



**BSc (Hons) in Nutrition and
Health Science (US950)** ↻





Course Description

This BSc (Honours) in Nutrition and Health Science programme is a unique degree with an equal emphasis on both nutrition and health science. This programme provides an approach to nutrition that is based on the scientific and academic principles of biology, biochemistry, social and public health aspects of human nutrition, as well as encompassing emerging issues such as biotechnology, food sustainability and security. This programme develops students, across the disciplines of nutritional science, health promotion, research and practice-based nutrition, to build competencies towards becoming an accredited Nutritionist.



Teeside Partnership

The Dept of Sport & Health Science have recently signed an MoU with Teeside University in England. This agreement has been established to facilitate students who wish to pursue an MSc in Dietetics. Students graduating with the BSc (Hons) Nutrition & Health Science may apply for progression to the MSc Dietetics at Teeside to qualify as a HCPC-registered Dietitian (SRD) and, with additional support provided at Teeside, may apply for CORU registration, which is required to work as a dietitian in Ireland. The 2 departments at the respective institutes will come together on other projects, both as part of the Dietetics programme and to further collaborate in areas of mutual research interest.



Graduate Opportunities

Our graduates have pursued a range of exciting careers with a wide variety of opportunities available in Ireland and abroad. These include working in the food industry with major food companies including Lakeland Dairy, Glanbia, and Kerry Foods. Graduates also work with public health bodies such as the HSE as Community Food and Nutrition Workers or in other health promotion roles. Graduates keen to pursue a career in health science often go on to work with leading companies such as Abbott, Roche, and Steris, where they may be involved in clinical trials, product development, or regulatory affairs. Many graduates embark on a career in cutting-edge research either working as research assistants at university or state agencies such as Teagasc or go on to complete a PhD in nutrition. Other graduates diversify and go on to further studies and train in secondary school teaching, such as home economics or science, sports nutrition and dietetics.



Accreditation

Graduates from the BSc (Hons) in Nutrition and Health Science are eligible to apply to become Registered Associate Nutritionists through the Association for Nutrition (AfN). This recognition of professionalism will support graduates to work in nutrition communication, public health, the health sector, health promotion, research, the food industry and organisational bodies. Many students progress to further study in areas such as dietetics, sports nutrition, health promotion and to PhD programmes in Irish and international universities.

Graduate Testimonials

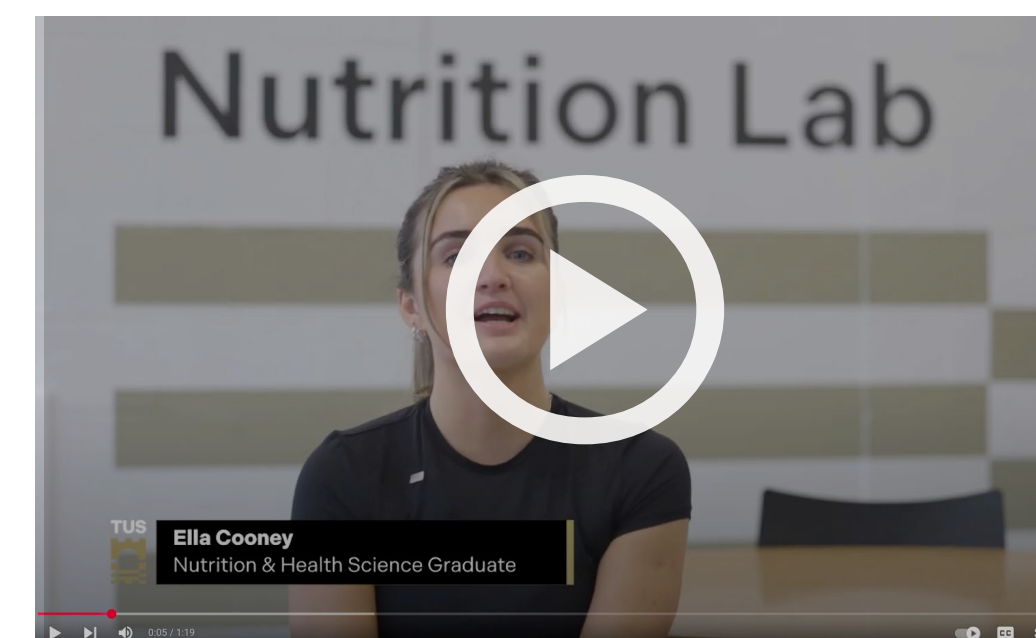


"Nutrition is growing in popularity around the world. There is and will always be a high demand for nutritionists and dietitians... Being an athlete, the excellent sports facilities made it an ideal place to attend college. If you enjoy sports, health, food or enjoyed home economics, biology and chemistry at school, I would highly recommend this programme."

Amy McTeggart Bachelor of Science (Hons) in Nutrition and Health Science

"I really enjoyed going to the primary schools to give presentations to the students in addition to the many presentations we had to give to peers (really improved everyone's confidence) and finally my placement at Letterkenny General Hospital in Donegal was fantastic",
Gillian O'Brien, Graduate, Bachelor of Science (Hons) in Nutrition and Health Science

"I knew I wanted to work in the health sciences. However, I wasn't sure what area I wanted to specify in. This programme offered a broad approach to human nutrition, public health and food science that allowed me to decide on what area of health sciences would suit me best".
Brianna Rice, Graduate, Bachelor of Science (Hons) in Nutrition and Health Science



[View Ella's story](#)

Programme Lecturers



Dr Patricia Heavey



Dr Geraldine Cuskelly



Dr Áine O'Connor

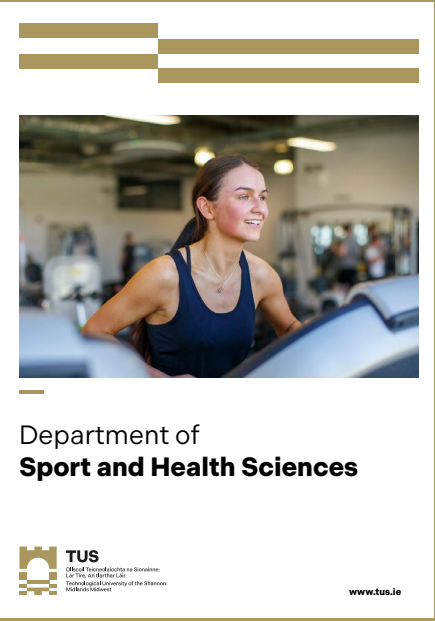


Prof Clem Higginbotham



Laurie Ryan

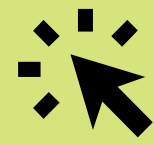
Our lecturers embody a wealth of knowledge, expertise, and passion in their respective fields. From seasoned industry professionals to accomplished academics, each lecturer brings a unique perspective to our classrooms, enriching the learning experience and inspiring academic excellence. **Click the icon to read more about the programme lecturers.**



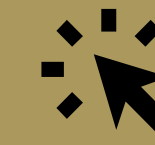
 **The Department of Sport and Health Sciences:** Our departmental brochure invites you into a world of discovery and innovation. Discover our diverse range of programmes designed to nurture the next generation of leaders in sport and health sciences. Dive into cutting-edge research projects that push the boundaries of knowledge and drive positive change in our communities. Meet our esteemed lecturers, whose expertise and passion ignite inspiration in our students every day. Explore our state-of-the-art on-campus facilities, where theory meets practice, and dreams become reality. **Click the icon to access the brochure.**

Research Projects

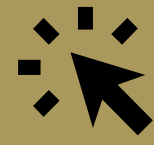
Peer-Assisted Breastfeeding Success (PABS): The Impact of Peer Support on Mothers' Breastfeeding Goals.



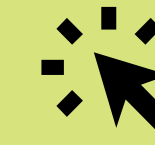
Exploration of Weight Variation, Body Composition and Body Shape during the Menopausal Transition in Irish Females.



Novel Biomarkers and Interventions to Optimise Sodium Consumption Patterns, Blood Pressure and Cardiovascular Risk Factors.



Examination of Parental Knowledge of Vitamin D and Iron and Adherence to Supplementation Recommendations for Children aged 1-to 5- years.



Evaluation of Current Treatment Strategies for Metabolic Syndrome in Men and Women in the Irish Primary Care Setting



Discover the groundbreaking research initiatives underway in the dynamic field of sport and health science' to 'Discover the groundbreaking research initiatives underway in the dynamic field of sport and nutrition science. **Click the icons to read more about recent research projects.**