

## PROGRAMME SPECIFICATION

### Course record information

Name and level of final award	MSc Sport and Exercise Nutrition The MSc Sport and Exercise Nutrition is a Bologna FQ- EHEA second cycle degree or diploma compatible..
Name and level of intermediate awards	Postgraduate Diploma in Sport and Exercise Nutrition Postgraduate Certificate in Sport and Exercise Nutrition
Awarding body/institution	University of Westminster
Teaching Institution	University of Westminster
Status of awarding body/institution	Recognised Body
Location of delivery	New Cavendish Street
Language of delivery and assessment	English
Mode, length of study and normal starting month	September Full-time (1 year) September Part-time (normal: 2 years but up to 5 years)
<a href="#">QAA subject benchmarking group(s)</a>	
Professional statutory or regulatory body	Association for Nutrition (AfN), British Dietetic Sport and Exercise Nutrition Register, International Society of Sports Nutrition
Date of course validation/Revalidation	December 2018
Date of programme specification approval	December 2018
Valid for cohorts	from 2019/20
Course Leader	Dr Michael Newell
Course URL	<a href="https://www.westminster.ac.uk/nutrition-courses/2019-20/september/full-time/sport-and-exercise-nutrition-msc">https://www.westminster.ac.uk/nutrition-courses/2019-20/september/full-time/sport-and-exercise-nutrition-msc</a>
Westminster course code	PMNUT03F (FT) PMNUT03P (PT)

HECoS code	100247
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UKPASS code	
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### **Admissions requirements**

There are standard minimum [entry requirements](#) for all postgraduate courses. Students are advised to check the standard requirements for the most up-to-date information.

For most courses a decision will be made on the basis of your application form alone. However, for some courses the selection process may include an interview to demonstrate your strengths in addition to any formal entry requirements.

More information can be found here: [westminster.ac.uk/courses/postgraduate/how-to-apply](http://westminster.ac.uk/courses/postgraduate/how-to-apply)

### **Aims of the course**

The MSc Sport and Exercise Nutrition has been designed 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 leads to the Associate Nutritionist title of the Association for Nutrition (AfN) and British Dietetic Association Sport and Exercise Nutrition Register.

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.

### **Course learning outcomes**

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

- Clear knowledge of key concepts in sports nutrition and exercise metabolism
- Knowledge and experience of different methods of assessing relevant parameters of nutrition, health and fitness relating
- Practical experience of methods of communicating nutrition to athletes, coaches and parents
- The ability to evaluate supplements and nutraceutical products that may be used as performance enhancers – including any legal consideration around their usage.

### **Knowledge and understanding (KU)**

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 changes, 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.

- 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.

### **Specific skills (SS)**

- 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 by 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 (KTS)**

- 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 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. Traditional overhead projectors 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.

**Teaching:** The course utilises a variety of teaching methods and approaches, including a mixture of formal lectures, practical sessions, tutorials (student-centered 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.

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**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 on the basis of 50% examination and 50% course work, or 100% 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, 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 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.

Credit Level 7				
Module code	Module title	Status	UK credit	ECTS
7HMNT002W	Concepts and Principles of Human Nutrition	Core	20	10
7HMNT008W	Nutritional Assessment	Core	20	10
7BIOM004W	Assessment of Health & Fitness	Core	20	10
7HMNT020W	Essentials of Nutrition and Performance	Core	20	10
7HMNT021W	Advanced Performance Nutrition	Core	20	10
7HMNT010W	Practitioner skills for sports nutrition	Core	20	10
7HMNT015W	Postgraduate Research Methods for Health Sciences I	Core	20	10
7HMNT018W	Research Methods II & Research Project for Health Sciences	Core	40	20
Award of Postgraduate Diploma available – 120 credits, which must include				
7HMNT002W	Concepts & Principles of Human Nutrition	Core	20	10
7HMNT020W	Essentials of Nutrition and Performance (NOT by APL)	Core	20	10
7HMNT021W	Advanced Performance Nutrition	Core	20	10
Award of Postgraduate Certificate available – 60 credits, which must include				
7HMNT002W	Concepts & Principles of Human Nutrition	Core	20	10
7HMNT020W	Essentials of Nutrition and Performance (NOT by APL)	Core	20	10

Please note: Not all option modules will necessarily be offered in any one year. In addition, timetabling and limited spaces may mean you cannot do your first choice of modules.

## Professional Body Accreditation or other external references

Association for Nutrition – Eligible to apply for Associate Membership on completion of all elements of the MSc programmes.

BDA SENr – Eligible to apply for Associate Membership on completion of all the taught elements of the MSc programme.

ISSN – Yearly opportunity to sit the CISSN exam at a discounted rate.

## Academic regulations

The current Handbook of Academic Regulations is available at [westminster.ac.uk/academic-regulations](http://westminster.ac.uk/academic-regulations). In some cases course specific regulations may be applicable.

## How will you be supported in your studies?

### Course Management

- Course Leader Dr Michael Newell, supported by the course team

including module leaders and teaching staff across School of Life Sciences

- Head of School supports the Course Leaders
- Dean of the College supports the Head of School.

## Academic Support

Upon arrival, an induction programme will introduce you to the staff responsible for the course, the campus on which you will be studying, the Library and IT facilities, additional support available and to your Campus Registry. You will be provided with the Course Handbook, which provides detailed information about the course. Each course has a course leader or Director of Studies. All students enrolled on a full-time course and part time students registered for more than 60 credits a year have a personal tutor, who provides advice and guidance on academic matters. 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. Further information on Blackboard can be found at [westminster.ac.uk/blackboard](http://westminster.ac.uk/blackboard).

## Learning Support

The Academic Learning Development Centre supports students in developing the skills required for higher education. As well as online resources in Blackboard, students have the opportunity to attend Study Skills workshops and one to one appointments. Further information on the Academic Learning Development Centre can be found at [westminster.ac.uk/academic-learning-development](http://westminster.ac.uk/academic-learning-development).

Learning support includes four libraries, each holding a collection of resources related to the subjects taught at that site. Students<sup>1</sup> 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 at their College. Students can also securely connect their own laptops and mobile devices to the University wireless network.

## Support Services

The University of Westminster Student and Academic Services department provide advice and guidance on accommodation, financial and legal matters, personal counselling, health and disability issues, careers, specialist advice for international students and the chaplaincy providing multi-faith guidance. Further information on the advice available to students can be found at [westminster.ac.uk/student-advice](http://westminster.ac.uk/student-advice). The University of Westminster Students' Union also provides a range of facilities to support students during their time at the University. Further information on UWSU can be found at [westminster.ac.uk/students-union](http://westminster.ac.uk/students-union).

## How do we ensure the quality of our courses and continuous improvement?

The course was initially approved by a University Validation Panel in **2018**. The panel included internal peers from the University, academic(s) from another university and a representative from industry. This helps to ensure the comparability of the course to those offered in other universities and the relevance to employers.

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<sup>1</sup> Students enrolled at Collaborative partners may have differing access due to licence agreements.

The course is also monitored each year by the College 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 evidence of student achievement, reports from external examiners in order to evaluate the effectiveness of the course.

A Course revalidation takes place periodically to ensure that the curriculum is up-to-date and that the skills gained on the course continue to be relevant to employers. Students meet with Revalidation panels to provide feedback on their experiences. Student feedback from previous years is also part of the evidence used to assess how the course has been running.

### **How do we act on student feedback?**

Student feedback is important to the University and student views are taken seriously. Student feedback is gathered in a variety of ways.

- Through student engagement activities at Course/Module level, students have the opportunity to express their voice in the running of their course. Student representatives are elected to expressly represent the views of their peers. The University and the Students' Union work together to provide a full induction to the role of the student representatives.
- There are also School Staff Student Exchange meetings that enable wider discussions across the School. Student representatives are also represented on key College and University committees.
- All students are invited to complete a 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 Postgraduate Taught Experience Survey or PTES which helps us compare how we are doing with other institutions, to make changes that will improve what we do in future and to keep doing the things that you value.

**Please note:** This programme specification provides a concise summary of the main features of the course and the learning outcomes that a student might reasonably be expected to achieve and demonstrate if s/he takes full advantage of the learning opportunities that are provided. This specification should be read in conjunction with the Course Handbook provided to students and Module Handbooks, which provide more detailed information on the specific learning outcomes, content, teaching, learning and assessment methods for each module.

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