



# TUS



## Nutrition and Health Science – BSc (Hons)

### FAQ Booklet



## WHAT IS THE COURSE

This course 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 course develops students, across the disciplines of nutritional science, health promotion, research and practice-based nutrition, to build competencies towards becoming an accredited Nutritionist.

## COURSE CONTENT: MODULE LIST

Year 1	Year 2	Year 3	Year 4
Academic Skills for Sport and Health Sciences	Nutritional Assessment	Epidemiology in Public Health	Research Project (Year-Long)
Human Physiology	Human Biochemistry	Health Psychology And Sociology	Health Promotion and Population Health (Year-Long)
Chemistry for Sport & Health	Microbiology	Nutrition Across the Lifecycle	Public Health Nutrition & Behavioural Change
Fundamentals of Nutrition	Sports Nutrition	Human Pathophysiology	Biotechnology for Nutrition and Health
Introducing Health and Wellness	Organic Chemistry for Health Science	Public Health and Community Nutrition	Sustainable Food: Supply, Formulation and Regulation
IT for Nutrition and Health	Sports & Health Marketing and Entrepreneurship	Research Methods and Statistics 2	Nutritional Biochemistry in Health and Disease
Genetics and Molecular Biology	Health Policy	Professional Work Experience	Nutrition in Health and Disease
Lifestyle Behaviours, Health and Wellness	Research Methods and Statistics 1		
Quantitative Methods for the Health Sciences	Human Psychology		
	Food Science		
	Promoting Health		

## AMI ACCREDITED AT THE END?

Graduates from the BSc (Hons) in Nutrition and Health Science are eligible to apply to become a Registered Associate Nutritionist through the 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.

## WHAT IS ACCREDITATION?



### **All of our modules have been approved by the Association for Nutrition**

Accreditation is a quality sign and demonstrates that the programme you are studying is rooted in a science-based tradition and that you have gained appropriate and relevant knowledge and skills.

Employers and the public will be assured that students who have completed an Accredited programme are well-trained, professional nutritionists.

### **How do I become an Associate Nutritionist?**

If you complete this programme you will have the right to apply for direct entry at Registered Associate Nutritionist level once you graduate and would entitle you to use the letters ANutr after your name.

## WHAT IS PLACEMENT?

Placements aim is to provide students with the opportunity to participate in a full-time work-place environment in the fields of health promotion, clinical nutrition, health/nutrition research, community nutrition, food industry or nutrition regulatory bodies and to apply their knowledge and skills in a practical, real-world setting while experiencing the culture, nature and structure of employment.

## WHAT ARE MY PLACEMENT OPTIONS?

There are many placement options available to the students in 3rd year, students are allowed to source their own or use the connections previously established in the college. Some of the recent placement opportunities include:

HSE (acute)  
HSE (Health Promotion)  
Food industry  
Research Erasmus  
and so much more.



Erasmus+

## WHAT ARE MY CAREER OPTIONS AFTER THIS COURSE?

This course will equip you with the knowledge and skills 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.

## DIETETICS:

There are a number of MSc level programmes available across Republic of Ireland, Northern Ireland and overseas. Graduates of the programmes taught in Republic of Ireland (RoI) allow direct registration with CORU to then practice as a registered dietitian in RoI. All programmes generally enrolls students that have a minimum of a 2.1 degree in a health-related discipline, through a competitive application process.

## MASTERS IN SPORTS NUTRITION OR PUBLIC HEALTH - DO I QUALIFY?

Typically for a master's programme in this area any students with a 2.1/2.2 Honours award in a relevant discipline may apply.

## TEACHING PATHWAYS

This pathway is more complex in Ireland, however, students who graduate from this programme can apply to complete the masters in Teaching for Biology and Junior Cycle Science.

In order to meet the registration requirements set down in the Teaching Council Regulations an applicant must meet all of the following criteria:

- Applicants must hold a degree-level qualification, with Biology studied up to and including third-year level or higher (or modular equivalent).
- The qualifying degree must carry at least 180 ECTS (European Credit Transfer System) credits (or equivalent) with the specific study of Biology comprising at least 60 ECTS credits (or equivalent).
- The study of Biology during the qualification must show that the holder has acquired sufficient knowledge, skills and understanding to teach the Biology syllabus/specification to the highest level in post- primary education .
- To meet this requirement the degree must include the study of at least four of the following areas: Essential areas of study (a) Botany (b) Plant Anatomy/Physiology (c) Ecology (d) Microbiology (e) Zoology (f) Mammalian Anatomy/ Physiology (g) Biochemistry (h) Genetics
- Laboratory/practical work must be completed in the course of the degree.

Alternatively, there is a 1-year post grad in UU Coleraine Campus that offers students the chance to train as a Home Economics teacher.

## WHERE ARE OUR GRADUATES NOW?



Shannon Mayock  
**Class  
of  
2019**

What did I do next:

***Completed Masters degree in Food Science (UCC 2020)***

What am I doing now?

***R&D Senior Analytical  
Laboratory Technician,  
Cork***



**PEPSICO**



Aoife Murtagh  
**Class  
of  
2019**

What did I do next:

***Started a PhD with the SHE  
research group, TUS.***

What am I doing now?

***My research is examining  
novel delivery systems for  
drugs and nutrients for  
patients with inflammatory  
bowel disease***

## WHERE ARE OUR GRADUATES NOW?



Iosa Cusack  
Class  
of  
2019

What am I doing now?

**Quality Control Officer** with  
Johnston Mooney & O'Brien  
Bakeries



Sinead Costello  
Class  
of  
2021

What did I do next:

I completed a MSc in Food and Nutrition at  
Ulster University (Full Time – 1 Year)

...after that.....:

Field Nutritionist for the National Nutrition  
Surveillance Centre at University College  
Dublin

What am I doing now?

Community Food and Nutrition  
Worker for Sláintecare  
Healthy Communities





## WHERE ARE OUR GRADUATES NOW?



Francis Duffy  
Class  
of  
2022

What did I do next:

Currently on *MSc Human Nutrition and Dietetics* at University College Cork



Sarah Carty  
Class  
of  
2022

What did I do next:

*Food Technologist in Portumna Pastry Ltd.*

**Portumna**  
PASTRY LTD

## WHERE ARE OUR GRADUATES NOW?



Emma Kane

Class  
of  
2019

What did I do next:

*Completed one year as a research assistant at UCD*

What am I doing now?

*started a PhD at UCD working on the NANS II survey which looks at food and beverage intake in the Irish population (aged 19-90 years)*



Amy Daly  
Class  
of  
2022

What did I do next:

*Laboratory technologist, Steris AST, Tullamore*



OTHER PLACEMENT OPPORTUNITIES



UNIVERSIDAD  
COMPLUTENSE  
MADRID

Erasmus in Madrid



FOR MORE INFORMATION - CHECK OUT OUR TUS PAGE



**SCAN ME**