



BSc (Hons) NUTRITIONAL SCIENCES

Course Code: CK504

Duration: 4 years

Approval status

The BSc Nutritional Sciences programme at UCC is accredited by the Association for Nutrition (AfN) in the UK. As such graduates of the programme have the right to apply for direct entry at Associate level to the UK Voluntary Register of Nutritionists (UKVRN) which would entitle them to use the letters ANutr after their names. Registration with AKVRN is a mark of professionalism and an indication of quality assuring potential employers that students graduating from an accredited course have covered set competencies and agree to abide by our professional Code of Ethics.

Specific LC subjects required

Minimum entry requirements.

HC3 in two subjects and passes in four others at H/O level in the Leaving Certificate from Irish, English, Mathematics, one Laboratory Science subject (i.e, Chemistry, Physics, Biology, Physics with Chemistry (joint) or Agricultural Science) and two other subjects recognised for entry purposes.

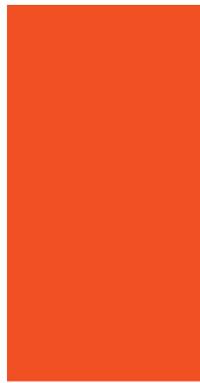
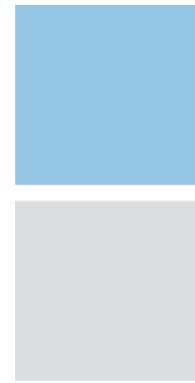
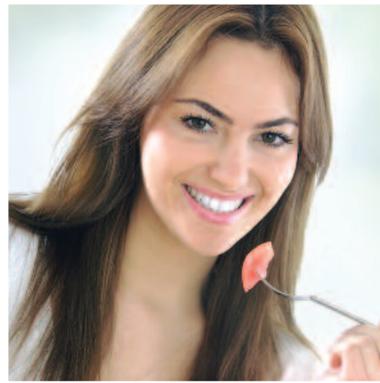
For more detailed information on this programme, please contact:

UCC School of Food and Nutritional Sciences

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Email: foodandnutrition@ucc.ie
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Why study Nutritional Sciences at UCC?

Nutrition is the science of food as it affects health and is concerned with the provision of food and nutrients to the body to facilitate optimum physical and mental



development and maintenance of health throughout life. In recent years, nutrition research has led to considerable advances in our knowledge of the relationship of nutrition to the development of disease and on the role of nutrition in modulating the genetic potential of the individual. Nutritionists have an increasingly important role to play in advancing our knowledge of the relationship of diet to health through research and in applying that knowledge to the provision of nutrition advice to the public, as well as in providing safe, wholesome and nutritious foods to the consumer. Nutrition education is also vital to populations in developing countries where malnutrition is common.

Programme Overview

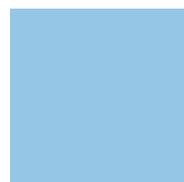
The objective of the course is to provide graduates with expertise in human nutritional sciences and in food science and technology, and to prepare them for careers in research and development, quality assurance and consumer education in the food and health care industries.

The first year of the programme involves the study of Biology, Chemistry, Physics, Mathematical Methods and Nutrition.

In second year students are provided with a strong foundation in the biological sciences, including Biochemistry, Microbiology, Molecular Biology and Physiology, as well as Nutrition, Food Chemistry and Statistics.

In the third and fourth years detailed studies are undertaken on basic aspects of human nutrition, including requirements for, and physiological functions of, nutrients, effects of nutrient deficiencies and excess, the nutritional composition and safety of foods, and the relationship of food intake to health.

Students also study the safety, wholesomeness, sensory properties and nutritional value of foods, the detection and alleviation of malnutrition, dietary treatment of disease and formulation of public health policy.



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These studies are complemented by Applied Food Sciences, including Food Chemistry, Food Microbiology and Food Technology. There is also a strong emphasis on the development of communication skills in the programme. In addition, students complete a 6 month work placement in industry at the end of the Third Year Examinations.

Third and Fourth year students also attend and contribute at a series of seminars and practicals on Communications Skills.

Study Programme Overview

YEAR 1	Biology; Chemistry; Mathematics; Nutrition (Introductory Nutrition; Human Nutrition: Energy and Macronutrients); Physics
YEAR 2	Biochemistry; Food Chemistry; Microbiology; Molecular Biology; Nutrition (Human Nutrition: Minerals and Vitamins; Nutrition in Growth, Development and Ageing; Animal Nutrition); Physiology; Statistics
YEAR 3	Food Chemistry; Food Technology; Food Microbiology; Nutrition (Clinical Nutrition; Food Toxicology; Research and Analytical Techniques in Nutrition; Food Choice and Eating Behaviour; Assessment of Nutritional Status); Library Project Students also undertake a Work Placement
YEAR 4	Nutrition and Public Health; Advanced Nutrient Metabolism; Sensory Evaluation of Foods; Minerals and Trace Elements in Nutrition; Selected Topics in Nutrition; Human Nutrition in the Developing World; Advanced Vitamins and Bioactive Dietary Components; Immunology: Host Response to Pathogens; Introduction to Toxicology Students also undertake a Research Project

"I found the degree very interesting and exciting. I especially liked the research side of nutrition and this led me to do a postgraduate degree in nutrition by research. I am now working in the industry where I get to use the nutrition information I gained at my time in UCC"

Dr. Teresa Bennett,

Senior Health Promotion Officer, HSE, Cork



Work Placement

An integral part of the BSc (Hons) NUTRITIONAL SCIENCES programme is a six month work placement during year three. This will provide you with a practical insight into business and strengthen your communication and industry skills while developing your business contacts.



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