APPLIED HUMAN NUTRITION

MSc/PGDip
Department of Sport and Health Sciences

“Outstanding teaching, strong research and students happy to sing the praises of both.”

Sunday Times
University Guide
THE COURSE

Applied Human Nutrition is a practical, research driven masters course detailing the science behind the nutritional requirements of humans from pre-conception to old age. A key focus is examining the provision of food and nutrients to the body to facilitate optimum physical and mental development and maintenance of health throughout a lifetime.

Recently there has been a significant rise in diet-related illnesses around the globe, such as obesity, type 2 diabetes, certain cancers and cardiovascular disease. Poor nutrition is causing increased public health problems in all sectors and ages, especially among the young and the elderly. On the other hand, in some areas of the world deficiency diseases and malnutrition are common. The course aims to address these issues and enable you to develop the skills and knowledge required to understand the current issues in the field of human nutrition.

Our course is accredited by the Association for Nutrition, the professional body for the regulation and registration of nutritionists. There is increasing recognition among employers, in industry and in the public sector that registration with the Association is a sign of quality, which could enhance graduate career prospects.

This allows you as a graduate to enter the register of nutritionists as an associate nutritionist and convert to full registration status after gaining three years’ experience.

EXAMPLES OF RESEARCH PROJECTS

One of the biggest accolades for a research student is to see their work presented at a conference or published in a scientific journal. Many studies that have been conducted by previous students have been submitted and presented work at conferences and have published abstracts. Some examples include:


MODULES

- **Human Nutrition** provides a comprehensive overview of the different nutrients required by humans throughout the life cycle and their sources in food in the UK and worldwide.

- **Food Science** covers the properties of food components and their role in foods.

- **Research Methods** provides a foundation and training in fundamental research methods.

- **Nutrition, Physical Activity and Health** examines the relationships between nutrition, physical activity and health outcomes in humans.

- **Global nutrition and public health** examines current international nutrition problems and their social context in developed and developing countries, together with their treatment and prevention.

- **Health promotion and professional practice** explores the concept of health promotion and will develop students to act as a professional nutritionist within the AfN Standards of Ethics, Conduct and Performance.

- **Research Project** (60 credits) involves original research in the study of a specific topic in nutrition.

MSc students are required to complete all the following modules. PGDip students are required to complete all modules excluding the research project and PGCert students are required to complete 60 credits including Human Nutrition, either International Nutrition and/or Food Science, and one other module. All modules are worth 20 credits unless otherwise stated.

EXAMPLES OF GRADUATES CAREERS

- **Philippa Brightman**
  Special Diets and Health Manager, Sainsbury’s

- **Ann Fraser**
  Manager, Functional Food Centre

- **Viren Ranawana**
  Research Fellow, Rowett Institute of Nutrition and Health

- **Catherine Robinson**
  Quality Manager at Atkins and Potts

- **Miriam Iuell Dahl**
  Consultant at UNICEF

- **Anita Ryter**
  Scientist, Federal Food Safety and Veterinary Office, Switzerland
CAREERS
Graduates pursue a range of nutrition-related careers, particularly in:

- public health nutrition and health promotion
- industry with food and drink manufacturers and retailers, medical food companies, food service providers and trade associations
- government and policy to improve the health of the population
- research in universities, food companies or research institutes

Ross Watkins
MSc Applied Human Nutrition

I studied Politics and International Studies at undergraduate level and later went on to complete an MBA. I had a five year career as a Marketing Manager before deciding that my real interest lies in the field of nutrition.

When I came to visit Oxford Brookes before applying I was impressed with what the course had to offer. When it came to the application process and choosing between the universities that had given me offers Oxford Brookes was by far the most pro-active in supplying me with the information I needed to make my decision.

I’ve really enjoyed the course and I’ve learnt a lot. The tutors are engaging and supportive and the relaxed, welcoming atmosphere around the campuses helps you keep focused whilst at the same time allowing you to enjoy your time at university.

If you have an urge to study Nutrition, Oxford Brookes is the place to be!

Verena Heinreichberger
MSc Applied Human Nutrition

Before joining Oxford Brookes I studied Export Management in Austria and after some years of work experience I decided to change my career to the field of nutrition. I decided to study at Brookes because it has the whole package; the content of the course in particular really stood out. I found the other students here very nice and friendly and the lecturers to be helpful and supportive. The practicals are always extremely interesting too: I can definitely say I’ve gained a lot from them. The best advice I can give to others is to enjoy yourselves and get the most out of both the course and Oxford Brookes!
WHY CHOOSE OXFORD BROOKES UNIVERSITY?

- Opportunities to work with the UK’s first Research Centre dedicated to Functional Foods. As one of the biggest European Centres for Glycaemic Index testing you could undertake your project in the Functional Food Centre (FFC) which will expose you to a dynamic research intensive environment and provide links to the food industry.

- The course is accredited by the Association for Nutrition as meeting their requirements for graduate recognition in the UK as ‘Associate Registered Nutritionist’ – see www.associationfornutrition.org. Students will therefore gain a deep understanding of food and nutrition issues and the related skills which they will be able to apply in many different future careers.

- We provide opportunities for students to attend Nutrition Conferences and undertake factory visits within the modules on the course. This provides opportunities for networking and to apply information learned in the classroom.

- Our teaching staff conducts internationally recognised research in the nutritional sciences. In the last Research Excellence Framework (the system used for assessing the quality of research in UK higher education institutions) published in December 2014, 98% of research was Internationally recognised of which 82% was either Internationally excellent or World-Leading in the area of Allied Health Professions.

- High profile speakers from the food industry, government and research bodies regularly present at our nutrition seminar series and within our modules, keeping students up-to-date with current thinking on nutrition, food and policy topics.

- Small class sizes provide plenty of opportunities for in-depth discussions and practical application of the theory.

VISIT US

If you would like to come and see the facilities available in Nutrition at Oxford Brookes University then please get in touch with Dr Miriam Clegg, Course Leader.

FIND OUT MORE

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We pride ourselves on the applied nature of our MSc. We aim to provide as many opportunities as possible for our students from Conference attendance to high profile guest speakers as well as plenty of lab based experience.

Dr Miriam Clegg, Course Leader

To obtain a large-print copy of this publication or to enquire about other formats please contact +44 (0) 1865 484848 or email query@brookes.ac.uk

Oxford Brookes University actively supports equality in education and welcomes applications from all people representative of our diverse community. For more details please visit www.brookes.ac.uk/services/hr/eod or phone +44 (0) 1865 485929.