

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	Choose one of	10
	Credit Points	40	MATH 1027	Quantitative Thinking (WSTC)
Year 2			MATH 1004	Biometry (WSTC)
Autumn session				Credit Points
BIOS 2042	Biochemistry	10		90
PROC 2002	Novel Foods	10		
NATS 2001	Advanced Science Project A	10		
Choose one elective		10		
	Credit Points	40	Year 2	
Spring session			Autumn session	
BIOS 3038	Metabolism	10	BIOS 2042	Biochemistry
NATS 2002	Advanced Science Project B	10	PROC 2002	Novel Foods
Choose one of		10	Choose two electives	20
NATS 3044	Complex Case Studies in Science	10		Credit Points
NATS 3045	Work Internship for Science Professionals	10		40
Choose one elective		10		
	Credit Points	60	Spring session	
Year 3			BIOS 3038	Metabolism
1H session			Choose one of	10
NATS 3055	Practicum 1	10	NATS 3044	Complex Case Studies in Science
	Credit Points	10	NATS 3045	Work Internship for Science Professionals
Autumn session			Choose two electives	20
HLTH 3020	Global Nutrition and Food	10		Credit Points
NATS 3043	Advanced Science Research Project C	10		40
Choose one elective		10		
	Credit Points	30	Total Credit Points	250
Spring session				
HLTH 3001	Applied Nutrition	10		
HLTH 3019	Nutrition, Health and Disease	10		
Choose two electives		20		
	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

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	Year 2	
PROC 1005	Introduction to Food Science and Nutrition	10	Autumn session	
NATS 1010	Human Anatomy and Physiology 2	10	BIOS 2042	Biochemistry 10
	Credit Points	40	PROC 2002	Novel Foods 10
Year 2			NATS 2001	Advanced Science Project A 10
Autumn session			Choose one elective	10
BIOS 2042	Biochemistry	10		Credit Points
PROC 2002	Novel Foods	10	Spring session	
Choose two electives		20	BIOS 2021	Metabolism 10
	Credit Points	40	NATS 2002	Advanced Science Project B 10
Spring session			Choose one of	10
BIOS 2021	Metabolism	10	NATS 3044	Complex Case Studies in Science 10
Choose one of		10	NATS 3045	Work Internship for Science Professionals 10
NATS 3044	Complex Case Studies in Science		Choose one elective	10
NATS 3045	Work Internship for Science Professionals			Credit Points
Choose two electives		20		60
	Credit Points	40	Year 3	
Year 3			Autumn session	
Autumn session			NATS 3040	Topics in Medical Science 10
NATS 3040	Topics in Medical Science	10	HLTH 3020	Global Nutrition and Food 10
HLTH 3020	Global Nutrition and Food	10	NATS 3043	Advanced Science Research Project C 10
Choose two electives		20	Choose one elective	10
	Credit Points	40		Credit Points
Spring session			HLTH 3001	Applied Nutrition 10
HLTH 3001	Applied Nutrition	10	HLTH 3019	Nutrition, Health and Disease 10
HLTH 3019	Nutrition, Health and Disease	10	NATS 3043	Advanced Science Research Project C 10
Choose two electives		20	Choose one elective	10
	Credit Points	40		Credit Points
	Total Credit Points	240		Total Credit Points
	Total Credit Points	240		260

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	Course	Title	Credit Points
Year 1					
Autumn session					
NATS 1019	Scientific Literacy	10		Year 1	
CHEM 1008	Introductory Chemistry	10		Year 1: College subjects	
NATS 1009	Human Anatomy and Physiology 1	10	Standard 3-term year		
Choose one of		10	Preparatory subject		
MATH 1014	Mathematics 1A		CHEM 0001	Chemistry (WSTC Prep)	10
MATH 1026	Quantitative Thinking		Eight university-level subjects		
MATH 1003	Biometry		BIOS 1014	Cell Biology (WSTC)	10
	Credit Points	40	CHEM 1013	Essential Chemistry (WSTC)	10
Spring session			NATS 1020	Scientific Literacy (WSTC)	10
BIOS 1012	Cell Biology	10	CHEM 1009	Introductory Chemistry (WSTC)	10
CHEM 1012	Essential Chemistry	10	NATS 1029	Human Anatomy and Physiology 1 (WSTC)	10
PROC 1005	Introduction to Food Science and Nutrition	10	NATS 1030	Human Anatomy and Physiology 2 (WSTC)	10
NATS 1010	Human Anatomy and Physiology 2	10	PROC 1007	Introduction to Food Science (WSTC)	10
	Credit Points	40	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
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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
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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
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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/>)