

Nutrition Science

Nutritionists provide advice on food and its impact on health. Employed across community healthcare settings, they have the expertise to provide evidence-based consultancy services, and work on policy and research to improve health outcomes.

The Bachelor of Nutrition Science is a pathway into postgraduate studies for Dietetics, Public Health, and Food Science and Research.

WHY STUDY NUTRITION SCIENCE WITH US?



Make Tasmania your classroom.



Learn to understand the food security of Tasmanians.



Have a positive impact on the health and wellbeing of our community through evidence-based nutritional advice.

Bachelor of Nutrition Science

> [VIEW COURSE DETAILS](#)

Duration Min. 3 years, max. 7 years

Location Launceston

CRICOS: 098361J



"I'd like to change the nutrition programs in primary and high schools, so kids know how important healthy food is."

– RAQUEL ANDREWS, BACHELOR OF NUTRITION SCIENCE, ALUMNA

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WHAT CAN I STUDY?

Dietetic Pathway

This pathway allows you fulfill the requirements for postgraduate programs such as the Master of Dietetics or Master of Nutrition and Dietetics. If you're interested in working with individuals or larger populations, this major helps you understand why and how the foods we eat impact our health and wellbeing. Along with foundation nutrition science units, this major prepares you to understand the reasons why many health conditions have poor eating practices at their core, and the evidence base for appropriate nutrition in the prevention of many chronic diseases. As a graduate of the dietetic pathway major, you may be eligible for registration with the Nutrition Society of Australia (NSA) as an Associate Nutritionist (ANutr) and, after further completion of relevant work experience, as a Registered Nutritionist (RNutr).

Public Health Nutrition

The focus of this major is on the prevention of diet-related disease and the promotion of optimal nutrition and health in populations. Whether you're interested in working at the grass-roots community level or on the global stage, this major will provide you with the theoretical and practical knowledge to protect and improve the health of communities. This major provides a pathway to the Master of Public Health at the University of Tasmania, and a career in public health and health advocacy, working with Government, non-government organisations, industry, and community groups. As a graduate of the public health nutrition major, you may be eligible for registration with the Nutrition Society of Australia (NSA) as an Associate Nutritionist (ANutr) and, after further completion of relevant work experience, as a Registered Public Health Nutritionist (RPHNutr).

Functional Foods and Health

Investigate foods and beverages with ingredients that have evidence for providing beneficial effects on human health. The focus of this major is on developing practical and theoretical knowledge of the functional food industry from a nutrition and evidence-based health perspective. Advances in technology and research are influencing food production practices, resulting in innovation in human nutrition and changing the variety of food available to the consumer. This major provides students with knowledge of the chemical composition of foods and their biological effects on the human body. Students will develop skills that prepare them to work in food science, health and nutrition industries, and Government and regulatory agencies.

CAREER OUTLOOK

On graduation, you'll be ready to undertake an exciting career in the health sector or food industry. Your career could range from working alongside professional food science and nutrition industries, government and regulatory agencies, or delivering health and wellbeing initiatives within the community.

You can also move into postgraduate studies in Dietetics, Public Health, Food Science, or Speech Pathology.

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We've also been working hard on creating and re-establishing vegetable gardens across the University and AMC campuses at Newnham.”

– MARGARET MCGOWAN, BACHELOR OF NUTRITION SCIENCE ALUMNA

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