

Fitness, Nutrition and Health

Abertay University

Content

Learn how nutrition and fitness impact on health on this practical degree with a built-in work placement. Exercise, physical activity and nutritional balance are key for healthier lifestyles. You'll learn what can be done to promote balanced nutrition and fitness.

Working in state-of-the-art facilities, you'll explore how to improve the health of the population. You'll cover everything from the fundamentals of diet and fitness, through to the key social issues involved in sport and exercise on this wide-ranging degree.

This hands-on and flexible course is ideal if you have a passion for fitness, nutrition and health. You'll graduate ready to work in a wide range 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

2026 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