Biological Sciences for Food and Human Health
Social Science for Sport and Exercise
Being Successful at Abertay (5 credits)
Nutrition and the Consumer
Safe Food Handling
Nutrition Through the Lifespan
Key Concepts in Sport and Exercise Physiology
Properties and Functionality of Food
Public Health Nutrition and Health Promotion 1
Food Characterisation
Other modules that may be offered, but are subject to change over time
Microcredentials (various)

BSc with Honours in Food Science, Nutrition and Wellbeing

Core modules in the programme (years 3 and 4)*:
Work Placement
Project Research Methods and Management
Honours Project
Other modules that may be offered, but are subject to change over time (years 3 and 4):
Food Processing
Food and Behaviour
Clinical Nutrition 1 & 2
Safety Management Systems
Professional Skills for Placement and Research
Health Related Fitness Assessment and Programming
Lifestyle Management
Public Health Nutrition and Health Promotion 2
New Product Development 1 & 2
Physical Activity for Special Populations

BSc with Honours in Fitness, Nutrition and Health

Core modules in the programme (years 3 and 4)*:
Clinical Nutrition 1 & 2
Food and Behaviour
Health Related Fitness Assessment and Programming
Work Placement
Lifestyle Management
Public Health Nutrition and Health Promotion 2
Physical Activity for Special Populations
Project Research Methods and Management
Honours Project

BSc with Honours in Food and Consumer Science

Core modules in the programme (years 3 and 4)*:
Food Safety and Microbiology
Food Processing
Professional Skills for Placement and Research
Work Placement
New Product Development 1 & 2
Public Health Nutrition and Health Promotion 2
Project Research Methods and Management
Honours Project

BSc with Honours in Food, Nutrition and Health

Core modules in the programme (years 3 and 4)*:
Clinical Nutrition 1 & 2
Food and Behaviour
Professional Skills for Placement and Research
Work Placement
Public Health Nutrition and Health Promotion 2
New Product Development 1
Project Research Methods and Management
Honours Project

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. *Core modules are correct at the time of writing but are subject to annual review and may change as a consequence of this. This keeps the curriculum relevant and maintains a real-world connection as new policy, practice, employability, and professional approaches come to the forefront. These new developments are readily incorporated into the curriculum and module content without having to fundamentally change the module structure.