

HUMAN NUTRITION, TESTAMUR MAJOR (T125)

Western Sydney University Major Code: T125

Previous code: MT3044.1

Available to students in other Western Sydney University

Programs: Yes, however the following restrictions apply.

This testamur major is available as an elective major for Bachelor of Science students only.

A Human Nutrition Major in Medical Science uses biology, chemistry and physiology to develop concepts in food and nutrient form and function in relation to human metabolism and physiology. This major takes students through the ingestion, digestion, absorption, storage and utilisation of proteins, fats, vitamins, minerals and trace elements.

Students learn how these nutrients can be managed with respect to appetite, exercise, health and disease as well as develop a wide range of laboratory and research skills. Students will also develop critical analytical skills to assess and implement recommendations for testing, monitoring and community education.

All students must complete 60 credit points of study at Level 3 to meet program requirements.

NOTE: Students up to end of 2023 - Students will need to select at least 10 credit points of elective study at Level 3 to meet this requirement.

Location

Campus	Mode	Advice
Campbelltown Campus	Internal	science@westernsydney.edu.au
Hawkesbury Campus	Internal	science@westernsydney.edu.au
Parramatta Campus - Victoria Road	Internal	science@westernsydney.edu.au

Recommended Sequence Current

All students must complete 60 credit points of study at Level 3 to meet course requirements. Students will need to select at least 10 credit points of elective study at Level 3 to meet this requirement.

Select the link for your program below to see details of the major

Bachelor of Medical Science

Qualification for the award of Bachelor of Medical Science with a major in Human Nutrition requires the successful completion of 240 credit points as per the recommended sequence below.

Course	Title	Credit Points
Year 1		
Autumn session		
NATS 1019	Scientific Literacy	10
CHEM 1008	Introductory Chemistry	10
NATS 1009	Human Anatomy and Physiology 1	10
Choose one of		10
MATH 1014	Mathematics 1A	
MATH 1026	Quantitative Thinking	
MATH 1003	Biometry	
Credit Points		40

Spring session		
BIOS 1012	Cell Biology	10
CHEM 1012	Essential Chemistry	10
PROC 1005	Introduction to Food Science and Nutrition	10
NATS 1010	Human Anatomy and Physiology 2	10
Credit Points		40

Year 2		
Autumn session		
BIOS 2042	Biochemistry	10
PROC 2002	Novel Foods	10
Choose two electives		20
Credit Points		40

Spring session		
BIOS 3038	Metabolism	10
Choose one of		10
NATS 3044	Complex Case Studies in Science	
NATS 3045	Work Internship for Science Professionals	
Choose two electives		20
Credit Points		40

Year 3		
1H session		
NATS 3055	Practicum 1	10
Credit Points		10

Autumn session		
HLTH 3020	Global Nutrition and Food	10
Choose two electives		20
Credit Points		30

Spring session		
HLTH 3001	Applied Nutrition	10
HLTH 3019	Nutrition, Health and Disease	10
Choose two electives		20
Credit Points		40
Total Credit Points		240

Bachelor of Advanced Medical Science

Qualification for the award of Bachelor of Advanced Medical Science with a major in Human Nutrition requires the successful completion of 240 credit points as per the recommended sequence below.

Course	Title	Credit Points
Year 1		
Autumn session		
NATS 1019	Scientific Literacy	10
CHEM 1008	Introductory Chemistry	10
NATS 1009	Human Anatomy and Physiology 1	10
Choose one of		10
MATH 1014	Mathematics 1A	
MATH 1026	Quantitative Thinking	
MATH 1003	Biometry	
Credit Points		40
Spring session		
BIOS 1012	Cell Biology	10
CHEM 1012	Essential Chemistry	10
PROC 1005	Introduction to Food Science and Nutrition	10

NATS 1010	Human Anatomy and Physiology 2	10
Credit Points		40
Year 2		
Autumn session		
BIOS 2042	Biochemistry	10
PROC 2002	Novel Foods	10
NATS 2001	Advanced Science Project A	10
Choose one elective		10
Credit Points		40
Spring session		
BIOS 3038	Metabolism	10
NATS 2002	Advanced Science Project B	10
Choose one of		10
NATS 3044	Complex Case Studies in Science	10
NATS 3045	Work Internship for Science Professionals	10
Choose one elective		10
Credit Points		60
Year 3		
1H session		
NATS 3055	Practicum 1	10
Credit Points		10
Autumn session		
HLTH 3020	Global Nutrition and Food	10
NATS 3043	Advanced Science Research Project C	10
Choose one elective		10
Credit Points		30
Spring session		
HLTH 3001	Applied Nutrition	10
HLTH 3019	Nutrition, Health and Disease	10
NATS 3043	Advanced Science Research Project C	10
Choose one elective		10
Credit Points		40
Total Credit Points		260

Diploma in Science/Bachelor of Medical Science

Qualification for the award of Diploma in Science/Bachelor of Medical Science with a major in Human Nutrition requires the successful completion of 250 credit points as per the recommended sequence below.

Course	Title	Credit Points
Year 1		
Year 1: College subjects		
Standard 3-term year		
Preparatory subject		
CHEM 0001	Chemistry (WSTC Prep)	10
Eight university-level subjects		
BIOS 1014	Cell Biology (WSTC)	10
CHEM 1013	Essential Chemistry (WSTC)	10
NATS 1020	Scientific Literacy (WSTC)	10
CHEM 1009	Introductory Chemistry (WSTC)	10
NATS 1029	Human Anatomy and Physiology 1 (WSTC)	10
NATS 1030	Human Anatomy and Physiology 2 (WSTC)	10
PROC 1007	Introduction to Food Science (WSTC)	10

Choose one of		10
MATH 1027	Quantitative Thinking (WSTC)	
MATH 1004	Biometry (WSTC)	
Credit Points		90
Year 2		
Autumn session		
BIOS 2042	Biochemistry	10
PROC 2002	Novel Foods	10
Choose two electives		20
Credit Points		40
Spring session		
BIOS 3038	Metabolism	10
Choose one of		10
NATS 3044	Complex Case Studies in Science	
NATS 3045	Work Internship for Science Professionals	
Choose two electives		20
Credit Points		40
Year 3		
1H session		
NATS 3055	Practicum 1	10
Credit Points		10
Autumn session		
HLTH 3020	Global Nutrition and Food	10
Choose two electives		20
Credit Points		30
Spring session		
HLTH 3001	Applied Nutrition	10
HLTH 3019	Nutrition, Health and Disease	10
Choose two electives		20
Credit Points		40
Total Credit Points		250

Recommended Sequence 2023

All students must complete 60 credit points of study at Level 3 to meet course requirements. Students will need to select at least 10 credit points of elective study at Level 3 to meet this requirement.

Select the link for your program below to see details of the major

Bachelor of Medical Science

Qualification for the award of Bachelor of Medical Science with a major in Human Nutrition requires the successful completion of 240 credit points as per the recommended sequence below.

Course	Title	Credit Points
Year 1		
Autumn session		
NATS 1019	Scientific Literacy	10
CHEM 1008	Introductory Chemistry	10
NATS 1009	Human Anatomy and Physiology 1	10
Choose one of		10
MATH 1014	Mathematics 1A	
MATH 1026	Quantitative Thinking	
MATH 1003	Biometry	
Credit Points		40
Spring session		
BIOS 1012	Cell Biology	10

CHEM 1012	Essential Chemistry	10
PROC 1005	Introduction to Food Science and Nutrition	10
NATS 1010	Human Anatomy and Physiology 2	10
Credit Points		40

Year 2**Autumn session**

BIOS 2042	Biochemistry	10
PROC 2002	Novel Foods	10
Choose two electives		20
Credit Points		40

Spring session

BIOS 2021	Metabolism	10
Choose one of		10
NATS 3044	Complex Case Studies in Science	
NATS 3045	Work Internship for Science Professionals	
Choose two electives		20
Credit Points		40

Year 3**Autumn session**

NATS 3040	Topics in Medical Science	10
HLTH 3020	Global Nutrition and Food	10
Choose two electives		20
Credit Points		40

Spring session

HLTH 3001	Applied Nutrition	10
HLTH 3019	Nutrition, Health and Disease	10
Choose two electives		20
Credit Points		40
Total Credit Points		240

Bachelor of Advanced Medical Science

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Course	Title	Credit Points
Year 1		
Autumn session		
NATS 1019	Scientific Literacy	10
CHEM 1008	Introductory Chemistry	10
NATS 1009	Human Anatomy and Physiology 1	10
Choose one of		10
MATH 1014	Mathematics 1A	
MATH 1026	Quantitative Thinking	
MATH 1003	Biometry	
Credit Points		40
Spring session		
BIOS 1012	Cell Biology	10
CHEM 1012	Essential Chemistry	10
PROC 1005	Introduction to Food Science and Nutrition	10
NATS 1010	Human Anatomy and Physiology 2	10
Credit Points		40

Year 2**Autumn session**

BIOS 2042	Biochemistry	10
PROC 2002	Novel Foods	10
NATS 2001	Advanced Science Project A	10
Choose one elective		10
Credit Points		40

Spring session

BIOS 2021	Metabolism	10
NATS 2002	Advanced Science Project B	10
Choose one of		10
NATS 3044	Complex Case Studies in Science	10
NATS 3045	Work Internship for Science Professionals	10
Choose one elective		10
Credit Points		60

Year 3**Autumn session**

NATS 3040	Topics in Medical Science	10
HLTH 3020	Global Nutrition and Food	10
NATS 3043	Advanced Science Research Project C	10
Choose one elective		10
Credit Points		40

Spring session

HLTH 3001	Applied Nutrition	10
HLTH 3019	Nutrition, Health and Disease	10
NATS 3043	Advanced Science Research Project C	10
Choose one elective		10
Credit Points		40
Total Credit Points		260

Diploma in Science/Bachelor of Medical Science

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BIOS 1014	Cell Biology (WSTC)	10
CHEM 1013	Essential Chemistry (WSTC)	10
NATS 1020	Scientific Literacy (WSTC)	10
CHEM 1009	Introductory Chemistry (WSTC)	10
NATS 1029	Human Anatomy and Physiology 1 (WSTC)	10
NATS 1030	Human Anatomy and Physiology 2 (WSTC)	10
PROC 1007	Introduction to Food Science (WSTC)	10
Choose one of		10
MATH 1027	Quantitative Thinking (WSTC)	
MATH 1004	Biometry (WSTC)	
Credit Points		90

Year 2**Autumn session**

BIOS 2042	Biochemistry	10
PROC 2002	Novel Foods	10
Choose two electives		20
Credit Points		40

Spring session

BIOS 2021	Metabolism	10
Choose one of		10
NATS 3044	Complex Case Studies in Science	10
NATS 3045	Work Internship for Science Professionals	10
Choose two electives		20
Credit Points		60

Year 3**Autumn session**

NATS 3040	Topics in Medical Science	10
HLTH 3020	Global Nutrition and Food	10
Choose two electives		20
Credit Points		40

Spring session

HLTH 3001	Applied Nutrition	10
HLTH 3019	Nutrition, Health and Disease	10
Choose two electives		20
Credit Points		40

Total Credit Points		270
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Related Programs

Bachelor of Advanced Medical Science (3758) (<https://hbook.westernsydney.edu.au/archives/2024-2025/programs/bachelor-advanced-medical-science/>)

Bachelor of Medical Science (3755) (<https://hbook.westernsydney.edu.au/archives/2024-2025/programs/bachelor-medical-science/>)

Diploma in Science/Bachelor of Medical Science (6042) (<https://hbook.westernsydney.edu.au/archives/2024-2025/programs/diploma-science-bachelor-medical-science/>)