Fitness, Nutrition and Health

Abertay University

Content

This practical, hands-on degree is ideal if you have a passion for fitness, nutrition and health.

Exercise, physical activity and nutritional balance are key for a health life. Learn about the interaction between them, so you can help the population develop healthier lifestyles. You'll study both nutrition and sports science. This means you'll cover the fundamentals of diet and fitness, right through to the social issues surrounding sport and exercise on this wide-ranging, flexible course.

With inbuilt work placements, an industry accreditation and state- of-the-art facilities, we aim to give your future career the best start. You'll graduate fully prepared to work as a highly skilled professional in a variety of fitness and health roles.

Start Date

September

Qualification

Degree

Study Method

Full time

Award Title

BSc Hons

UCAS Code

B400

Course Length

4 years

Faculty

Faculty of Social and Applied Sciences

Department

Built Environment and Life Sciences

Entry Requirements

2027 entry requirements

Standard entry: 4 Highers at BBBC plus English and Maths or Applications of Maths at National 5.

Widening access entry: 3 Highers at BBC plus English and Maths or Applications of Maths at National 5.

Entry to year two may be possible with 3 Advanced Highers at BBB including Biology or Chemistry and Health and Food Technology.

SCQF Level

10

Progression Routes

«ProgressionRoutes»

Combination Courses

«htmlCombinationCourse» «htmlCombinationUCASCode»

Address

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Website

www.abertay.ac.uk