

Selected Course Descriptions

Exploring Nutrition Science

This module introduces the core principles of nutrition science with a focus on how food composition and nutrient intake influence health, wellbeing, and disease risk. Students explore the chemical composition of foods and key nutrient groups, including carbohydrates, proteins, lipids, vitamins, and minerals, and their roles in supporting normal body function. The module examines how nutrients are digested, absorbed, metabolised, and excreted, and how these processes determine nutritional status. It also considers how food choices, dietary patterns, and food systems shape health outcomes at both individual and population levels, supporting evidence-based approaches to healthy eating.

Concepts in Science

This module covers the fundamental scientific concepts that underpin scientific challenges faced by the world today, ranging from climate change to human health. Students will learn about biochemistry and its underlying chemistry concepts, molecular and cellular biology, genetics, human gross anatomy, microbiology, evolution, and conservation.

Diet Therapy

This module provides students with knowledge of the dietary management of acute and chronic disease, focusing on how nutrition can be used as part of clinical treatment and prevention. The module explores the role of diet in conditions such as diabetes, cardiovascular disease, chronic kidney disease and pregnancy, linking these to changes in nutritional status and the application of structured nutrition care and clinical decision-making. Students develop skills in nutritional assessment, diagnosis, intervention and monitoring, including the use of anthropometric, biochemical and dietary data. The module also introduces the design and evaluation of dietary care plans, taking into account clinical needs, ethical considerations and practical constraints.

Selected Topics in Food Science

This module provides an introduction to food analysis, food safety, and quality management systems within the food industry. It examines changes that occur in foods across the food chain due to processing, storage, and handling, alongside key topics such as food labelling, additives, packaging, and foodborne disease. Students also explore food regulation and emerging approaches in food science and production, including biotechnology and nutraceuticals.

Advanced Diet Therapy

This module aims to further develop and extend students clinical knowledge and expertise beyond the module Diet Therapy. This module provides advanced knowledge in the field of dietary management of the upper and lower digestive diseases, liver, biliary and pancreatic diseases, cancer, eating disorders, neurological diseases, and conditions of hypermetabolism. The aim is for students to study the diet therapy of people who suffer from these illnesses, (combining knowledge from biochemistry, metabolism and physiology) and to implement appropriate dietary interventions on an individual and group basis. Formal integration with other modules will aim to reinforce the psychosocial approach to dietetic practice.

Public Health Nutrition

This module covers the role of food and nutrition in promoting health and preventing diet-related disease at population level. Students examine the social, economic, environmental, and policy factors that influence dietary behaviours and health outcomes across different communities and populations. The module considers major nutrition-related public health challenges in both developed and developing countries, including malnutrition, obesity, and non-communicable diseases, and evaluates the effectiveness of nutrition policies and intervention strategies. Students also develop an understanding of the ethical, social, and evidence-based considerations involved in designing and assessing public health nutrition initiatives.

The Psychology and Social Aspects of Eating and Food

This module explores the psychological, social, cultural, and environmental factors that influence food choice and eating behaviour across the lifespan. Students examine how individual preferences, learning, identity, social relationships, media, marketing, and wider societal influences shape dietary habits and nutrition-related outcomes. The module also introduces psychological approaches to behaviour change and counselling techniques used to support dietary interventions. Through the integration of psychological and sociological perspectives, students develop an understanding of the complex factors that drive food consumption and their implications for nutrition practice and public health.

Placement 3

This module provides students with supervised practical experience in an accredited dietetic practice setting. Building on the knowledge and skills developed in Placements 1 and 2, students apply dietetic theory to real-world practice while working with a range of clients and care groups. The placement focuses on the development of professional, communication, assessment, and clinical decision-making skills, enabling students to plan, implement, monitor, and evaluate nutritional care while adhering to professional, ethical, and anti-discriminatory standards.

Project (Life Sciences)

This module provides an opportunity to undertake an independent life sciences research project, applying theoretical knowledge and practical learning to investigate a defined scientific problem. Students plan, design, and carry out a sustained piece of scientific work, developing skills in experimental design, data collection, analysis, and interpretation. The module also supports the development of critical thinking through the evaluation of scientific literature and research findings.

why choose this programme

Highly Qualified Academic Staff

Our team comprises professors from prestigious universities with extensive experience both in Greece and internationally

Strong Employment Prospects and Career Support

including job placement services, resume workshops, and interview preparation, helping students transition smoothly into their professional careers

Hands-on Experience and Professional Networking

All students can participate in national and international conferences, seminars, and lectures on topics like obesity, metabolic syndrome, and diabetes

Comprehensive Curriculum with Real-World Applications

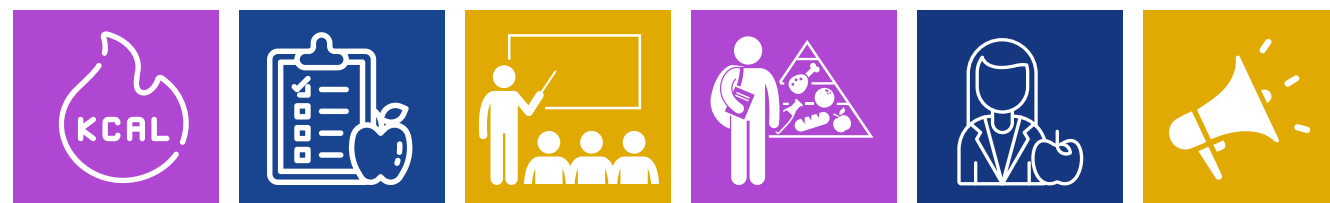
through lab work, internships, and community projects

Program Flexibility

with full-time or part-time studies

More than 80% of our graduates

are accepted for graduate studies in England, USA, France, Sweden, Holland etc.



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The undergraduate degree programme in Dietetics and Nutrition provides graduates with the skills and qualifications necessary to pursue careers across a broad spectrum of professional settings. These include private practice as self-employed professionals, positions in clinics, hospitals, and other healthcare organisations, as well as roles in nutrigenetics and nutrigenomics services. Graduates are also well-suited for employment in food production companies, participation in funded research projects, and involvement in sustainable nutrition and food waste reduction initiatives. In addition to immediate employment opportunities, the programme offers a strong foundation for postgraduate studies abroad, enabling students to specialise further in their field of interest. Many students have taken advantage of the resources offered by the New York College Career Office, completing internships in institutions located in Athens or Thessaloniki—opportunities that have frequently led to continued employment after graduation.



Apply Now!

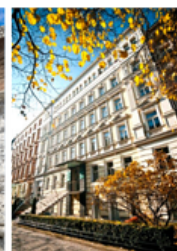
Athens: 38 Amalias Ave., Syntagma
tel.: +30 210 32 25 961
Thessaloniki: 138 Egnatias & P.P. Germanou
tel.: +30 2310 88 98 79
info@nyc.gr, www.nyc.gr



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THESSALONIKI



UNIVERSITY OF NEW YORK
IN PRAGUE (UNYP)
PRAGUE



NEW YORK COLLEGE
THE INTERNATIONAL COLLEGE OF GREECE
The LEADING College
of University Studies in Greece:
The **ONLY** Greek College with expertise in founding and
operating Private Universities in Europe!

BSc (Hons) in Human Nutrition and Dietetics

Pioneering the Future of Nutritional Science



**UNIVERSITY OF
GREENWICH**



NEW YORK COLLEGE
THE INTERNATIONAL COLLEGE OF GREECE

The **Human Nutrition and Dietetics** programme aims to give you a multidisciplinary understanding of human nutrition and dietetics including: the scientific basis of nutrition; the food chain; the role of food within social and behavioural contexts; the relation of nutrition to health and disease at individual and public health policy levels.

WHERE SCIENCE & HEALTH INTERSECT

This is a fully accredited career-oriented programme that will enable you to gain a broad foundation in all key areas of biological science and nutrition while developing a wide range of scientific skills to prepare you for employment or further study in nutrition science. The programme has a strong emphasis on hands-on practical work, and one quarter of the assessment in the first two years is practical based. All students have practicum of 29 weeks in recognized hospitals. In addition, there is a double project in the final year. This programme is validated by the University of Greenwich.

RESEARCH



NUTRITION EXPERTISE



DATA ANALYSIS



CLINICAL METHODOLOGIES



COMMUNICATION SKILLS



Programme Duration

Program Flexibility
with full-time or part-time
studies

Full time 3 years

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Part time Studies 4 years

CURRICULUM

Year 1 (Level 4)

- Exploring Nutrition Science
- Concepts in Science
- Practical Skills for Science
- Skills for Tomorrow's Scientist
- Academic English for Undergraduates
- Placement 1

Year 2 (Level 5)

- Diet Therapy
- Physiological Systems and Regulation
- Genetics
- Nutritional Epidemiology & Health Promotion
- Selected Topics in Food Science
- Metabolism and Disease
- Research and Professional Skills in Life Science
- Placement 2 (480 hours)

Year 3 (Level 6)

- Project (Science)
- Advanced Diet Therapy
- Pharmacology
- Public Health Nutrition
- The Psychology and Social Aspects of Eating and Food
- Placement 3 (560 hours)

Entry Requirements

The standard entry
requirement will include:

- High School Certificate of a minimum average grade of 15.0
- IELTS Score - min. 6.0, or
- TOEFL 243 (or 550 paper-based)

Students who do not meet these entry criteria will be required to attend the Extended BSc Hons Science programme (Foundation year) as this is approved by the University but must pass this programme with an overall average of 60%.

Assessment

Written assignments, examinations,
practical assignments in the laboratory
and presentations.

University of Greenwich Great Britain

The state UNIVERSITY OF GREENWICH is located in London and is well known worldwide due to the high employability rate of its graduates, which demonstrates its good reputation in the labour market. UNIVERSITY OF GREENWICH was ranked as the best University of London in teaching quality by the Sunday Times. The UNIVERSITY OF GREENWICH offers, in cooperation with New York College, undergraduate and postgraduate programmes with studies entirely in Greece, where students receive the original degree of this world-renowned British State University.

New York College has a franchise agreement under the Greek Ministry of Education legislation and the degree you will receive at the end of your studies is awarded by the University itself.



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Welcome to the BSc (Hons) in Human Nutrition and Dietetics program. Here, you will gain a deep understanding of the science of nutrition and its impact on health.

Our curriculum blends theoretical knowledge with practical experience, ensuring you are well-prepared to tackle real-world health challenges.

With opportunities to participate in national and international conferences, you'll stay at the forefront of nutritional science and build invaluable professional networks. Join us in making a meaningful difference in the world of health and nutrition.

Konstantinos Chardavellas

Head of the Human Nutrition and Dietetics Department,
New York College