

BSc (Hons) in Human Nutrition and Dietetics

Aims and Rationale of the Programme

The Human Nutrition and Dietetics programme aims to give you a multidisciplinary understanding of human nutrition and dietetics including: the scientific basis of nutrition; the food chain; the role of food within social and behavioural contexts; the relation of nutrition to health and disease at individual and public health policy levels. This is a fully accredited career-oriented programme that will enable you to gain a broad foundation in all key areas of biological science and nutrition while developing a wide range of scientific skills to prepare you for employment or further study in nutrition science. The programme has a strong emphasis on hands-on practical work, and one quarter of the assessment in the first two years is practical based. All students have practicum of 29 weeks in recognized hospitals. In addition, there is a double project in the final year. This programme is validated by the University of Greenwich.

Year 1

- Fundamentals of Biology and Physiology (30 credits)
- Practical and Academic Skills (30 credits)
- Basic Chemistry for Life Science (15 credits)
- Biochemistry 1 (15 credits)
- Biochemistry 2 (15 credits)
- Basic Principles of Nutrition (15 credits)
- Placement 1

Year 2

- Diet Therapy (15 credits)
- Physiological Systems and Regulation (15 credits)
- Genetics (15 credits)
- Metabolism and Disease (15 credits)
- Selected Topics in Food Science (15 credits)
- Nutritional Epidemiology & Health Promotion (15 credits)
- Research and Professional Skills in Life Science (15 credits)
- Placement 2 (15 credits)

Year 3

- Project (Life Sciences) (30 credits)
- Advanced Diet Therapy (15 credits)
- Pharmacology (15 credits)
- Public Health Nutrition (15 credits)
- The Psychology and Social Aspects of Eating and Food (15 credits)
- Placement 3 (30 credits)

Entry Requirements

The standard entry requirement for the BSc (Hons) Human Nutrition and Dietetics will include:

- High School Certificate of a minimum average grade of 15.0
- IELTS Score - min. 6.0, or
- TOEFL 243 (or 550 paper-based)

Students who do not meet these entry criteria will be required to attend the Extended BSc Hons Science programme (Foundation year) as this is approved by the University but must pass this programme with an overall average of 60%.

Attendance

3 years full-time

4 years part-time

Assessment

Written assignments, examinations, practical assignments in the laboratory and presentations.

Careers

On completion of the programme the successful graduate will enjoy a wide variety of opportunities in public health, nutrition, health education and promotion. Job opportunities are also available in private nutrition research institutes, teaching, food and health journalism, consumer groups, food retailers or the food industry and as free lancers.



NEW YORK COLLEGE
THE INTERNATIONAL COLLEGE OF GREECE



**UNIVERSITY of
GREENWICH**

BSc (Hons) in Human Nutrition and Dietetics

Selected Course Descriptions

Basic Principles of Nutrition

Aims: To provide students with a basic knowledge of the elements and science of human nutrition. To introduce students to the biochemistry of the classes of nutrients. To enable students to identify the chemical composition of food commodities and food sources of these nutrients and their fate within the body. To introduce students to the concept of energy, energy balance and dietary requirements.

Physiological Systems and Regulation

Aims: To develop students' understanding of the roles and limitations of homeostatic control and regulation. To examine the factors which contribute to the integrated control of representative examples of different physiological systems in health and disease.

Metabolism and Disease

Aims: To provide an introduction to basic concepts in metabolism and the principles of metabolic pathways. To provide students with information on core metabolic pathways. To discuss relationships with metabolism and core disease pathways.

Selected Topics in Food Science

Aims: To provide students with a deeper understanding of food analysis, food safety and quality management system. To give students an understanding of changes that may occur in foods at key stages of the food chain, caused by specific handling, processing or storage methods. To encourage entrepreneurial skills and application of knowledge in practice.

Nutritional Epidemiology & Health Promotion

Aims: To introduce students to the principles of epidemiology and the field of nutritional epidemiology and the concepts and principles used in health promotion. To provide students with appropriate tools to plan and carry out community-based research in an appropriate manner. Enable students to appreciate the interdisciplinary nature of community nutrition and health and integrate knowledge and understanding from a variety of sources to identify or propose solutions for nutrition education and health promotion.

Advanced Diet Therapy

Aims: To further develop and extend students clinical knowledge and expertise beyond the module Diet Therapy. This module provides advanced knowledge in the field of dietary management of the upper and lower digestive diseases, liver, biliary and pancreatic diseases, cancer, eating disorders, neurological diseases, and conditions of hypermetabolism. The aim is for students to study the diet therapy of people who suffer from these illnesses, (combining knowledge from biochemistry, metabolism and physiology) and to implement appropriate dietary interventions on an individual and group basis. Formal integration with other modules will aim to reinforce the psychosocial approach to dietetic practice.

The Psychology and Social Aspects of Eating and Food

Aims: To bring together theory, research and applications from psychology and behavioural sciences applied to dietary behavior. It provides a contemporary analysis of the psychological and social factors that underlie food choice, exploring the psychological socio-cultural, political, and economic factors that influence food production, distribution and consumption and introduces students to psychological counseling required for dietary interventions.

Public Health Nutrition

Aims: To develop and improve students' knowledge and understanding of the role of food and nutrition both in the promotion of health and well-being and in the primary prevention of diet-related diseases in groups, communities and populations.

Project (Life Sciences)

Aims: To provide an opportunity for personal development in applying prior theoretical and practical learning to a specific project and to demonstrate the ability to carry out a sustained piece of work.

For more information contact:

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