

PROGRAMME SPECIFICATION

Course record information

Name and level of final award:	BSc Honours Human Nutrition
Name and level of intermediate awards:	Diploma of Higher Education in Human Nutrition Certificate of Higher Education in Human Nutrition
Awarding body/institution:	University of Westminster
Teaching Institution:	University of Westminster
Status of awarding body/institution:	Recognised Body
Location of delivery:	Central London
Language of delivery and assessment:	English
Mode, length of study and normal starting month:	Three years full time. September start.
<u>QAA subject benchmarking group(s):</u>	http://www.qaa.ac.uk/en/Publications/Documents/Subject-benchmark-statement-Biosciences.pdf http://www.qaa.ac.uk/en/Publications/Documents/Subject-benchmark-statement-Health-studies-.pdf
Professional statutory or regulatory body:	Association for Nutrition (AfN)
Date of course validation/review:	February 2015
Date of programme specification approval:	July 2015
Valid for cohorts :	2016/17 level 4/5, 2017/18 level 4,5 and 6
Course Leader	Dr Ihab Tewfik
UCAS code and URL:	http://www.westminster.ac.uk/courses/undergraduate

Admissions requirements

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

westminster.ac.uk/courses/undergraduate/how-to-apply

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/undergraduate/how-to-apply

Aims of the course

The BSc Honours Human Nutrition pathway has been designed to:

- Provide students, through core and option modules, with a knowledge and understanding of the science of Human Nutrition and to be able to use these critically in problem solving and data handling.
- Enable students to follow an Exercise Science interest within Human Nutrition through their option module choices.
- Enable students to acquire transferable practical and laboratory skills.
- Enable students to relate the scientific aspects of Human Nutrition with/without Exercise Science to current clinical, public health and societal and commercial issues.
- Give students opportunities to gain experience in a variety of transferable skills that will enhance their employment and postgraduate education prospects.

What will you be expected to achieve?

Learning outcomes are statements on what successful students have achieved as the result of learning. These are threshold statements of achievement. The learning outcomes broadly fall into four categories:

- The overall **knowledge and understanding** you will gain from your course (KU);
- **Graduate attributes** are characteristics that you will have developed during the duration of your course (GA);
- **Professional and personal practice learning outcomes** are specific skills that you will be expected to have gained on successful completion of the course (PPP);
- **Key transferable skills** that you will be expected to have gained on successful completion of the course. (KTS)

Level 4 learning outcomes

Upon completion of level 4 you will be able to demonstrate:

L4.1 Knowledge and understanding of the fundamental principles, concepts and terminology that underpin Human Nutrition (with/without Exercise Science) through the study of molecular, cellular and physiological processes. (KU)

L4.2 The ability to access library resources, university-wide resources and internet resources to search for, read and engage with scientific literature in an appropriate manner. (GA, KTS)

L4.3 The ability to undertake simple research tasks with guidance and communicate using appropriate scientific language, via a range of formats and approaches, in a clear and articulate manner. (KU, GA, PPP, KTS)

L4.4 Competence in basic experimental skills, numeracy skills and literacy skills applicable to the study of Human Nutrition (with/without Exercise Science). (KU, GA, PPP, KTS)

L4.5 The ability to present, evaluate and interpret simple experimental data in order to develop structured and coherent arguments and make sound judgements in accordance to basic scientific theories. (KU, GA, PPP, KTS)

L4.6 Appreciation of the complex and diverse nature of life processes and a basic understanding of how various disciplines can come together, to improve health and well-being. (KU, GA)

L4.7 The ability to identify individual and collective goals and responsibilities, in particular those being developed through practical, laboratory and problem solving tasks, and perform in a manner appropriate to these roles (GA, PPP)

L4.8 Knowledge and understanding of professional values, ethical standards and professional codes of conduct associated with Human Nutrition (with/without Exercise Science). (KU, GA)

L4.9 Ability to reflect on progress in their studies and seek assistance or guidance as appropriate in order to understand the applicability of the taught material to the careers in field and enhance their own personal development planning. (GA, PPP, KTS)

Level 5 learning outcomes

Upon completion of level 5 you will be able to demonstrate:

L5.1 Knowledge and systematic understanding of key aspects in nutrition, health and well-being such as chemical composition and nutritional quality, social and environmental influences on nutritional intake and exercise habits, energy systems, energy balance, diet-disease relationships and behaviour change. (KU, GA)

L5.2 The ability to apply the underlying concepts and principles in Human Nutrition (with/without Exercise Science) in a wide context, theoretically and/or practically. (KU, GA, PPP, KTS)

L5.3 Knowledge of principal research techniques used in Human Nutrition and Human Nutrition with Exercise Science and the ability to evaluate the appropriateness of different approaches to solving problems in nutrition. (KU, GA, KTS)

L5.4 The ability to recognise that statements should be tested and that evidence is subject to investigative work and evaluation. (KU, GA, PPP, KTS)

L5.5 The ability to collect and analyse data using a range of different methods relevant to the field and highlighting any issues of uncertainty in the process/es. (KU, GA, PPP, KTS)

L5.6 Knowledge and application of a range of communication practices and resources relevant to Human Nutrition (with/without Exercise Science), including data analysis and the use of statistics where appropriate. (KU, GA, PPP, KTS)

L5.7 The ability to think independently (requiring minimum direction) in order to obtain topical scientific literature and formulate hypotheses with subsequent exploratory planning and/or execution of investigation. (KU, GA, PPP, KTS)

L5.8 Self-awareness; identifying confidence in skills transferrable to the workplace and the ability to articulate these skills via different channels such as *curriculum vitae* and professional development portfolio. (GA, PPP, KTS)

L5.9 The ability to communicate effectively in a group; recognising and respecting views and opinions of other team members and solving set tasks coherently. (GA, PPP, KTS)

Level 6 learning outcomes

Upon completion of level 6 you will be able to demonstrate:

L6.1 A critical understanding of principal aspects in nutrition, health and well-being, including acquisition of detailed and coherent knowledge. (KU, GA, KTS)

L6.2 An ability to engage with some of the current developments in nutrition, health and well-being and their global applications including the philosophical and ethical issues involved. (KU, GA, PPP, KTS)

L6.3 The ability to read and use appropriate literature with a critical understanding and address aspects such as content, context, aims, objectives, quality of information, its interpretation and application. (KU, GA, PPP, KTS)

L6.4 An ability to understand and apply appropriate methods of acquiring, interpreting and/or analysing nutrition, health and well-being data with a critical understanding of the contexts for their use. (KU, GA, PPP, KTS)

L6.5 Competences in practical skills and the ability to critically appraise the methods used in Human Nutrition (with/without Exercise Science). (GA, PPP, KTS)

L6.6 The ability to give a clear and accurate account of a topic, organise arguments and engage in debate and/or dialogue in a professional manner using appropriate language depending on audience. (KU, GA, PPP, KTS)

L6.7 The ability to identify methods/tools appropriate to solve problems (as an individual and/or a team member), justify choices and evaluate success or failure. (GA, PPP, KTS)

L6.8 The ability to autonomously undertake laboratory and/or field investigations in a responsible, safe and ethical manner, showing sensitivity to the impact of investigations on aspects such as the environment, subjects and organisms. (KU, GA, PPP, KTS)

L6.9 The ability to apply knowledge and understanding, to address familiar and unfamiliar problems and take responsibility to reflect on your work, skills and development in the field in order to uphold the professional ethics and values associated with Human Nutrition (with/without Exercise Science). (KU, GA, PPP, KTS)

The tables below show how the course level learning outcomes have been mapped onto the individual modules at each level. Detailed course structure is shown later.

Modules	Level 4 – Course Learning Outcomes								
	4.1	4.2	4.3	4.4	4.5	4.6	4.7	4.8	4.9
Core modules									
Biochemistry	✓		✓	✓	✓		✓		
Cell Biology	✓	✓	✓	✓	✓		✓		
Science: History, Philosophy and Practice	✓	✓	✓	✓	✓	✓	✓		
Human Physiology	✓	✓	✓	✓	✓		✓		
Principles of Nutrition	✓	✓	✓	✓	✓		✓	✓	
Exercise, Nutrition and Health	✓	✓	✓	✓	✓	✓	✓		✓

Modules	Level 5 – Course Learning Outcomes								
	5.1	5.2	5.3	5.4	5.5	5.6	5.7	5.8	5.9
Core modules									
Research Methods	✓	✓	✓	✓	✓	✓	✓	✓	
Research Techniques in Nutrition and Exercise	✓				✓	✓			✓
Health and Exercise Practices	✓		✓	✓	✓	✓		✓	✓
Applied Nutrition	✓	✓	✓		✓	✓	✓		✓
Diet in Health and Disease	✓	✓	✓				✓		
One option from the following:									
Metabolic Biochemistry (recommended option for HN)	✓	✓	✓				✓		
Physiology of Sport, Health and Exercise (recommended option for HN with ES)	✓	✓			✓	✓			

Modules	Level 6 – Course Learning Outcomes								
	6.1	6.2	6.3	6.4	6.5	6.6	6.7	6.8	6.9
Core modules									
UG Research Project (for all HN)	✓	✓	✓	✓	✓	✓	✓	✓	✓
Applied and Clinical Nutrition (for all HN)	✓	✓	✓	✓		✓			✓

Public Health Nutrition (for HN)	✓	✓	✓			✓	✓		✓
Global Challenges in Food and Health (for HN)	✓	✓	✓			✓	✓	✓	
Current Topics in Sport and Exercise Physiology (for HN with ES)	✓	✓	✓	✓		✓	✓		
Nutrition and Performance	✓	✓	✓	✓	✓		✓	✓	
One option from the following:									
Psychology of Physical Activity and Sport	✓	✓	✓	✓			✓		
Work Experience and Career Management Skills		✓		✓		✓		✓	✓
Nutrition and Performance	✓	✓	✓	✓	✓		✓	✓	
Applied Medical Sciences					✓	✓	✓	✓	
Public Health Nutrition	✓	✓	✓			✓	✓		✓
Global Challenges in Food and Health	✓	✓	✓			✓	✓	✓	

* HN (Human Nutrition), HN with ES (Human Nutrition with Exercise Science)

All modules contribute to the delivery of course learning outcomes (CLOs), and most CLOs are addressed once or more via the core and option modules at all levels. This ensures that there are many opportunities to develop and enhance course specific skills and knowledge.

How will you learn?

The learning and the teaching of the course relies on a mixture of face-to-face teaching and tutorial sessions using both didactic and student-centred styles. This strategy is appropriately supported with technology-enhanced learning where applicable to encourage mastery of the knowledge base. Much of the learning activities of the course rely on a blended approach which mixes classroom-based activities with on-line study material. Planned learning activities relate directly to the stated learning outcomes which have been defined to reflect both subject-related knowledge, intellectual and manual or practical skills along with an awareness of the professional and ethical contexts within which disciplines must operate. In addition to the formal programmed teaching & learning sessions, the Faculty operates a series of research seminars and 'academic conversations' given by invited expert speakers or staff within the university. Attendance at such events allows all students within the Faculty the chance to experience cutting-edge research and scientific developments.

Self-directed and tutor-directed private study forms a significant part of the learning experience. Laboratory-based practicals will develop the necessary 'hands-on' skills required of competent practitioners within the chosen discipline. The Faculty runs an Academic Tutorial System (ATS) which provides additional opportunities for students to develop or enhance appropriate study skills and to gain the confidence required to make the transition to higher education and successfully complete their course.

How will you be assessed?

The Human Nutrition course offers a variety of assessments which aim to enable students to demonstrate that they have met the course learning outcomes. Typically, the diet of assessments for a module consists of regular formative assessments (which do not contribute to your mark but provide a vehicle for feedback to guide you in furthering your studies and assist you in optimising your performance in the summative assessments) and two or three summative assessments (which evaluate module learning outcomes and contribute to your mark).

The assessment menu may consist of open & closed examinations, essays, laboratory reports, literature reviews, oral presentations, in-class tests, dissertations and portfolios. Some aspects of summative assessment focus on group-work skills whilst others are based on individual tasks. Along this degree pathway you will find some modules which assess the module learning outcomes via coursework only, whilst other modules use a combination of coursework and examinations. Suitably well-chosen integrative assignments will help to ensure continuity of learning across disciplines.

Attempting assessments is not just a means to determine attainment but also a learning opportunity. The formative (practice) assessments, including 'mock' examinations, exercises on examination preparation, self-assessment tests and monitoring by tutors using continuous activities will help you to undertake your own progress evaluation of the module material and adapt your learning strategy accordingly.

Additionally, some modules assess learning outcomes or content from another module (called 'synoptic assessment'). This requires you to synthesise skills and knowledge from different modules and thereby promotes a broader perspective in your learning and encourages you to cultivate a flexible attitude that is receptive to multidisciplinary approaches.

Employment and further study opportunities

University of Westminster graduates will be able to demonstrate the following five Graduate Attributes:

- Critical and creative thinkers
- Literate and effective communicator
- Entrepreneurial
- Global in outlook and engaged in communities
- Social, ethically and environmentally aware

Inclusion within the curriculum of activities which support the development of 'Graduate Attributes' is an acknowledgment that future long-term career success is dependent upon a number of generic factors which support discipline specific knowledge in creating effective professional practitioners. University of Westminster courses capitalise on the benefits that London as a global city and as a major creative, intellectual and technology hub has to offer for the learning environment and experience of our students.

Table 1
Alignment of Graduate Attributes to Course Learning Outcomes

Graduate Attribute	Evident in Course Learning Outcome
Critical and creative thinkers	L4.5, L4.6, L4.7 L5.1, L5.3, L5.4, L5.5, L5.7, L5.9 L6.3, L6.4, L6.5, L6.6, L6.7
Literate and effective communicator	L4.2, L4.3, L4.4 L5.6 L6.3, L6.6
Entrepreneurial	L4.9 L5.8 L6.8
Social, ethically and environmentally aware	L4.8 L5.6 L6.8, L6.9
Global in outlook and engaged in communities	L4.6 L5.2 L6.1, L6.2, L6.8, L6.9

The BSc Honours Human Nutrition pathway aims to create graduates who are:

- Knowledgeable in their subject and able to expand upon that knowledge
- Problem solvers who are curious, flexible, rigorous and willing to trust to their own initiative
- Aware of the importance of their discipline in shaping the modern world and its role in providing solutions for the problems we face
- Able to consider all perspectives and to collaborate with others with different areas of expertise
- Professional and principled in their outlook

This course will give you the skills and knowledge to establish yourself in a range of careers related to human nutrition including research, education and in policy development.

For example, nutritionists work in: Health promotion within the NHS; Charities involved in heart health, diabetes and obesity, or international development; Sports nutrition; Weight loss; In industry, e.g. food science or product development; Self employed consultancy, giving nutritional guidance to individuals and/or companies; and can form a foundation for further study (e.g. MSc, MPhil/PhD).

Course structure

This section shows the core and option modules available as part of the course and their credit value. Full-time Undergraduate students study 120 credits per year. Course structures can be subject to change each academic year following feedback from a variety of sources.

There are two pathways through the degree with particular modules for each pathway associated with accreditation.

Credit Level 4				
Module code	Module title	Status	UK credit	ECTS
4BICH001W	Biochemistry	Core	20	10
4BIOL002W	Cell Biology	Core	20	10
4BICH003W	Science: History, Philosophy and Practice	Core	20	10
4PHYM001W	Human Physiology	Core	20	10
4HMNT001W	Principles of Nutrition	Core	20	10
4HMNT002W	Exercise, Nutrition and Health	Core	20	10
Award of Certificate of Higher Education available				

Credit Level 5				
Module code	Module title	Status	UK credit	ECTS
5BIOM010W	Research Methods	Core	20	10
5REHM001W	Research Techniques in Nutrition and Exercise	Core	20	10
5HMNT003W	Health and Exercise Practices	Core	20	10
5HMNT002W	Applied Nutrition	Core	20	10
5HMNT001W	Diet in Health and Disease	Core	20	10
	<u>One option</u> from the following depending on theme followed:			
5BICH001W	Metabolic Biochemistry (essential for HN*)	Option	20	10
5PHYM006W	Physiology of Sport, Health and Exercise (essential for HN with ES*)	Option	20	10
Award of Diploma of Higher Education available				

Credit Level 6 – Human Nutrition				
Module code	Module title	Status	UK credit	ECTS
6BICH003W	UG Research Project	Core	40	20
6HMNT002W	Applied and Clinical Nutrition	Core	20	10
6HMNT004W	Public Health Nutrition	Core	20	10
6HMNT002W	Global Challenges in Food and Health	Core	20	10
	<u>One option</u> from the following depending on theme followed:			
6PHYM005W	Psychology of Physical Activity and Sport	Option	20	10
6BIOL004W	Work Experience and Career Management Skills	Option	20	10
6HMNT003W	Nutrition and Performance	Option	20	10
6BIOM006W	Applied Medical Sciences	Option	20	10
Award BSc available				
Award BSc Honours available				

Credit Level 6 – Human Nutrition with Exercise Science				
Module code	Module title	Status	UK credit	ECTS
6BICH003W	UG Research Project	Core	40	20
6HMNT002W	Applied and Clinical Nutrition	Core	20	10
6PHYM006W	Current Topics in Sport and Exercise Physiology	Core	20	10
6HMNT003W	Nutrition and Performance	Core	20	10

	One option from the following depending on theme followed:			
6PHYM005W	Psychology of Physical Activity and Sport	Option	20	10
6BIOL004W	Work Experience and Career Management Skills	Option	20	10
6HMNT004W	Public Health Nutrition	Option	20	10
6HMNT001W	Global Challenges in Food and Health	Option	20	10
Award BSc available				
Award BSc Honours available				

Please note: Not all option modules will necessarily be offered in any one year.

* HN (Human Nutrition), HN with ES (Human Nutrition with Exercise Science)

Professional Body Accreditation or other external references

The BSc Honours Human Nutrition is accredited by the Association for Nutrition (AfN). AfN (the recognised professional body for the regulation and registration of nutritionists) embraces those involved in public health, care, food, exercise and policy. One of the Association's responsibilities is running the UK Voluntary Register of Nutritionists (UKVRN). As graduates from this degree course, you are immediately eligible (*Fast-Track*) for addition to the Register as Associate Nutritionists. However to be eligible for this *Fast-Track* option you need to pass all the professional core modules on the relevant course (as shown in table below) at mark equal to or above 40%:

Human Nutrition - Fast-Track Modules	
Module code	Module title
Level 4	
4HMNT001W	Principles of Nutrition
4HMNT002W	Exercise, Nutrition and Health
Level 5	
5BIOM010W	Research Methods
5REHM001W	Research Techniques in Nutrition and Exercise
5HMNT003W	Health and Exercise Practices
5HMNT002W	Applied Nutrition
5HMNT001W	Diet in Health and Disease
5BICH001W	Metabolic Biochemistry
Level 6	
6BICH003W	UG Research Project
6HMNT002W	Applied and Clinical Nutrition
6HMNT004W	Public Health Nutrition
6HMNT001W	Global Challenges in Food and Health

Human Nutrition with Exercise Science - Fast-Track Modules	
Module code	Module title
Level 4	
4HMNT001W	Principles of Nutrition
4HMNT002W	Exercise, Nutrition and Health
Level 5	
5BIOM010W	Research Methods

5REHM001W	Research Techniques in Nutrition and Exercise
5HMNT003W	Health and Exercise Practices
5HMNT002W	Applied Nutrition
5HMNT001W	Diet in Health and Disease
5PHYM006W	Physiology of Sport, Health and Exercise
Level 6	
6BICH003W	UG Research Project
6HMNT002W	Applied and Clinical Nutrition
6PHYM006W	Current Topics in Sport and Exercise Physiology
6HMNT003W	Nutrition and Performance

This accreditation recognises the high standards of training that we offer on our course. The Associate Nutritionist (A.Nutr.) designation is designed to assist you, the recent graduate, to develop a career in Nutritional Science so that you can make rapid transition to full registration, normally after a period of three years. For more information: contact the course leader.

Academic regulations

The current Handbook of Academic Regulations is available at westminster.ac.uk/academic-regulations

How will you be supported in your studies?

Course Management

Your course is managed through the Department of Life Sciences within the Faculty of Science & Technology. The Course Leader and the teaching team will meet you in the induction programme and can help you with enrolment, registration, and orientation to the university, its processes and the culture of higher education. The Course Leader is responsible for development and management of the course in conjunction with the Head of Department, the Faculty Director of Learning and Teaching and the departmental Learning & Teaching co-ordinator.

The course is monitored each year by senior members of the Faculty to ensure that it is running effectively and that issues that might affect the student experience have been appropriately addressed. Each course will have Course Committee meetings throughout the year and staff will consider the outcomes from these meetings, evidence of student progression and achievement to evaluate the effectiveness of the course. The Academic Standards Group audits this process and the outcomes are reported to the Academic Council of the University, which has overall responsibility for the maintenance of quality and standards in the University.

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 Faculty Registry Office. 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

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.

Learning support includes four libraries, each holding a collection of resources related to the subjects taught at that site. Students¹ 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 Faculty. Students can also securely connect their own laptops and mobile devices to the University wireless network.

Support Services

The University of Westminster Student Affairs 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. The University of Westminster Students' Union also provides a range of facilities to support students during their time at the University.

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

The course was initially approved by a University Validation Panel in 1997. 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.

The course is also monitored each year by the Faculty 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 Course Committees, evidence of student progression and achievement and the reports from external examiners, to evaluate the effectiveness of the course. Each Faculty puts in to place an action plan. This may for example include making changes on the way the module is taught, assessed or even how the course is structured in order to improve the course, in such cases an approval process is in place.

A Course review 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 review panels to provide feedback on their experiences. Student feedback from previous years e.g. from Course Committees 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 Course Committees students have the opportunity to express their voice in the running of their course. Student representatives are elected to Committee to expressly represent the views of their peer. The University and the Students' Union work together to provide a full induction to the role of the student representatives.

¹ Students enrolled at Collaborative partners may have differing access due to licence agreements.

- Each Faculty also has its own Faculty Student Forum with student representatives; this enables wider discussions across the Faculty. Student representatives are also represented on key Faculty 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 Student Experience Survey which seeks the opinions of students about their course and University experience. Final year Undergraduate students will be asked to complete the National Student Survey which helps to inform the national university league tables.

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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