

Fitness, Nutrition and Health

Abertay University

Content

Study Fitness, Nutrition and Health at Abertay and you'll learn how to meet these social challenges head on. The UK needs practitioners who understand the impact of nutrition and exercise on health, fitness and disease. And more importantly, people who are professionally equipped to help change behaviours.

By gaining a practical in-depth knowledge of nutrition and exercise, you will learn to understand how to improve the wellbeing of the population. This degree gives you:

Insight into the cutting-edge issues involved in Fitness, Nutrition and Health; An appreciation of how nutritional needs change throughout an individual's lifespan; An understanding of the key social issues in sport and exercise; A fundamental knowledge of nutrition, diet and health; The analytical techniques and problem-solving skills needed to work in the fitness or nutrition sectors; Effective communications skills, so you can connect with audiences at all levels.

Start Date

September

Qualification

Degree

Study Method

Full time

Award Title

BSc Hons

UCAS Code

B400

Course Length

4 years

Faculty

School of Applied Science

Department

Food and Drink

Entry Requirements

2023 entry requirements:

Standard entry: 4 Highers at BBBB plus Maths at National 5.

Widening access entry: 3 Highers at BBC plus 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