

Nutrition

Queen Margaret University

Content

This comprehensive four-year undergraduate Master of Nutrition (MNutrition)/BSc (Hons) Nutrition provides a robust combination of the theoretical understanding and practical skills essential for cultivating a rewarding career as a nutritionist.

You will learn the scientific and social importance of nutrition in a modern and forward-looking university with excellent specialist facilities and equipment. Integrated real-world experiences, including a work-based placement module will foster your practical skills.

The science of nutrition employs evidence-based approaches to highlight the intricate relationship between our diet and health at an individual and population level, with consideration of biological, social, cultural, economic, environmental, and behavioural contexts. This scientific discipline delves into the impact of food on the functioning of the living organism, offering insights to optimise health and mitigate the risk of disease. Nutrition encompasses the study of food composition, digestion and absorption processes, energy metabolism, elimination of wastes, and the vital synthesis essential for growth, maintenance, and reproduction across the life-course.

The course covers all three areas of nutrition specialisation (clinical nutrition, public health nutrition, and sports and exercise nutrition), so students can explore their specific interests and career aspirations. There is strong focus on sustainability with a new module dedicated to sustainable food systems. The new Nutrition Communication module (master's route only) will foster your public engagement and content creation skills.

Start Date

September

Qualification

Degree

Study Method

Full time

Award Title

MNutrition/BSc Hons

UCAS Code

B403

Course Length

4 years

Faculty

School of Health Sciences

Department

Health Sciences

Entry Requirements

2025 entry requirements:

4 Highers at BBBC (standard entry) or BCCC (widening access entry) including Biology or Chemistry and preferably another science subject (Maths and Health and Food Technology are acceptable) plus English, Maths or Applications of Maths, Biology and Chemistry at National 5.

You may be required to be immunised against Hepatitis B.

You may require a satisfactory criminal record check from Disclosure Scotland to show that you are suitable for this type of course. Contact Disclosure Scotland for details on the type you would need.

SCQF Level

10

Progression Routes

«ProgressionRoutes»

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

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