2027 Major and Minor Selection Information
Blacktown Melbourne and North Sydney

Selection of a Major Study Area or Discipline (Commencing students only)

As part of your course, you may choose to complete a Major aligned to an area aligned to your interests and career goals. A Major provides an opportunity to develop deeper knowledge and skills in a particular discipline or field of study through a planned sequence of units.

A Major is a total of 8 units (80cp) from prescribed units in one discipline. To complete a major, you will need to follow the course rules aligned to that Major. Course Adviser can provide advice about the Major requirements and how the units may fit within your course progression.

A range of Majors aligned with Nutrition Science career interests is available at ACU. The available Majors are described below and are listed in Table 1.

Bachelor of Nutrition Science Majors

Culinary Nutrition Science (CNTR)
In order to communicate food and nutrition concepts effectively, nutrition scientists must have a thorough understanding of food, from the organic chemistry of food macromolecules, to how food is transformed from its raw state to the multitude of formats available for consumers.

In the culinary nutrition major sequence you'll learn about the origins and composition of food and how composition is affected by culinary processes.

You will undertake units in Advanced Culinary Nutrition Science and Foods for Special Diets where you will solve nutrition related problems through innovative planning, preparation, cooking and presentation of food. You'll look at the design of eating environments and eating occasions that have high sensory appeal, and engage and influence audiences through evidence-based communication on diets for specific needs. You will have the opportunity to complete work placements in the culinary science industry and undertake an overseas food and culture study tour.

Food Science (FSCI)
The food science major sequence will provide you with a thorough understanding of food, from the organic chemistry of food macromolecules, to how food is transformed from its raw state to the multitude of formats available for consumers. In the sequence you will also gain authentic learning experience through two industry placements, one of 50 hours, and the second of 90 hours. Through these placements you will have the opportunity to develop both discipline and professional skills critical for graduate employment in the industry. You will have a choice of electives ranging from culinary nutrition and business units to a food and culture study tour.

Table 1: Major*

Discipline	Blacktown	Melbourne	North Sydney	Details
2027 Nutrition Sciences Majors				
Culinary Nutrition (CNTR)	Major	Major	Major	**2027 Nutrition Sciences Majors** See Course Enrolment Guide Course maps and Unit Tab for further details.
Food Science (FSCI)	Major	Major	Major	

***NSW Students:**
Some Major, Minor and Elective units may not be offered online or on the Blacktown or North Sydney Campus, requiring travel to Strathfield. ACU will endeavour to minimise travel between campuses on the same day.

Bachelor of Nutrition Science

(Information last updated on 23 October 2026)

Selection of a Minor

Selection of a Study Area or Discipline (Commencing students only)

As part of your course, you may decide to complete a Minor. A Minor is a total of 4 units (40cp) from prescribed units in one discipline.

To complete a minor, you need at least 10cp at a 100-level (i.e. XXXX1xx), at least 20cp at a 200- or 300-level (i.e. XXXX2xx or XXXX3xx). The remaining 10cp can be completed at any level.

The Minor can be selected from a wide range of study aligned to Nutrition Science career interests is available at ACU. The Minors you can chose from are described below and listed in Table 2.

Course Adviser can provide advice about the Minor requirements and how the units may fit within your course progression.

Bachelor of Nutrition Science Minors

Communication in Health Minor (NCOM -pre 2027 and COMH from 2027)
The Communication in Health Minor equips students with practical skills for effective communication across diverse platforms, including digital and social media, combined with innovative visual design approaches. It also develops strategic communication expertise aimed at conveying evidence-based information and promoting health-positive messages in professional and dynamic settings. Some Communication in Health Minor units may not be offered on the Blacktown or North Sydney Campuses, requiring NSW student to travel to Strathfield.

Exercise Science (EXSC)
A healthy diet and regular exercise are key to a healthy life. Learn more about the science of exercise and develop a deeper understanding of the role exercise and nutrition play in health.

In the Exercise Science minor sequence you will explore the multifaceted, cross-disciplinary sectors in which exercise science professionals and coaches work, from the health sector to high performance sport. You will be introduced to anatomical terminology, and structural neuromusculoskeletal anatomy – the foundations for understanding implications for health.

Further, you will gain an understanding of the human body's response and adaptation to exercise and exercise training and apply the science of exercise to achieve the best outcomes for health, fitness and sports performance. The Exercise Science minor is available on the Melbourne, Blacktown and North Sydney campuses.

Health Science Foundations (HSCF and NSHS)
This Health Science Foundation minor provides essential knowledge in psychology, human biology, and social determinants of health. Students also deepen their understanding of physical activity or bodily systems through specialised elective options, building a strong interdisciplinary basis for further study in health-related fields.

Indigenous Australia (NSIA and INAU)
The Indigenous Australia minor offers an insightful exploration of history, health, and social sciences through units that examine the past and present experiences of Australian Indigenous peoples, the global pursuit of human rights, cultural competence in Indigenous health, and inequalities in global health. Combined, these units develop critical understanding of social justice, cultural diversity, and health disparities within historical and contemporary contexts.

International Development (INDE)

This Minor is in teach-out.-Continuing students, please contact the Course Advisor Prior to Enrolling

Psychology Fundamentals (NPSY) and (PSYF)

This minor provides a foundational and intermediate study of psychological science, covering key concepts in mind, brain, and behaviour through core units. It includes a choice between specialised topics in abnormal psychology or eating behaviour, offering insight into how humans perceive, think about, and make decisions related to food and eating habits.

Sports Nutrition (SPNT)

In the Sports Nutrition minor you will examine human physiology from the exercise science viewpoint addressing the metabolic foundations of exercise. You will also study the regulation and responses of the physiological systems to various exercise stressors and undertake a unit on nutrition for sports performance addressing both the scientific and applied aspects of the topic. The Sports Nutrition minor is available on the Melbourne, Blacktown and North Sydney campuses.

Table 2: Minors*

Discipline	Blacktown	Melbourne	North Sydney	Details
2027 Nutrition Science Sciences Minors				
Communication in Health (COMH) *(Previously NCOM – code and title updated in 2027)*	Minor*	Minor	Minor*	**2027 Nutrition Sciences Minors** See Course Enrolment Guide Course maps and Unit Tab for further details.
Exercise Science (EXSC)	Minor	Minor	Minor*	
Health Science Foundations (HSCF) *(Previously NSHS – code and title updated in 2027)*	Minor	Minor	Minor*	
Indigenous Australia (INAU) *(Previously NSIA – code and title updated in 2027)*	Minor*	Minor	Minor	
Nutrition Communication in Health (NCOM) *(Minor title and code update for those studying from 2027)*	Minor*	Minor	Minor*	
Nutrition Science Health Science (NSHS) *(Minor title and code update for those studying from 2027)*	Minor	Minor	Minor*	
Nutrition Science Indigenous Australia (NSIA) *(Minor title and code update for those studying from 2027)*	Minor*	Minor	Minor	
Nutrition Science Psychology (NPSY) *(Minor title and code update for those studying from 2027)*	Minor*	Minor	Minor*	
Psychology Fundamentals (PSYF) *(Previously NPSY – code and title updated in 2027)*	Minor*	Minor	Minor*	
Sports Nutrition (SPNT)	Minor	Minor	Minor*	

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Selection of Units

Once you have chosen a study area, you must select your Minor units.

Your four Minor units must include at least one 10cp unit on the 100-level and at least two units at an advanced level (200- or 300-level units). Please note that you can only choose units whose pre-requisite requirements you fulfil. Pre-requisites are other units that you must have passed *before* enrolling in the unit and are listed under the unit's name in the course map.

Commencing full-time students should select one Minor unit for Semester 1 2027 and one Minor unit for Semester 2 2027 in the study area they have chosen.

Continuing students should continue to complete Minor units consistent with the study area they chose in the previous year. This means full-time students should select the third unit of the Minor for Semester 1 2027 and the fourth unit for Semester 2 2027.