

Part one: Programme Specification

Course record information

Name and level of final award:	MSc Sport & Exercise Nutrition The MSc Sport & Exercise Nutrition is a postgraduate degree that is Bologna FQ-EHEA first cycle degree or diploma compatible.
Name and level of intermediate awards:	Postgraduate Diploma Postgraduate Certificate
Awarding body/institution:	University of Westminster
Status of awarding body/institution:	Recognised Body
Location of delivery:	115 New Cavendish St, London W1W 6UW
Language of delivery and assessment:	English
Course/programme leader:	Dr Sally Parsonage
Course URL:	http://www.westminster.ac.uk/courses/subjects/nutrition/postgraduate-courses/full-time/p09fpsxn-sport-and-exercise-nutrition-msc
Mode and length of study:	Full time (1 year) or part time (up to 5 years)
University of Westminster course code:	
JACS code:	
UKPASS code:	051641
QAA subject benchmarking group:	<i>Biosciences, AfN competencies</i>
Professional body accreditation:	Recognition Award of the International Society of Sports Nutrition (ISSN), and Accreditation by Association for Nutrition (AfN), currently being processed
Date of course validation/review:	March 2018
Date of programme specification:	2014/15

Admissions requirements

The University will at all times seek to ensure equality of opportunity for all applicants as described in its Admissions Policy.

Applicants must normally possess at least ONE of the following:

- BSc Honours degree in Life Sciences or in a closely related subject such as Sports Science, with a major element of either human physiology OR human nutrition;
- International Olympic Committee (IOC) Diploma in Sports Nutrition*;
- An equivalent qualification that is deemed suitable by the course team.

In addition:

- Applicants who have not had their secondary or tertiary education through the medium of English should have attained the equivalent of an IELTS score of at least 6.5 overall including 6.5 in writing; or Cambridge Proficiency, Grade B.
- Students with no prior formal teaching of nutrition will be required to successfully complete either the University of Westminster Online course Essentials of Nutrition.
- Applicants may be interviewed by phone or Skype if necessary in order to assess them for their suitability to join the course.

*International Olympic Committee Diploma in Sports Nutrition.

Holders of the IOC Diploma in Sports Nutrition will be awarded 120 credits for prior learning and will be required to complete the research methods and research project elements of the course (60 credits)

Aims of the course

The course aims to stimulate an enquiring, analytical and practical approach to understanding and providing nutritional support for participants in a wide range of sports and exercise. In order to achieve this, students will be able to take a more proactive role in research, development, evaluation and implementation of current knowledge while still having the capability to provide practical and realistic solutions, which will enable the individual to perform optimally. The course has been designed to give students the opportunity to gain a professional certification, namely the Certification of the International Society of Sports Nutrition (CISSN), and also leads to the Associate Nutritionist title of the Association for Nutrition (AfN)

The course also aims to produce graduates who work in an ethical, legal, safe and sustainable manner and at all times endeavour to minimize the risk of harm to humans, society, animals and the environment.

Employment and further study opportunities

Today's organisations need graduates with both good degrees and skills relevant to the workplace, i.e. employability skills. The University of Westminster is committed to developing employable graduates by ensuring that:

- Career development skills are embedded in all courses
- Opportunities for part-time work, placements and work-related learning activities are widely available to students
- Staff continue to widen and strengthen the University's links with employers in all sectors, involving them in curriculum design and encouraging their participation in other aspects of the University's career education and guidance provision
- Staff are provided with up-to-date data on labour market trends and employers' requirements, which will inform the service delivered to students.

Specifically in the MSc Sport and Exercise Nutrition course:

- Learning activities and assessments are designed to reflect the demands that can be encountered in the practice of sports nutrition e.g. the skill to communicate information to the consumer at an appropriate level, an understanding of the different models of change, and key elements of becoming a successful practitioner of sports nutrition. All combine to build a portfolio of experience and professionalism of working as a sports nutritionist.
- Students are afforded opportunities to network with practicing professionals in the field via work shadowing and exposed to guest lecturers and professionals in the sport and nutrition fields

Learning outcomes

Learning outcomes are statements on what successful students have achieved as the result of learning. These are threshold statements of achievement and are linked to the knowledge, understanding and skills that a student will have gained on successfully completing a course.

By the end of their course of study, the successful student will have:

- Clear knowledge of key concepts in sports nutrition and exercise physiology
- Knowledge and experience of different methods of assessing relevant parameters of nutrition, health and fitness relating to diet and performance
- Practical experience of methods of communicating nutrition to athletes, coaches and parents, and of assessing compliance and long terms effects.
- The ability to evaluate supplements and nutraceutical products that may be used as performance enhancers, including legal issues

Knowledge and understanding

By the end of their course of study, the successful student will be able to:

- critically evaluate and discuss the role of diet in enhancing performance in a broad spectrum of sport and exercise scenarios;

- embark on problem solving, research and enquiry by applying key skills of critical analysis, evaluation and communication across all the disciplines involved;
- develop competence, confidence and an enquiring, investigative approach;
- integrate information from diverse sources relevant to subjects and athletes of all ages and abilities;
- apply critical ethical dimension to the enhancement of human performance by diet and nutrition;
- critically discuss current ethical, legal, safety and environmental issues relevant to the long term health, optimum performance, and post-exercise recovery.

The scope of the modules included will ensure a breadth of knowledge appropriate for the scientific and professional needs of practising sports nutritionists, breaking down the barriers that exist between nutrition, exercise physiology and the demands of training and competition, while also using the knowledge and experience of the students themselves.

Specific skills

By the end of their course of study, the successful student will be able to:

- critically discuss the dietary and physiological processes affecting exercise performance and the factors that regulate these processes;
- critically discuss the varying demands imposed by different types of exercise, together with the processes that influence health, performance and recovery;
- critically evaluate the methods available for assessment of nutrient intake, body composition and performance-related parameters, both in the field and laboratory;
- understand and apply appropriate monitoring techniques;
- interpret nutritional, physiological and performance data;
- independently design effective experiments and research strategies and have experience of conducting a research project;
- analyse and present data correctly and informatively;
- critically discuss experimental results in the light of current knowledge and propose future investigations.

Key transferable skills

By the end of their course of study, the successful student will be able to:

- work effectively with a group as leader or member identifying and making appropriate use of the strengths of group members and be able to negotiate to a mutually agreed outcome.

- search literature using a range of appropriate learning resources: on-line teaching materials and databases;
- critically reflect on their own learning to develop strategies for personal and professional development; develop self confidence.
- manage information effectively by undertaking research tasks and synthesising information from different sources;
- manage self-directed learning, integrating personal reflection and peer and tutor feedback; act independently in planning, undertaking and evaluating a task using appropriate resources;
- engage confidently in academic and professional communication with others in a variety of formats and in relation to the requirements of a range of settings;
- demonstrate autonomous learning, critical self- and intellectual awareness.
- demonstrate an ability to address uncertainty and multiple interpretations such as may be encountered in research and professional practice.

Learning, teaching and assessment methods

Learning

The course views the student as being at the centre of the learning process and students are expected to take responsibility for their own learning, to further develop skills acquired by their previous study and to further pursue knowledge through active engagement with learning resources and opportunities provided. The work shadowing element and resultant report is designed to further enhance student's experience of the profession & practice of sports nutrition

Teaching

The course utilises a variety of teaching methods and approaches, including a mixture of formal lectures, practical sessions, tutorials (student-centred learning activities), workshops and oral presentations. These combined teaching approaches aim to improve both students' knowledge of sport & exercise nutrition, as well as helping to develop their critical faculties through an experiential approach. In addition, the key communication skills required by any professional scientist are developed throughout the course.

Teaching methods are flexible and will make use of a variety of media. Visualisers and whiteboards are available alongside data projectors for use with computers. The University is also equipped with a virtual learning environment, called Blackboard, which allows staff and students to participate in discussions online away from the classroom environment. Teaching and administrative material is available on a designated web site for student download. Finally, staff will also use Blackboard to post module information, lectures, tutorial notes and other teaching materials, improving the flexibility of student access and learning

Assessment

Each module in the programme has its own aims and teaching, learning and assessment methods that have been set up to facilitate its learning outcomes.

Level 7 module assessment is either based on 100% coursework, or on a combination of examination or in-class test course work. Assessment methods are varied and include essays, practical work, group work, presentations and reports.

Online submission is required for all course work unless explicitly stated by the module leader, usually only where a course work format does not lend itself to electronic submission, e.g. portfolios. Coursework submitted online is automatically subjected to plagiarism detection software and electronic receipts generated which will be emailed to the students as proof of submission.

Course work is normally submitted electronically by 10:00 am on a Monday, date to be set by module leader.

Course structure

This section shows the core and option modules available as part of the course and their credit value. Full-time Postgraduate students study 180 credits per year.

Award of MSc Sport and Exercise Nutrition – 180 credits				
Module code	Module title	Status	UK credit	ECTS
3IPH7A2	Concepts and Principles of Human Nutrition	Core	20	10
FIPH703	Nutritional Assessment	Core	20	10
FHHS700	Assessment of Health & Fitness	Core	20	10
FHHS609	Nutrition & Performance	Core	15	7.5
FHHS701	Advanced Performance Nutrition	Core	25	12.5
FHHS705	Practitioner Skills in Sports Nutrition	Core	20	10
FSL700	Postgraduate Research Methods	Core	20	10
FSL701	Postgraduate Research Project	Core	40	20
Award of Postgraduate Diploma available – 120 credits, which must include				
Module code	Module title	Status	UK credit	ECTS
3IPH7A2	Concepts & Principles of Human Nutrition	Core	20	10
FHHS609	Nutrition & Performance (NOT by APL)	Core	15	7.5
FHHS701	Advanced Performance Nutrition	Core	25	12.5
Award of Postgraduate Certificate available – 60 credits, which must include				
Module code	Module title	Status	UK credit	ECTS
3IPH7A2	Concepts & Principles of Human Nutrition	Core	20	10
FHHS609	Nutrition & Performance (NOT by APL)	Core	15	7.5

Timetable for full-time attendance:

Semester 1	Mon	Tues	Weds	Thurs	Fri
Morning: 10.00 – 13.00			Research Methods	Concepts & Principles of Human Nutrition	
Afternoon: 14.00 – 17.00		Nutrition & Performance	Practitioner Skills for Sports Nutrition	PATS*	

Semester 2	Mon	Tues	Weds	Thurs	Fri
Morning: 10.00 – 13.00				Assessment of Health & Fitness	
Afternoon: 14.00 – 17.00		Advanced Performance Nutrition	Nutritional Assessment	PATS*	Research Project

*Postgraduate Academic Tutorial System (PATS) will be confirmed at the start of Semester 1

The course can be taken in a part-time mode by selecting appropriate modules, taking both any pre- and co-requisites into account, and has to be completed within a maximum 5 year time frame

Students from other universities, or who have not previously studied Nutrition & Performance, are required to take the Level 6 Nutrition & Performance module as part of their Masters programme. Concurrently they will be studying Concepts & Principles of Nutrition, and later Nutritional Assessment, both Level 7 (see timetable above) Additionally, if they have had no previous formal teaching of nutrition, they will be required to successfully complete the University of Westminster Essentials of Nutrition online course. Successful completion of this course and subsequent registration on MSc Sport & Exercise Nutrition results in a full refund of the fee for Essentials of Nutrition

Academic regulations

The MSc Sport & Exercise Nutrition and its intermediate awards operate in accordance with the University's Academic Regulations and the Framework for Higher Education Qualifications in England, Wales and Northern Ireland published by the Quality Assurance Agency for Higher Education (QAA) in 2008.

All students should make sure that they access a copy of the current edition of the general University handbook called *Essential Westminster*, which is available at www.westminster.ac.uk/essential-westminster. The following regulations should be read in conjunction with Section 18: Modular Framework for Postgraduate Courses and relevant sections of the current Handbook of Academic Regulations, which is available at www.westminster.ac.uk/academic-regulations.

Award

To qualify for the award of MSc Sport and Exercise Nutrition, a student must have:

- obtained a minimum of 180 credits at Level 7 (this includes 15 credits at Level 6 as validated part of the award);
- attempted modules worth no more than 240 credits;

Note: A first attempt of any module will count as an attempt, and a re-attempt of any module that a student has failed will count as a further, separate attempt. Re-assessment following referral at the first sit will not count as a further separate attempt.

The University may award:

- a Masters Degree with Merit to a student whose marks average at least 60% across modules at Level 7.
- a Masters Degree with Distinction to a student whose marks average at least 70% across the modules at Level 7.

Support for students

Upon arrival, an induction programme will introduce students to the staff responsible for the course, the campus on which they will be studying, the Library and IT facilities and to the Faculty Registry. Students will be provided with the Course Handbook, which provides detailed information about the course. All students are allocated a personal tutor who can provide advice and guidance on academic matters.

Learning support includes four libraries, each holding a collection of resources related to the subjects taught in their Department. Students can search the entire library collection online through the Library Search service to find and reserve printed books, and access electronic resources (databases, e-journals, e-books).

Students can choose to study in the libraries, which have areas for silent and group study, desktop computers, laptops for loan, photocopying and printing services. They can also choose from several computer rooms at each campus where desktop computers are available with the general and specialist software that supports the courses taught in their Department. Students can also securely connect their own laptops and mobile devices to the University wireless network.

The University uses a Virtual Learning Environment called Blackboard where students access their course materials, and can communicate and collaborate with staff and other students.

At University level, Services for Students provide advice and guidance on accommodation, financial and legal matters, personal counselling, health and disability issues, careers and the chaplaincy providing multi-faith guidance. The International Office provides particular support for international students. The University of Westminster Students' Union also provides a range of facilities to support all students during their time at the University.

Our Student Charter, produced jointly by the University and the Students' Union, sets out our responsibilities to you and highlights what we expect from students in return. This charter is designed to guide students through their time with us and to ensure that together we can strive for and reach the highest standards. It will be reviewed during the year and we will report on how we are meeting the commitments we have made.

Reference points for the course

Internally

- University of Westminster Mission Statement
- University teaching and learning policies.
- University Quality Assurance handbook and Modular Frameworks.
- Handbook of Academic Regulations.
- Department of Life Sciences teaching, learning and assessment strategies.

The research and practice of the School's staff have influenced not only the breadth of the curriculum on offer, but also teaching and learning, and subsequent application to professional practice.

Externally

- QAA The framework for higher education qualifications in England, Wales and Northern Ireland, Level 7, August 2008, QAA 264 08/08
- The South East England Consortium (SEEC, 2003) descriptors have been adopted by the University as good practice
- Professional body guidance i.e. Association for Nutrition, International Society for Sports Nutrition

Professional body accreditation

- Association for Nutrition (AfN) Accreditation – application in progress
- International Society for Sports Nutrition Recognition Award – received August 2013

Quality management and enhancement

Course management

- (1) Course Leader: Dr Sally Parsonage, supported by the course team including module leaders, and teaching staff
- (2) Head of Food, Nutrition & Public Health Division: Dr Alizon Draper
- (3) Head of Department: Prof Annie Bligh
- (4) Dean of the Faculty: Prof Jane Lewis

Course approval, monitoring and review

The course was initially approved by a University Validation Panel in 2013. The panel included internal peers from the University and external subject specialists from academia and industry to ensure the comparability of the course to those offered in other universities and the relevance to employers. Periodic course review helps to ensure that the curriculum is up-to-date and that the skills gained on the course continue to be relevant to employers.

The course is monitored each year to ensure it is running effectively and that issues which might affect the student experience have been appropriately addressed. Staff will consider evidence about the course, including the outcomes from each Course Committee, evidence of student progression and achievement and the reports from external examiners, to evaluate the effectiveness of the course. The Annual Monitoring Sub-Committee considers the Department action plans resulting from this process and the outcomes are reported to the Academic Council, which has overall responsibility for the maintenance of quality and standards in the University.

Student involvement in Quality Assurance and Enhancement

Student feedback is important to the University and student views are taken seriously. Student feedback is gathered in a variety of ways. The most formal mechanism for feedback on the course is the Course Committee. Student representatives will be elected to sit on the Committee to represent the views of their peer group in various discussions. The University and the Students' Union work together to provide a full induction to the role of the Course Committee.

All students are invited to complete a Module Feedback Questionnaire before the end of each module. The feedback from this will inform the module leader on the effectiveness of the module and highlight areas that could be enhanced. The University also has an annual Student Experience Survey, which elicits feedback from students about their course and University experience.

Students meet with review panels when the periodic review of the course is conducted to provide oral feedback on their experience on the course. Student feedback from course committees is part of the quality assurance evidence base.

For more information about this course:

Contact the Course Leader Dr Sally Parsonage (s.parsonage@westminster.ac.uk) or go to <http://www.westminster.ac.uk/courses/subjects/nutrition/postgraduate-courses/full-time/p09fpsxn-sport-and-exercise-nutrition-msc>