



# BACHELOR OF NUTRITION SCIENCE

## DISCOVER THE SCIENCE BEHIND FOOD AND NUTRITION

There's never been a better time to understand how food and nutrition can help us live healthier lives and prevent disease.

More than ever, nutrition scientists are needed to address the global challenges of over-and undernutrition, diet-related chronic diseases, and food supply systems that collectively contribute to poor health.

In this course, you will explore the multi-faceted discipline of human nutrition and gain an appreciation of the broad scope of food in society including the importance of food security and food sustainability for the future of human and planetary health. You will be taught in world-class learning environments by educators who bring real-world experience to the classroom.

### In the Bachelor of Nutrition Science you will:

- Graduate with an internationally recognised qualification: the only Australian course accredited by the UK Association for Nutrition.
- Have opportunities to study abroad, undertake a work placement or be involved in specialist research projects with internationally renowned nutrition scientists.
- Accelerate your pathway to becoming a Dietitian: graduates are eligible to apply for our Master of Nutrition and Dietetics and become an Accredited Practising Dietitian in just 18 months.

## COURSE STRUCTURE

YEAR 1	YEAR 2	YEAR 3
Personal and professional perspectives in nutrition Human nutrition: an introduction to nutrients Science foundations Evaluating the evidence: nutrition and population health Food science Human biology for nutrition	Health across the lifespan Food: science, composition and skills Applied research methods in nutrition Advanced nutritional physiology and immunology Nutritional biochemistry	Food sustainability systems Biochemistry, genetics and molecular nutrition Public health nutrition Nutrition, activity and health in chronic disease Nutrition Assessment  Elective choice of: Evidence-based nutrition Work placement Exercise physiology and sports nutrition Nutrition controversies

To find out more about what you'll study, visit [monash.edu/study/course/m2001](https://monash.edu/study/course/m2001)

### Course code

M2001

CRICOS code: 075117M

### Study mode

On-campus (Clayton)

### Intakes

**First semester:** February

### Durations

**Full time:** 3 years



*"I was drawn to the specialised nature of the course – all of the units are specific to nutrition and we are exposed to a plethora of fields in the discipline. I like that we benefit from smaller class sizes and I am constantly inspired by the teaching staff, who all come from a range of diverse nutrition backgrounds."*

**Charlotte Barber**

Bachelor of Nutrition Science graduate



## PRACTICAL EXPERIENCE

As part of your degree, you'll have the opportunity to get hands-on practical, industry, or research experience. You'll conduct nutrition-focused laboratory practicals inside our Biomedical Learning and Teaching Building and undertake food practicals at the BASE facility at Notting Hill. Learn to assess dietary intake, experiment with food composition and chemistry, develop a functional food product and conduct a food sustainability audit. In your third year, elective opportunities allow you to tailor your degree. You can work on a real-world nutrition research project, paired with one of our expert supervisors or complete an 11-week placement in the food industry or public health sector, or choose other electives.

## SCHOLARS PROGRAM

High-achieving students may be eligible for the Bachelor of Nutrition Science Scholars Program. This program will guarantee entry and open the door to the Master of Nutrition and Dietetics, where graduates are eligible to become members of Dietitians Australia (DA).

## CAREER OPPORTUNITIES

Studying a Bachelor of Nutrition Science can lead to a range of rewarding careers, including:

- Food technologist
- Product development coordinator
- Applications technologist
- Health promotion officer
- Food safety officer
- Nutrition researcher
- Dietitian (further study required).

Our degree focuses on developing your employability skills and career networks from day one with a diverse range of career pathways and opportunities to connect to future employers.

## FURTHER STUDY

- Accelerated entry into the Master of Nutrition and Dietetics
- Master of Food Science and Agribusiness
- Master in Public Health
- Master in other Allied Health professions.



*"I joined Monash University as an international student from Indonesia and it has been my absolute pleasure to be part of such a vibrant, innovative and caring community. I love nutrition science because there are just so many opportunities for us to give back and progress the communities we are living in."*

**Sarah Budiwianto**  
Bachelor of Nutrition Science graduate

### LEARN MORE

For further information about the Bachelor of Nutrition Sciences, including entry requirements, fees and scholarships, visit [monash.edu/study/course/m2001](https://monash.edu/study/course/m2001) or contact:

### FUTURE STUDENT ENQUIRIES

**T** 1800 MONASH (666 247)

**E** [future@monash.edu](mailto:future@monash.edu)

[monash.edu/medicine](https://monash.edu/medicine)

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