Charles Sturt University’s (CSU’s) Bachelor of Health Science (Food and Nutrition) prepares graduates to work in multidisciplinary teams in a range of health and industrial settings. You will learn about the production and development of food products as well as the nutrition of individuals.

The course covers:
- physiology
- human biochemistry
- human nutrition
- food intake and meal planning
- community and public health
- food quality
- food science
- product development.

Food plays a vital health and economic role in Australia. Food is a regular topic in the media, ranging from its culinary enjoyment to issues of obesity and malnutrition in some communities.

The Bachelor of Health Science (Food and Nutrition) is an applied science course, grounded in evidence and practical learning, and includes social dimensions that will equip graduates with the necessary skills to make decisions or provide advice. Students will also participate in a three-day food factory visit to develop professional links and insights and benefit from the strong relationships between CSU and industry.

The Bachelor of Health Science (Food and Nutrition) is offered online by CSU, providing the flexibility to fit study into your work and personal commitments.
Career opportunities

Graduates who can integrate concepts of food design and production into a strict nutritional, ethical, regulatory and commercial context are in high demand. Graduates may apply their skills in traditional food design or nutritional advice, but also in food marketing, food processing, new product development, food regulation, and research or government programs. From working as a food scientist developing new products for a large corporation to providing individuals with dietary advice, there is a broad range of career options available to you when you study health science.

Residential schools

There are no professional placements in this course. Students will however be required to attend residential schools on campus to carry out simulated clinics and laboratory practicals. These compulsory residential schools are required in approximately half the subjects in this course and have a duration of 2–4 days per subject.

Professional recognition

This course qualifies graduates to apply to the Nutrition Society of Australia (NSA) for the qualification of Associate Nutritionist; however, the NSA does not formally accredit courses. Graduates are also eligible for membership of the Australian Institute of Food Science and Technology (AIFST).

Admission requirements

Assumed knowledge is NSW HSC or equivalent 2 Unit mathematics and 2 Unit chemistry. Students with inadequate background in chemistry and mathematics are strongly recommended to undertake the chemistry and mathematics subjects offered in the university’s STUDY LINK program prior to commencing study.

Credit

Students can apply for credit for prior study at any time during the course. Credits can be granted on the basis of previous formal study or on the basis of professional experience.

For more information or to apply, visit: csu.edu.au/courses/food-and-nutrition