Do you want to help prevent disease and improve understanding of diet and health?

MSc Human Nutrition

www.abdn.ac.uk/msc/human-nutrition
Our MSc in Human Nutrition will improve your knowledge of metabolism, clinical, molecular and public health nutrition: including their role in food security and sustainability.

On this comprehensive MSc programme you will have the opportunity to study different areas of human nutrition before deciding which to specialise in, including molecular nutrition which Aberdeen is unique in offering. This flexible course structure means your studies will be best aligned with your interests and career requirements.

The programme is run in collaboration with the Rowett Institute of Nutrition and Health, part of the University of Aberdeen. For over 100 years, the Rowett Institute has played a major role in informing policy and establishing the link between diet and health.
The MSc Human Nutrition programme aims to provide students with:

- Training in human nutrition that will equip you for future careers in academia, health and science industries, sports and fitness
- Hands on experience that will improve your employability and improve the outcome of your degree
- A professional network and valuable links to the Rowett Institute of Nutrition and Health

In the first semester the programme covers topics which include dietary assessment, macronutrients, energy balance and metabolism, micronutrients, nutritional status and body composition, nutrition throughout the lifecycle, diet and disease, computing and applied statistics. In the second semester you will choose from one of three specialist courses; Metabolic Nutrition, Molecular Nutrition or Public Health Nutrition. You will also learn about research methods and professional practice to help prepare for undertaking your research project. In the final semester you will undertake an independent research project under the guidance of a Supervisor.

Courses are subject to change and you should check our online prospectus for the most up-to-date information. More information on our MSc course content is available at: www.abdn.ac.uk/msc/human-nutrition
This MSc programme offers graduates access to leading academics and nutritional experts, which will increase your level of insight and give you a competitive advantage over other job applicants.

Why choose to study at Aberdeen?

- Studying Human Nutrition at Aberdeen means you will experience multi-disciplinary, research-led teaching by experts who are leaders in the field.
- As Aberdeen is a leading centre for human nutrition research, the programme offers site visits and arranges guest lectures that will provide you with unique insights into nutritional research. You will also gain first-hand experience of what is involved in running a research study.
- You will be able to specialise in the area of human nutrition which is of most interest to you: Metabolic Nutrition, Molecular Nutrition or Public Health Nutrition.
- The MSc is accredited by the Association for Nutrition, one of only 3 MSc programmes in Scotland to have achieved this standard.
- You will have access to the Rowett Institute of Nutrition and Health, which has been responsible for ground-breaking nutritional research including the effect of milk on the growth of children, the development of partition chromatography, the identification of metallothionein protein and the establishment of the Food Standard’s Agency and the Scottish Diet Action Plan.
- The programme is coordinated through the University Medical School and has strong links to the on-campus hospital, offering you the opportunity to carry out medical-focused nutrition projects.
- The University has a strong focus on developing students’ applied skills and expertise, so that your qualifications and experience are closely aligned to employers’ needs.

The MSc Human Nutrition is co-ordinated with the Medical School which is ranked 7th in the UK

(Guardian League Tables 2016).
The MSc enables you to learn outside the classroom so that you can **apply both theory and practice to human nutrition research projects.**

**How will you learn?**
Our Human Nutrition taught programme combines traditional lectures and practicals with seminars and practical sessions. Many lectures are recorded and can be viewed again whenever they are needed.

Some of the additional learning opportunities on the programme include:

- Research placements
- Insight into current human nutrition studies
- Access to industry experts
- Site visits to key nutrition projects in the community
- Research-led teaching by key opinion leaders

On-going support is provided by the University’s dedicated team of experienced researchers, who will be tutoring you.
Completing the MSc programme in Human Nutrition at the University of Aberdeen will help you **develop the knowledge, understanding and practical insight to pursue your chosen career.**

**Career opportunities**

Studying Human Nutrition at the University will broaden your career opportunities and help you develop an invaluable network of contacts through the Rowett Institute of Nutrition and Health.

On graduating from the programme, there are several career options open to you, some of which include:

- Industrial Nutritionist
- Food Scientist
- NHS Public Health Nutritionist
- Public Health Policy Manager
- Nutrition and Dietetics Coordinator
- Fitness and Nutrition Counsellor
- Further study (PhD)
- Academic roles in university

**Not only will you gain a qualification from a top 1% university but you’ll be part of Aberdeen’s strong heritage of research excellence.**

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**Dominique Glatt**
MSc Human Nutrition
Current role: Research Scientist with Bio-tech company

I really loved the course! I had wonderful professors, lecturers and project supervisors, the classes were engaging and always diverse, my classmates were from every corner of the world and I met some of my best friends on this course and at this Uni”

“The MSc allowed me to focus on my favourite topics a mix of obesity, neurology and psychology; I especially enjoyed my MSc project: obesity and neuronal inflammation in seasonal rats!”

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At Aberdeen, you will be part of a rich heritage and a long-established community that will help improve your understanding of the relationship between diet and health.

Programme details
The taught part of our MSc Human Nutrition programme consists of lectures and practical classes in addition to tutorials, seminars and teaching.

Throughout the last 18 weeks of the programme, you will undertake a specialist research project involving original research in human nutrition.

Admissions criteria
A second-class honours degree, or equivalent, in Biological Sciences or Life Sciences, or equivalent research or field experience. International applicants must also meet the English Language Requirements of the University.

Want to know more?
Contact Dr Janet Kyle, Programme Co-ordinator at graduateschool-clsm@abdn.ac.uk who will be delighted to discuss the opportunity with you.

www.abdn.ac.uk/msc/human-nutrition