

# Bachelor of Human Nutrition (686AA.5)

Please note these are the 2019 details for this course

## Domestic students

Selection rank	56.25
	<b>Note:</b> The selection rank is the minimum ATAR plus adjustment factors required for admission to the program in the previous year. This is an indicative guide only as ranks change each year depending on demand.
Delivery mode	On campus
Location	Bruce, Canberra
Duration	3.0 years
Faculty	Faculty of Health
Discipline	Discipline of Nutrition and Dietetics
UAC code	
English language requirements	An IELTS Academic score of 6.0 overall, with no band score below 6.0 (or equivalent). <a href="#">View IELTS equivalences</a>

## International students

Academic entry requirements	To study at UC, you'll need to meet our academic entry requirements and any admission requirements specific to your course. Please read your course admission requirements below. To find out whether you meet UC's academic entry requirements, visit our <a href="#">academic entry requirements page</a> .
-----------------------------	---

---

[View UC's academic entry requirements](#)

---

Delivery mode	On campus
Location	Bruce, Canberra
Duration	3.0 years
Faculty	Faculty of Health
Discipline	Discipline of Nutrition and Dietetics
CRICOS code	046612C
English language requirements	An IELTS Academic score of 6.0 overall, with no band score below 6.0 (or equivalent). <a href="#">View IELTS equivalences</a>

# About this course

## Understand nutrition inside and out

Human nutrition is the branch of science devoted to the study of food and nutrients. It examines the effect that food and nutrients have on our physical, social, mental and environmental wellbeing. At the University of Canberra our emphasis is on the role of nutrition in the maintenance of health and wellbeing in different societies. You will gain specialist knowledge of the physiological, social, biochemical and epidemiological factors influencing diet-related diseases prevalent in societies today.

## Study a Bachelor of Human Nutrition at UC and you will:

- complete a range of foundation subjects to develop a sound scientific background in human nutrition including biochemistry, physiology and food science
- learn to describe all the factors that influence eating behaviour and responses to food today such as the psychological, social and cultural aspects of people's relationship to food and their maintenance of health and well-being
- be prepared for entry into graduate courses in allied health areas, including dietetics and nutrition, sports dietetics, physiotherapy and pharmacy.

## Work-integrated learning

Work-integrated learning (WIL) is learning first-hand through real work or work-like experiences. WIL is a key element to enhancing

employability in the workplace and is integral to many of our courses. This reinforces our commitment to preparing professional and highly employable graduates with the right mix of skills and knowledge.

## Career opportunities

- Nutrition and community education environments
- Health promotion
- Food industry and food regulation
- Careers in the biological sciences
- Government policy
- Research in nutrition

## Course specific information

Graduates of the Bachelor of Human Nutrition are eligible for registration as an Associate Nutritionist with the Nutrition Society of Australia.

## Professional accreditation

None.

# Admission requirements

Normal requirements for admission to an undergraduate degree course.

## Additional admission requirements

None.

## Assumed knowledge

ACT: Chemistry and Mathematical Methods majors.NSW: Chemistry and Mathematics.

## Periods course is open for new admissions

This course is not open for new admissions.

## Credit arrangements

There are currently no formal credit transfer arrangements for entry to this course. Any previous study or work experience will only be considered as part of the application process in accordance with current [course rules](#) and [university policy](#).

# Course requirements

Bachelor of Human Nutrition (686AA) | 72 credit points

**Required - 57 credit points as follows**

[Expand All](#) | [Collapse All](#)

**Minor in Biological Chemistry (MN0008) | 12 credit points**

**Required - Must pass 12 credit points as follows**

Chemistry 1a (1516) | 3 credit points — Level 1

Chemistry 1b (1517) | 3 credit points — Level 1

Human Biochemistry (6518) | 3 credit points — Level 2

Biochemistry (6530) | 3 credit points — Level 2

**Major in Human Nutrition (MJ0051) | 18 or 21 or 24 credit points**

**For the 18cp Major - Must pass 18 credit points as follows**

**Required - Must pass 15 credit points as follows**

Systemic Anatomy and Physiology (6529) | 3 credit points — Level 1

Nutrition Across the Lifecycle (8253) | 3 credit points — Level 3

Nutrition and Disease (8255) | 3 credit points — Level 3

Nutritional Science (8257) | 3 credit points — Level 2

Introductory Nutrition (9280) | 3 credit points — Level 1

**Restricted Choice - Must pass 3 credit points from the following**

Nutrition, Society and Health (8259) | 3 credit points — Level 3

Introduction to Food Science (9279) | 3 credit points — Level 1

**For the 21cp Major - Must pass 21 credit points as follows**

**Required - Must pass 15 credit points as follows**

Systemic Anatomy and Physiology (6529) | 3 credit points — Level 1

Nutrition Across the Lifecycle (8253) | 3 credit points — Level 3

Nutrition and Disease (8255) | 3 credit points — Level 3

Nutritional Science (8257) | 3 credit points — Level 2

Introductory Nutrition (9280) | 3 credit points — Level 1

**Restricted Choice - 6 credit points as follows**

**Part A - Must pass 3 credit points from the following**

Nutrition, Society and Health (8259) | 3 credit points – Level 3

Introduction to Food Science (9279) | 3 credit points – Level 1

### **Part B - Must pass 3 credit points from the following**

Nutrition, Society and Health (8259) | 3 credit points – Level 3

Sports Nutrition (8721) | 3 credit points – Level 3

International Nutrition (9278) | 3 credit points – Level 3

Introduction to Food Science (9279) | 3 credit points – Level 1

## **For the 24cp Major - Must pass 24 credit points as follows**

### **Required - Must pass 15 credit points as follows**

Systemic Anatomy and Physiology (6529) | 3 credit points – Level 1

Nutrition Across the Lifecycle (8253) | 3 credit points – Level 3

Nutrition and Disease (8255) | 3 credit points – Level 3

Nutritional Science (8257) | 3 credit points – Level 2

Introductory Nutrition (9280) | 3 credit points – Level 1

### **Restricted Choice - 9 credit points as follows**

#### **Part A - Must pass 3 credit points from the following**

Nutrition, Society and Health (8259) | 3 credit points – Level 3

Introduction to Food Science (9279) | 3 credit points – Level 1

#### **Part B - Must pass 3 credit points from the following**

Nutrition, Society and Health (8259) | 3 credit points – Level 3

Sports Nutrition (8721) | 3 credit points – Level 3

International Nutrition (9278) | 3 credit points – Level 3

Introduction to Food Science (9279) | 3 credit points – Level 1

#### **Part C - Must pass 3 credit points from the following**

Chemistry 1a (1516) | 3 credit points – Level 1

Human Physiology and the Lifecycle (6532) | 3 credit points – Level 3

Food Science (8251) | 3 credit points – Level 2

Nutrition, Society and Health (8259) | 3 credit points – Level 3

Sports Nutrition (8721) | 3 credit points – Level 3

International Nutrition (9278) | 3 credit points – Level 3

Note:

- Students choosing to undertake the 24 credit point Major must be enrolled in the Human Nutrition degree course or have permission from the Convener of the Major.

## **Required Units - Must pass 21 credit points as follows**

Concepts in Biology (483) | 3 credit points – Level 1

Human Physiology and the Lifecycle (6532) | 3 credit points – Level 3

Introduction to Statistics (6540) | 3 credit points – Level 1

Food Science (8251) | 3 credit points – Level 2

Sports Nutrition (8721) | 3 credit points – Level 3

Food, Health and Environment (9631) | 3 credit points – Level 3

Regional Anatomy and Physiology (9808) | 3 credit points – Level 1

## **Open Electives - 12 credit points as follows**

- Elective Options: Students may also wish to consider undertaking research units from the Faculty of Health as part of their electives.
- Postgraduate Study: Students intending to proceed into postgraduate courses in Dietetics or other Allied Health courses should seek advice from the Course Conveners about elective choice.
- Unit Levels: In selecting electives students should note that no more than 30 credit points at Level 1 is permitted for the entire course.

Note:

- Must pass 12 credit points from anywhere in the University, as a Minor or as individual units.

## **Restricted Choice - Must pass 3 credit points from the following**

- From Semester 1, 2015 9799 Foundations of Professional Planning replaces 9572 Becoming a Professional. Students who have not previously passed 9572 are now required to pass 9799.

Becoming a Professional (9572) | 3 credit points – Level 1

Foundations of Professional Planning (9799) | 3 credit points – Level 1

In addition to course requirements, in order to successfully complete your course you must meet the inherent requirements. Please refer

to the [inherent requirements statement](#) applicable to your course

# Typical study pattern

UC - Canberra, Bruce

Accelerated Full Time, Semester 1 Commencing

## Year 1

### Semester 1

[Chemistry 1a \(1516\)](#)

[Concepts in Biology \(483\)](#)

[Foundations of Professional Planning \(9799\)](#)

[Introductory Nutrition \(9280\)](#)

### Semester 2

[Chemistry 1b \(1517\)](#)

[Introduction to Food Science \(9279\)](#)

Two Open Elective units

### Winter Term

[Systemic Anatomy and Physiology \(6529\)](#)

## Year 2

### Semester 1

[Biochemistry \(6530\)](#)

[Human Physiology and the Lifecycle \(6532\)](#)

[Introduction to Statistics \(6540\)](#)

[Nutritional Science \(8257\)](#)

### Semester 2

[Food Science \(8251\)](#)

[Food, Health and Environment \(9631\)](#)

[Human Biochemistry \(6518\)](#)

[Nutrition and Disease \(8255\)](#)

### Winter Term

[Nutrition, Society and Health \(8259\)](#)

[Sports Nutrition \(8721\)](#)

**Year 3**

**Semester 1**

[International Nutrition \(9278\)](#)

[Nutrition Across the Lifecycle \(8253\)](#)

Two Open Elective units

## Accelerated Full-Time, Semester 2 Commencing

**Year 1**

**Semester 2**

[Foundations of Professional Planning \(9799\)](#)

[Introductory Nutrition \(9280\)](#)

[Systemic Anatomy and Physiology \(6529\)](#)

Open Elective unit

**Year 2**

**Semester 1**

[Chemistry 1a \(1516\)](#)

[Concepts in Biology \(483\)](#)

[Regional Anatomy and Physiology \(9808\)](#)

Open Elective unit

**Semester 2**

[Chemistry 1b \(1517\)](#)

[Introduction to Food Science \(9279\)](#)

[Introduction to Statistics \(6540\)](#)

[Nutrition and Disease \(8255\)](#)

**Winter Term**

[Nutritional Science \(8257\)](#)

Open Elective unit

**Year 3**



**Semester 1**

Biochemistry (6530)

Human Physiology and the Lifecycle (6532)

International Nutrition (9278)

Nutrition Across the Lifecycle (8253)

**Semester 2**

Food Science (8251)

Food, Health and Environment (9631)

Human Biochemistry (6518)

Sports Nutrition (8721)

**Winter Term**

Nutrition, Society and Health (8259)

Open Elective unit

## Standard Full-Time, Semester 1 Commencing

**Year 1****Semester 1**

Chemistry 1a (1516)

Concepts in Biology (483)

Foundations of Professional Planning (9799)

Introductory Nutrition (9280)

**Semester 2**

Chemistry 1b (1517)

Introduction to Food Science (9279)

Systemic Anatomy and Physiology (6529)

Open Elective unit

**Year 2****Semester 1**

Biochemistry (6530)

Introduction to Statistics (6540)

Nutritional Science (8257)

[Regional Anatomy and Physiology \(9808\)](#)

**Semester 2**

[Food Science \(8251\)](#)

[Human Biochemistry \(6518\)](#)

[Nutrition and Disease \(8255\)](#)

[Nutrition, Society and Health \(8259\)](#)

**Year 3**

**Semester 1**

[Human Physiology and the Lifecycle \(6532\)](#)

[International Nutrition \(9278\)](#)

[Nutrition Across the Lifecycle \(8253\)](#)

Open Elective unit

**Semester 2**

[Food, Health and Environment \(9631\)](#)

[Sports Nutrition \(8721\)](#)

Two Open Elective units

# Course information

## Course duration

Standard six semesters full-time or equivalent. Maximum twenty semesters.

## Learning outcomes

Learning outcomes	Related graduate attributes
Professional skills to enable students to work as a nutritionist in a variety of settings including health promotion, government policy areas and the food industry.	Professionalism and social responsibility: throughout the course there will be number of opportunities in which students will undertake Work Integrated Learning activities. These activities will provide students with the skills and capacity to gain and use their professional knowledge and skills, in terms of nutrition, ethically and responsibly, for the benefit of others and the environment.

<p>Knowledge of human nutrition and the role of nutrition in health and wellbeing</p>	<p>Communication: students will communicate their knowledge and application of their knowledge, both orally and in written formats, in tutorial activities and assessments.</p> <p>Problem Solving: the knowledge gained through the various units throughout the BHN will be used by students to analyse the role of nutrition in health and wellbeing and applied to various scenarios throughout the degree (thus students applying their base knowledge)</p> <p>Working independently: students will undertake independent and active study, through additional reading and assignments to supplement their face-to-face learning. The skills attained in independent study will reinforce their knowledge of and understanding in food and nutrition.</p> <p>Working with others: Throughout the course students will work in groups during laboratory/tutorial and computer lab sessions to enhance their learning. Although not a large component, students may have group assessment tasks to complete to further enhance their knowledge and understanding of the respective topics.</p>
<p>An understanding of the biological, social and cultural related aspects of human nutrition</p>	<p>Communication: students will communicate their knowledge and application of their knowledge (understanding), both orally and in written formats, in tutorial activities and assessments.</p> <p>Problem Solving: the knowledge gained through the various units throughout the BHN will be used by students to apply their understanding of the biological, social and cultural related aspects of human nutrition to specific scenarios.</p> <p>Working independently: students will undertake independent and active study, through additional reading and assignments to supplement their face-to-face learning. The skills attained in independent study will reinforce their knowledge, understanding and application of biological, social and cultural related</p>

	<p>aspects of human nutrition.</p> <p>Working with others: Throughout the course students will work in groups during laboratory/tutorial and computer lab sessions to enhance their learning. Although not a large component, students may have group assessment tasks to complete to further enhance their knowledge and understanding of the respective topics.</p>
--	---

Skills to critically evaluate human nutrition studies and undertake small research projects

Analysis and inquiry: throughout the course students will gain the skills to gather information, critically analyse and evaluate the information within

human nutrition studies, in a systematic, creative and insightful way. These

skills will be further enhanced through the conduct of small research projects, primarily during their third year of study.

Problem Solving: the knowledge gained through the various units throughout

the BHN will be used by students to analyse the role of nutrition in health and wellbeing and applied to various scenarios throughout the degree (thus students applying their base knowledge).

Working independently: students will undertake independent and active

study, through additional reading and assignments to supplement their face-to-face learning. The skills attained in independent study will provide the students with skills to critically evaluate human nutrition studies and undertake small research projects, particularly in the third year of their degree.

Working with others: Throughout the course students will work in groups

during laboratory/tutorial and computer lab sessions to enhance their learning. Although not a large component, students may work collaboratively to

critically evaluate human nutrition studies and undertake small research projects.

Professionalism and social responsibility: through this learning outcome

students will gain knowledge and an understanding of the ethical principles

---

and considerations relevant to a study in human nutrition. In attaining this

knowledge students will have the skills and capacity to use their professional knowledge and skills, in terms of nutrition, ethically and responsibly, for the benefit of others and the environment.

## Placements requirements

This course requires students to meet compulsory placement requirements prior to undertaking professional placement (Work-Integrated Learning) in a clinical or professional setting. For information on what these requirements are and how to meet these requirements, please visit [www.canberra.edu.au/placement](http://www.canberra.edu.au/placement)

## Majors

- [Minor in Biological Chemistry \(MN0008\)](#)
- [Major in Human Nutrition \(MJ0051\)](#)

## Awards

Award	Official abbreviation
Bachelor of Human Nutrition	B HumanNutr

## Honours

High performing students may be eligible to enrol in the Bachelor of Human Nutrition (Honours) course.

## Alternative exits

276JA Bachelor of Sport and Exercise Science / Bachelor of Human Nutrition

## Enquiries

Student category	Contact details
Prospective International Students	Email <a href="mailto:international@canberra.edu.au">international@canberra.edu.au</a> or Phone +61 2 6201 5342
Prospective Domestic Students	Email <a href="mailto:study@canberra.edu.au">study@canberra.edu.au</a> or Phone 1800 UNI CAN (1800 864 226)
Current and Commencing Students	Please contact the Faculty of Health faculty office, email <a href="mailto:student.centre@canberra.edu.au">student.centre@canberra.edu.au</a>

## Download your course guide



# Scholarships

Find the scholarship that's the right fit for you

[Explore Scholarships](#)

Printed on 06, July, 2025

University of Canberra, Bruce ACT 2617 Australia

+61 2 6201 5111

ABN 81 633 873 422

CRICOS 00212K

TEQSA Provider ID: PRV12003 (Australian University)

UC acknowledges the Ngunnawal people, traditional custodians of the lands where Bruce campus is situated. We wish to acknowledge and respect their continuing culture and the contribution they make to the life of Canberra and the region. We also acknowledge all other First Nations Peoples on whose lands we gather.