



Undergraduate Degree in Human Nutrition and Dietetics

Nutrition is the process of food selection, preparation, ingestion and assimilation. Nutritionists and dieticians are the health experts that advice on the impacts of food and nutrition on health.

As a student on our Degree in Nutrition and Dietetics, you will gain the specialist knowledge and practical skills needed to face the professional world. We offer an eminently multidisciplinary approach, with experienced teaching staff from different areas such as pharmacy, medicine, psychology, and business and economics.

Our degree is composed of three different learning stages that are divided into basic, obligatory and elective subjects. Basic training includes fundamental subjects in areas such as anatomy, biology, chemistry, biochemistry, physiology, statistics and psychology. Our core programme is comprised of obligatory subjects that aim to provide a grounding in areas like food science, economics, culture, microbiology, nutrition, culinary technology, parasitology, toxicology, dietetics, hygiene, public health and specific legislation.

Aside from the basic and obligatory subjects, you will be able to choose from a number of different elective subjects in areas such as pharmacology, oncology, physiotherapy, nutrition applied to sports, instrumental techniques, psychiatry, nutrition and ageing, sensorial analysis, nutritional education and English for specific purposes. Our students must also do an external internship corresponding to 18 credits.

Nutrition is one of the most rapidly advancing sciences in the health care industry. On the one hand, concern for the influence that food and nutrition have on human health have been increasing dramatically due to recent food scares. On the other hand, advances in fields like biomedicine are giving way to new opportunities that would have been unheard of some years ago.

Graduates in this exciting field can find employment as nutrition and health advisors, dieticians, sports nutritionists, planners, consultants, food technologists, laboratory technicians or market researchers. Teaching and research is also an attractive career option.

From fuelling our growth to helping prevent disease, food plays a key role in our

lives. Growing life expectancy means that nutrition is becoming more and more important, not only in our physical well-being, but also in our quality of life and our psychological and social health. Society needs qualified nutritionists for advice and to take on the role of preventing, diagnosing and treating food-related illnesses. The work of nutritionists and dieticians will continue to contribute to the betterment of society's health and well-being.

ECTS Credits	240
Duration	4 academic years (September/October to June each year approximately)
Start Date	Autumn
Language	Spanish
Tuition Fees	€757 (approximately)
Application Period	June – September (approximately)
Offered by	Vice-Rector's Office for Undergraduate and Postgraduate Teaching
How to apply	Please visit the Applications and Admissions Section

[DEGREE WEBSITE](#)