



Public Health Nutrition

This new, four year, honours degree prepares graduates to work in the area of public health nutrition and health promotion.

Programme Title:	CAO Code	NQA Level	Campus	Duration
BSc (Honours) in Public Health Nutrition	GA 791	8	GMIT Galway	4 years



Why Study Public Health Nutrition?

This exciting new degree programme is the first of its kind in the west of Ireland. Public Health Nutrition focuses on the promotion of good health through nutrition and the primary prevention of nutrition-related illness in the population.

Students on this course will:

- Develop, implement and evaluate nutrition policies and programmes
- Apply scientific knowledge to understand the impact of food and diet on health and wellbeing
- Work to improve the diet, nutrition and health of individuals and communities

What to expect

You can expect a strong focus on practical learning and projects, and the course also includes a 12 week professional work placement. Much of your learning will take place in specialised classrooms and science labs.

You will develop a thorough understanding of human physiology, nutritional science, food science and health research and promotion.

Subjects include:

- Food and Nutritional Science
- Human Nutrition and Metabolism
- Human Physiology
- Food Science and Technology
- Nutrition, Physical Activity and Health
- Community Nutrition and Food Policy
- Health Promotion
- Current Research in Sport, Exercise and Nutrition
- Research Project in Public Health Nutrition
- Global Perspectives in Nutrition
- Professional Placement

See www.gmit.ie for more details.

Career Opportunities

Career opportunities in this field are developing rapidly for graduates with an understanding of the connections between nutrition and public health.

Graduates will be able to work in areas such as:

- Advisory positions in weight management, healthy eating or similar
- Advisory positions in food safety and health, e.g. Food Safety Authority of Ireland
- Broader roles in health promotion and health improvement
- Project delivery or advisory work with government agencies, e.g. HSE or Local Authorities
- Research and data analysis at public health observatories and various higher education institutes
- Work in food industry, e.g. Kellogg's, Nestle, Danone, Glanbia
- Food in Schools initiatives
- National nutrition assessment groups
- Infant and maternal nutrition, e.g. UNICEF, Healthy Start
- International work in public health, e.g. World Food Programme, World Health Organisation

"With the increased number of the population suffering from, or at risk of developing, lifestyle-related chronic diseases, more individuals require assistance with nutritional management. As a result, there is an urgent need for suitably qualified individuals to work in the health sectors."

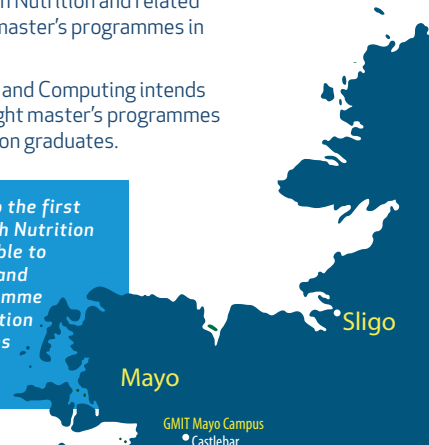
Dr Lisa Ryan, Head of Department, Natural Sciences, GMIT

Further study:

Graduates will be eligible to pursue research MSc/PhD programmes in Nutrition and related areas as well as taught master's programmes in cognate areas.

GMIT School of Science and Computing intends to develop in-house taught master's programmes for Public Health Nutrition graduates.

Students enrolling on to the first year of the Public Health Nutrition programme will be eligible to transfer into the Sport and Exercise Science programme upon successful completion of the first year if places are available.



Further information:

Dr Lisa Ryan lectures on this course. She will be happy to help you.
t: +353 (0)91 742556 e: lisa.ryan@gmit.ie



GMIT (Official)

@GMITOfficial

GMIT Channel

GMIT Letterfrack Campus
Clifden
Galway
GMIT Centre for the Creative Arts and Media
GMIT Galway Campus
Galway
GMIT Mountbellew Campus