



Graduate View

Kenneth Coyle | Senior Formulation Scientist - Nutritional Products, Oriflame

I have always had a large interest in sport nutrition, weight management and wellbeing which led me to the Human Nutrition degree in UCD.



Following my degree, I worked as a Technologist with Glanbia Performance Nutrition based in Middlesbrough where I quickly realised that I had an aptitude for product development. Fast forward a couple of years and I had successfully developed protein bars and powders for global companies such as Optimum Nutrition, Nutrmino, BSN and Body & Fit. Currently I work with Oriflame as a Senior Formulation Scientist, Nutritional Products where I develop the food products. My most recent achievement was successfully developing a vegan society approved meal replacement which will be sold in over ten global markets including Russia, Poland, Belarus, Peru, and Chile.

This role is heavily focused on bringing concepts to reality, it encompasses all facets of new product development including nutrition, sensory, regulatory, food safety and consumer testing. The food industry is a fast-paced environment and the knowledge gained from my undergraduate has provided me with a solid foundation which allows me to be adaptive and is essential for the area I work in. The undergraduate degree in human nutrition can be a stepping stone to many places.



The Human Nutrition Programme at UCD is accredited by the Association for Nutrition.

Programme Pathway

Human Nutrition

DN262

Year 1 Subjects

Principles of Cell Biology
Introductory Chemistry
Physics
Mathematics
Microbiology
Cell Biology & Genetics
Human Nutrition I
Intro to Biomolecules
Physiology for Nutrition
Information Skills
Elective Module

Year 2 Subjects

Food Macronutrients
Nutrition Research Method
Molecular basis of disease
Human Nutrition II
Basic Food Analysis
Nutritional Energy Metabolism
Nutrition & Health
Practical Statistics
Health, Safety & Welfare
Physiology for Nutrition
Elective Modules

Year 3 Subjects

One year Professional Work Experience

Year 4 Subjects

Food Regulation
Nutrition and Communication
Molecular Nutrition
Clinical Nutrition
Risk Analysis for Food Safety
Public Health Nutrition
Human Nutrition Project
Nutritional Metabolism
Elective Modules

BSc Honours

UCD Graduate Study

MSc Clinical Nutrition and Dietetics
MSc Public Health Nutrition
MSc Research and PhD Options
MSc Food Regulatory Affairs
MSc Food Safety & Risk Analysis
MSc and PhD Research Opportunities
MEngSc Food Engineering
MSc Food Business Strategy

Career Opportunities

Public Health/Community Nutritionist
Sports Nutritionist
Management Nutritionist
Teacher
Scientist
Marketing Manager
Health Promotion
Quality Assurance
Food Safety
Journalism
Lecturer
Business Manager
Microbiologist
Government Official
R&D Technologist

Conversion or Complementary Courses

Graduate Veterinary Medicine
Graduate Medicine
Professional Master of Education (PME)
MSc Business Studies
Master of Business Administration
Master of Accounting

Student View

Laoise Bennis

Growing up on a farm in Co. Limerick, competing as an athlete and the BSc Human Nutrition has solidified my passion for nutrition in terms of food, fuel and health. In third year I combined nutrition and sport completing a 10-month research based placement in University of Limerick. I provided nutrition support to the Limerick U-20 hurling team, project managed a European funded study and presented results of my own intervention study at the All Ireland Conference of Undergraduate

Research and The Nutrition Society Conference. This placement was one of the highlights of the degree. The approachable lecturers, small class size and teaching methods make the BSc Human Nutrition and UCD a fantastic choice. There are many career paths open to graduates including research, industry, applied practice, public health or further study. I currently work in a research role and I also provide sports nutrition support to GAA teams. This course has afforded me these options and career opportunities. I highly recommend the course to anybody who wants to work in the field of Nutrition, Food and Health in the future.

