

Bachelor of Human Nutrition (686AA.7)

Please note these are the 2023 details for this course

Domestic students

Selection rank	60 Note: 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	365063
English language requirements	An IELTS Academic score of 6.0 overall, with no band score below 6.0 (or equivalent). View IELTS equivalences

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 academic entry requirements page .
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[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). View IELTS equivalences

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

Admission to this course is based on an entrance rank. A rank can be achieved by the following means:

- Year 12 ATAR
- other Australian Qualification
- work experience
- overseas qualification

We also offer a number of entry initiatives that give you the opportunity to gain entry to the University via alternate pathway programs and admissions schemes.

More information is available on our Alternative Entry page: <http://www.canberra.edu.au/future-students/applications/apply-now/alternative-entry>

Additional admission requirements

A Working With Vulnerable People check is required for Work Integrated Learning (WIL) placements. Some placements also require a police check and an up-to-date vaccination status.

Assumed knowledge

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

Periods course is open for new admissions

Year	Location	Teaching period	Teaching start date	Domestic	International
2025	Bruce, Canberra	Semester 1	03 February 2025	✓	✓
2025	Bruce, Canberra	Semester 2	28 July 2025	✓	✓
2026	Bruce, Canberra	Semester 1	16 February 2026	✓	✓
2026	Bruce, Canberra	Semester 2	10 August 2026	✓	✓
2027	Bruce, Canberra	Semester 1	15 February 2027	✓	✓
2027	Bruce, Canberra	Semester 2	09 August 2027	✓	✓

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 - 48 credit points as follows

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

Specialist Major in Nutritional Science (SM0042) | 24 credit points

Required - Must pass 24 credit points as follows

[Nutrition and Disease \(8255\) | 3 credit points — Level 3](#)

[Nutritional Science \(8257\) | 3 credit points — Level 2](#)

[Introduction to Food Science \(9279\) | 3 credit points — Level 1](#)

[Introductory Nutrition \(9280\) | 3 credit points — Level 1](#)

[Integrated Physiology \(11726\) | 3 credit points — Level 3](#)

[Excitable Tissue Physiology \(11729\) | 3 credit points — Level 3](#)

[Fundamentals of Biochemistry \(11733\) | 3 credit points — Level 2](#)

[Biochemistry and Metabolism \(11734\) | 3 credit points — Level 2](#)

Core Major in Nutrition Foundations (CM0021) | 24 credit points

Required - Must pass 18 credit points as follows

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

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

Professional Orientation (Health) (11400) | 3 credit points – Level 1

Professional Evidence (Health) (11402) | 3 credit points – Level 3

Chemical Concepts (11724) | 3 credit points – Level 1

Chemical Foundations (11768) | 3 credit points – Level 1

Restricted Choice - 6 credit points as follows

Part A - Must pass 3 credit points from the following

Health Program Planning and Evaluation (10454) | 3 credit points – Level 3

Professional Practice (Health) 1 (11401) | 3 credit points – Level 2

Part B - Must pass 3 credit points from the following

Cross-Cultural Professional Practice (9855) | 3 credit points – Level 3

Industry and Community Engagement (Health) (10120) | 3 credit points – Level 3

Restricted Choice - Must select 1 of the following

Option 1 - 24 credit points as follows

- Must pass 24 credit points from anywhere in the University, as a breadth major, a breadth minor and/or as individual units.

Option 2 - 24 credit points as follows

Specialist Major in Nutrition Practice (SM0043) | 24 credit points

Required - Must pass 21 credit points as follows

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

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

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

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

Health Promotion Principles and Practice (10455) | 3 credit points – Level 1

Introduction to Research in the Health Sciences (11398) | 3 credit points – Level 1

[Global Nutrition \(11577\) | 3 credit points – Level 3](#)

Restricted Choice - Must pass 3 credit points from the following

[Epidemiology and Principles of Research \(8580\) | 3 credit points – Level 3](#)

[Evidence Based Practice \(8988\) | 3 credit points – Level 4](#)

- Students who want to register with the Nutrition Society of Australia and/or apply for postgraduate studies in dietetics are recommended to complete the Specialist Major in Nutrition Practice.

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

Standard Full Time, Semester 1 Commencing

Year 1

Semester 1

[Chemical Foundations \(11768\)](#)

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

[Professional Orientation \(Health\) \(11400\)](#)

One Open Elective Unit

Semester 2

[Chemical Concepts \(11724\)](#)

One Open Elective Unit

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

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

Year 2

Semester 1

[Health Program Planning and Evaluation \(10454\) OR Professional Practice \(Health\) \(11401\)](#)

[Fundamentals of Biochemistry \(11733\)](#)

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

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

Semester 2

[Biochemistry and Metabolism \(11734\)](#)

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

Two Open Elective Units

Year 3

Semester 1

[Integrated Physiology \(11726\)](#)

Two Open Elective Units

Industry and Community Engagement (10120) OR Cross-Cultural Professional Practice (9855)

Semester 2

[Professional Evidence \(Health\) \(11402\)](#)

Two Open Elective Units

[Excitable Tissue Physiology \(11729\)](#)

Standard Full Time, Semester 1 Commencing, SM0043 Specialist Major in Nutrition Practice

Year 1

Semester 1

[Chemical Foundations \(11768\)](#)

[Health Promotion Principles and Practice \(10455\)](#)

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

[Professional Orientation \(Health\) \(11400\)](#)

Semester 2

[Chemical Concepts \(11724\)](#)

[Introduction to Research in the Health Sciences \(11398\)](#)

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

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

Year 2

Semester 1

Fundamentals of Biochemistry (11733)

Introduction to Food Science (9279)

Health Program Planning and Evaluation (10454) OR Professional Practice (Health) (11401)

Regional Anatomy and Physiology (9808)

Semester 2

Biochemistry and Metabolism (11734)

Food Science (8251)

Nutrition and Disease (8255)

Nutrition, Society and Health (8259)

Year 3**Semester 1**

Nutrition Across the Lifecycle (8253)

Sports Nutrition (8721)

Industry and Community Engagement (10120) OR Cross-Cultural Professional Practice (9855)

Integrated Physiology (11726)

Semester 2

Epidemiology and Principles of Research (8580)

Excitable Tissue Physiology (11729)

Global Nutrition (11577)

Professional Evidence (Health) (11402)

Standard Full Time, Semester 2 Commencing**Year 1****Semester 2**

One Open Elective Unit

Introductory Nutrition (9280)

Professional Orientation (Health) (11400)

Systemic Anatomy and Physiology (6529)

Year 2

Semester 1

[Chemical Foundations \(11768\)](#)

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

One Open Elective Unit

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

Semester 2

One Open Elective Unit

[Chemical Concepts \(11724\)](#)

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

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

Year 3**Semester 1**

[Fundamentals of Biochemistry \(11733\)](#)

Health Program Planning and Evaluation (10454) OR Professional Practice (Health) (11401)

[Integrated Physiology \(11726\)](#)

One Open Elective Unit

Semester 2

[Professional Evidence \(Health\) \(11402\)](#)

One Open Elective Unit

[Biochemistry and Metabolism \(11734\)](#)

[Excitable Tissue Physiology \(11729\)](#)

Year 4**Semester 1**

Industry and Community Engagement (10120) OR Cross-Cultural Professional Practice (9855)

Three Open Elective Units

Standard Full Time, Semester 2 Commencing, SM0043 Specialist Major in Nutrition Practice

Year 1**Semester 2**

Introduction to Research in the Health Sciences (11398)

Introductory Nutrition (9280)

Professional Orientation (Health) (11400)

Systemic Anatomy and Physiology (6529)

Year 2

Semester 1

Chemical Foundations (11768)

Health Promotion Principles and Practice (10455)

Introduction to Food Science (9279)

Regional Anatomy and Physiology (9808)

Semester 2

Chemical Concepts (11724)

Food Science (8251)

Nutrition and Disease (8255)

Nutritional Science (8257)

Winter Term

Nutrition, Society and Health (8259)

Year 3

Semester 1

Health Program Planning and Evaluation (10454) OR Professional Practice (Health) (11401)

Fundamentals of Biochemistry (11733)

Integrated Physiology (11726)

Nutrition Across the Lifecycle (8253)

Semester 2

Biochemistry and Metabolism (11734)

Excitable Tissue Physiology (11729)

Global Nutrition (11577)

Professional Evidence (Health) (11402)

Year 4

Semester 1

Evidence Based Practice (8988)

Industry and Community Engagement (Health) (10120)

Sports Nutrition (8721)

Course information

Course duration

Standard 3 years full time or part-time equivalent. Maximum 10 years from date of enrolment to date of course completion.

Learning outcomes

Learning outcomes	Related graduate attributes
Apply evidence-based principles of nutrition science, food science and public health nutrition to describe, assess, and influence the food and nutrient intake of individuals, groups and populations.	<p>UC graduates are professional: Employ up-to-date and relevant knowledge and skills; communicate effectively; use creativity, critical thinking, analysis and research skills to solve theoretical and real-world problems; work collaboratively as part of a team, negotiate, and resolve conflict; display initiative and drive, and use their organisational skills to plan and manage their workload; take pride in their professional and personal integrity.</p> <p>UC graduates are global citizens: Think globally about issues in their profession; adopt an informed and balanced approach across professional and international boundaries; understand issues in their profession from the perspective of other cultures; communicate effectively in diverse cultural and social settings; make creative use of technology in their learning and professional lives; behave ethically and sustainably in their professional and personal lives.</p> <p>UC graduates are lifelong learners: Reflect on their own practice, updating and adapting their knowledge and skills for continual professional and academic development; be self-aware; adapt to complexity, ambiguity and change by being flexible and keen to engage with new ideas; evaluate and adopt new technology.</p> <p>UC graduates are able to demonstrate Aboriginal and Torres Strait Islander ways of knowing, being and doing: Use local Indigenous histories and traditional ecological knowledge to develop and augment understanding of their discipline; communicate and engage with Indigenous Australians in ethical and culturally respectful ways; apply their knowledge to working with Indigenous Australians in socially just ways.</p>

<p>Communicate nutrition information accurately, professionally, ethically and effectively in culturally appropriate ways.</p>	<p>UC graduates are professional: Employ up-to-date and relevant knowledge and skills; communicate effectively; use creativity, critical thinking, analysis and research skills to solve theoretical and real-world problems; work collaboratively as part of a team, negotiate, and resolve conflict; display initiative and drive, and use their organisational skills to plan and manage their workload; take pride in their professional and personal integrity.</p> <p>UC graduates are global citizens: Think globally about issues in their profession; understand issues in their profession from the perspective of other cultures; behave ethically and sustainably in their professional and personal lives.</p> <p>UC graduates are lifelong learners: Reflect on their own practice, updating and adapting their knowledge and skills for continual professional and academic development; be self-aware; adapt to complexity, ambiguity and change by being flexible and keen to engage with new ideas; evaluate and adopt new technology.</p> <p>UC graduates are able to demonstrate Aboriginal and Torres Strait Islander ways of knowing, being and doing: Use local Indigenous histories and traditional ecological knowledge to develop and augment understanding of their discipline.</p>
<p>Select, explain, and appraise nutrition evidence and plan the collection of trustworthy nutrition evidence.</p>	<p>UC graduates are professional: Employ up-to-date and relevant knowledge and skills; communicate effectively; use creativity, critical thinking, analysis and research skills to solve theoretical and real-world problems; work collaboratively as part of a team, negotiate, and resolve conflict; display initiative and drive, and use their organisational skills to plan and manage their workload; take pride in their professional and personal integrity.</p> <p>UC graduates are global citizens: Think globally about issues in their profession; adopt an informed and balanced approach across professional and international boundaries; understand issues in their profession from the perspective of other cultures; communicate effectively in diverse cultural and social settings; make creative use of technology in their learning and professional lives; behave ethically and sustainably in their professional and personal lives.</p> <p>UC graduates are lifelong learners: Reflect on their own practice, updating and adapting their knowledge and skills for continual professional and academic development; be self-aware; adapt to complexity, ambiguity and change by being flexible and keen to engage with new ideas; evaluate and adopt new technology.</p> <p>UC graduates are able to demonstrate Aboriginal and Torres Strait Islander ways of</p>

	<p>knowing, being and doing: Use local Indigenous histories and traditional ecological knowledge to develop and augment understanding of their discipline; communicate and engage with Indigenous Australians in ethical and culturally respectful ways; apply their knowledge to working with Indigenous Australians in socially just ways.</p>
<p>Assess, model and manipulate factors influencing food systems and the relationship between food systems and health.</p>	<p>UC graduates are professional: Employ up-to-date and relevant knowledge and skills; communicate effectively; use creativity, critical thinking, analysis and research skills to solve theoretical and real-world problems; work collaboratively as part of a team, negotiate, and resolve conflict; display initiative and drive, and use their organisational skills to plan and manage their workload; take pride in their professional and personal integrity.</p> <p>UC graduates are global citizens: Think globally about issues in their profession; adopt an informed and balanced approach across professional and international boundaries; understand issues in their profession from the perspective of other cultures; communicate effectively in diverse cultural and social settings; make creative use of technology in their learning and professional lives; behave ethically and sustainably in their professional and personal lives.</p> <p>UC graduates are lifelong learners: Reflect on their own practice, updating and adapting their knowledge and skills for continual professional and academic development; be self-aware; adapt to complexity, ambiguity and change by being flexible and keen to engage with new ideas; evaluate and adopt new technology.</p> <p>UC graduates are able to demonstrate Aboriginal and Torres Strait Islander ways of knowing, being and doing: Use local Indigenous histories and traditional ecological knowledge to develop and augment understanding of their discipline; communicate and engage with Indigenous Australians in ethical and culturally respectful ways; apply their knowledge to working with Indigenous Australians in socially just ways.</p>
<p>Influence the capacity for nutrition governance to address sociocultural and behavioural factors on health.</p>	<p>UC graduates are professional: Employ up-to-date and relevant knowledge and skills; communicate effectively; use creativity, critical thinking, analysis and research skills to solve theoretical and real-world problems; work collaboratively as part of a team, negotiate, and resolve conflict; display initiative and drive, and use their organisational skills to plan and manage their workload; take pride in their professional and personal integrity.</p> <p>UC graduates are global citizens: Think globally about issues in their profession; adopt an informed and balanced approach across professional and international</p>

	<p>boundaries; understand issues in their profession from the perspective of other cultures; communicate effectively in diverse cultural and social settings; make creative use of technology in their learning and professional lives; behave ethically and sustainably in their professional and personal lives.</p> <p>UC graduates are lifelong learners: Reflect on their own practice, updating and adapting their knowledge and skills for continual professional and academic development; be self-aware; adapt to complexity, ambiguity and change by being flexible and keen to engage with new ideas; evaluate and adopt new technology.</p> <p>UC graduates are able to demonstrate Aboriginal and Torres Strait Islander ways of knowing, being and doing: Use local Indigenous histories and traditional ecological knowledge to develop and augment understanding of their discipline; communicate and engage with Indigenous Australians in ethical and culturally respectful ways; apply their knowledge to working with Indigenous Australians in socially just ways.</p>
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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.

Majors

- [Core Major in Nutrition Foundations \(CM0021\)](#)
- [Specialist Major in Nutritional Science \(SM0042\)](#)
- [Specialist Major in Nutrition Practice \(SM0043\)](#)

Awards

Award	Official abbreviation
Bachelor of Human Nutrition	B HumanNutr

Alternative exits

Combined horizontal degree (double degree) Bachelor of Health Science (Human Movement)/Bachelor of Human Nutrition (HLHL101):

For details see the separate entry for the double degree on this website.

Enquiries

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

Download your course guide



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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.