

# 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 overnutrition 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.

You'll gain in-depth knowledge of the role of nutrition in health and disease, the importance of food security and food sustainability for the future of human and planetary health, and learn approaches to optimise diets for individuals and populations.

Your knowledge and skills will be enriched through extensive practical study. You'll learn how to assess dietary intake, and experiment with food composition and chemistry. Opportunities to take electives in Year 3 enables you to tailor your nutrition science degree to align with your interests.

### By completing the Bachelor of Nutrition Science you will:

- Graduate with an internationally recognised qualification: the only Australian course accredited by the UK Association for Nutrition (AfN)
- Be eligible for an accelerated pathway to becoming a Dietitian: Our graduates are eligible to apply for our Master of Nutrition and Dietetics and become an Accredited Practising Dietitian in just 18 months. Nutrition Science Scholars are guaranteed entry into our Master of Nutrition and Dietetics (if a credit average is maintained) and receive a Sir John Monash Scholarship for Achievement (total value up to \$9,000 over 3 years).
- Have opportunities to participate in the Global Immersion Guarantee (GIG), study abroad, undertake a work placement, or study a sports nutrition elective.

## COURSE STRUCTURE

YEAR 1 Units	YEAR 2 Units	YEAR 3 Units
<ul style="list-style-type: none"> <li>■ Personal and professional perspectives in nutrition</li> <li>■ Human nutrition: an introduction to nutrients</li> <li>■ Science foundations</li> <li>■ Evaluating the evidence: nutrition and population health</li> <li>■ Food science</li> <li>■ Human biology for nutrition</li> </ul>	<ul style="list-style-type: none"> <li>■ Health across the lifespan</li> <li>■ Food: science, composition and skills</li> <li>■ Applied research methods in nutrition</li> <li>■ Advanced nutritional physiology and immunology</li> <li>■ Nutritional biochemistry</li> </ul>	<ul style="list-style-type: none"> <li>■ Food sustainability systems</li> <li>■ Precision and personalised nutrition</li> <li>■ Public health nutrition</li> <li>■ Nutrition, activity and health in chronic disease</li> <li>■ Nutrition Assessment</li> <li>■ Elective choice of:                             <ul style="list-style-type: none"> <li>- Work placement</li> <li>- Exercise physiology and sports nutrition</li> <li>- Nutrition controversies</li> </ul> </li> </ul>

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 student



## PRACTICAL EXPERIENCE

More than ever, nutrition scientists are needed. As part of your degree, you'll have the opportunity to get hands-on industry or research experience.

You'll conduct nutrition-focused laboratory practicals inside our new Biomedical Learning and Teaching Building and undertake food practicals at the Be Active, Sleep and Eat (BASE) facility at Notting Hill. You'll also develop a functional food product, and conduct a food sustainability audit.

In your third year, you will have the opportunity to apply to undertake a placement in the food industry or public health sector with one of our placement partners.

## 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 (if a credit average is maintained), where graduates are eligible to become members of Dietitians Australia (DA). Scholars students also receive a Sir John Monash Scholarship for Achievement (total value up to \$9,000 over 3 years).

### LEARN MORE

For further information about the Bachelor of Nutrition Science, including entry requirements, fees and scholarships, visit [monash.edu/study/course/m2001](http://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/scs/nutrition/study](http://monash.edu/medicine/scs/nutrition/study)

## CAREER OPPORTUNITIES

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

- Food technologist
- Product development coordinator
- 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

- Master of Nutrition and Dietetics in only 1.5 years - a total of 4.5 years for 2 degrees to become a Dietitian (provided you maintain a credit average across your nutrition studies)
- 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



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