

## Course record information

<b>Name and level of final award</b>	<ul style="list-style-type: none"> <li>• Master in Science - Sport and Exercise Nutrition</li> <li>• Master in Science - Sport and Exercise Nutrition with Professional Experience</li> <li>• Master in Science - Sport and Exercise Nutrition with International Experience</li> </ul> <p>The award is Bologna FQ-EHEA first cycle degree or diploma compatible</p>
<b>Name and level of intermediate awards</b>	<ul style="list-style-type: none"> <li>• Bachelor of Science (BSc) Honours - Human Nutrition</li> <li>• Bachelor of Science (BSc) - Human Nutrition</li> <li>• Diploma of Higher Education (Dip HE) - Human Nutrition</li> <li>• Certificate of Higher Education (CertHE) - Human Nutrition</li> </ul>
<b>Awarding body/institution</b>	University of Westminster
<b>Teaching institution</b>	University of Westminster
<b>Status of awarding body/institution</b>	Recognised Body
<b>Location of delivery</b>	Primary: Central London
<b>Language of delivery and assessment</b>	English
<b>QAA subject benchmarking group(s)</b>	Biomedical Sciences <a href="https://www.qaa.ac.uk/docs/qaa/subject-benchmark-statements/subject-benchmark-statement-biomedical-sciences.pdf?sfvrsn=2bf2c881_12">https://www.qaa.ac.uk/docs/qaa/subject-benchmark-statements/subject-benchmark-statement-biomedical-sciences.pdf?sfvrsn=2bf2c881_12</a>
<b>Professional statutory or regulatory body</b>	Accredited by the Association for Nutrition (AfN) <a href="https://www.associationfornutrition.org/">https://www.associationfornutrition.org/</a> (Accreditation pending spring/summer 2022)
<b>Westminster course title, mode of attendance and standard length</b>	<ul style="list-style-type: none"> <li>• Sport and Exercise Nutrition MSci, Full-time, September start - 4 years standard length with an optional year abroad or placement</li> </ul>
<b>Valid for cohorts</b>	From 2022/3

## 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. 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: <https://www.westminster.ac.uk/study/undergraduate/how-to-apply>

## Recognition of Prior Learning

Applicants with prior certificated or experiential learning at the same level of the qualification for which they wish to apply are advised to visit the following page for further information:

<https://www.westminster.ac.uk/current-students/guides-and-policies/student-matters/recognition-of-prior-learning>

## Aims of the programme

The MSci Sport and Exercise Nutrition is designed for students who are interested to pursue a career in the application of nutrition and exercise in a range of contexts, from helping individuals to improve their health and wellbeing to maximising human performance in sporting environments. The MSci allows students to integrate their undergraduate and postgraduate education into a single four-year degree programme that is designed to prepare students for professional practice by drawing upon knowledge, skills and experience from diverse areas of science bringing them together to form a cohesive discipline. Each year of the course has been designed to build personal and professional development in a seamless and progressive fashion, therefore as students move on to the postgraduate level (i.e. final year) they will have been appropriately prepared to undertake specialist education in sport and exercise nutrition.

The MSci Sport and Exercise Nutrition has been designed to stimulate an enquiring, analytical and practical approach to understanding and providing nutritional support for clients in a wide range of sports and exercise domains. In order to achieve this, students will be able to take a 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 and healthily. A unique component of the MSci is the opportunity to undertake a 'real world' mini-project in the third year that enables students to design, apply and implement a live project to either enhance the health, well-being or sporting goals of a specific community. This offers students authentic experience to apply skills and knowledge they have learnt on the degree in a real setting. In the final year, students can build on this experience in an extended independent project (60 credit) on a contemporary topic related to sport and exercise nutrition, a unique distinction of the MSci pathway compared to the BSc pathway.

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) from which graduates can work towards full registration status in their professional careers.

More broadly the MSci Sport and Exercise Nutrition aims to:

- Provide students, through core and option modules, with a knowledge and understanding of the science of Sport and Exercise Nutrition and to be able to use these critically in problem-solving and data handling.
- Enable students to acquire transferable practical and laboratory skills.
- Enable students to relate the scientific aspects of Sport and Exercise Nutrition to current community, societal, commercial and sport performance issues.
- Enable students to gain advanced skills and expertise in Sport and Exercise Nutrition to enhance career prospects in this specialist field.
- Enable students to contextualise knowledge within a historical, geographical and cultural framework based on inclusivity, which gives all students access to the opportunities they need to thrive.
- Include the flexibility to allow students to undertake a work placement or international study experience whilst studying for their degree and gain recognition of that experience through specific award titles.
- Integrate learning across undergraduate through to postgraduate level offering students continuity in personal professional development as they develop specialist expertise in Sport and Exercise Nutrition.

## 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

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.

The development of these graduate attributes is oriented towards employability upon completion of the course and these five attributes are aligned to various Course Learning Outcomes as shown in the table later in this document.

Whilst graduate attributes are acquired through a number of different modules throughout your course, employability will be embedded throughout the course via the provision of Work-Based Learning opportunities (WBLO) intended to foster key skills development opportunities that prepare students for graduate employability. WBLOs are incorporated into the curriculum in the first (level 4) and second year (level 5) that are reflected in activities and assessments that have been designed in collaboration with employers in the STEM field, including leading nutritionists. This has been embedded throughout the course; however key modules include Professional development in Science (Level 4), Research Methods (level 5) and Community Engagement in Sport, Physical Activity and Nutrition (level 6). Furthermore, nutrition-specific 'live project' assessments have been incorporated at Applied Nutrition (Level 5) and Exercise Physiology in action (Level 5). Assessments in these modules have been co-produced with specific employers to give all students the opportunity experience to apply the knowledge and skills they have developed in 'real-world' scenarios.

Along with the embedded WBLO, students will also have the option to undertake a year-long work placement or international study experience between Levels 5 and 6. The optional work placement will be a minimum of 35 weeks' duration and a maximum of 52 weeks' duration, taken between Levels 5 and 6 and commonly referred to as a 'sandwich placement'. Placements provide opportunities for students to apply their knowledge and skills in a real-world setting and thereby gain valuable and relevant experience. The international study experience will be for a minimum duration of 26 weeks with a maximum of 52 weeks and allows student to experience living and studying in different cultures and environments. The destination for international study experience may vary each year dependent on availability, while relevant work placements will be the responsibility for students to organise.

As students enter the final year (Level 7) of the course they will have the opportunity to develop specialist skills required for a graduate Sport and Exercise Nutritionist. Teaching, learning and assessments are geared towards developing advanced expertise in the discipline and will give the experience and confidence to work individually, and in groups, with clients to help improve their health, well-being and/ exercise performance. All students will learn how to conduct client consultations within a sport and exercise nutrition context and develop skills in behaviour change so they can effectively work with clients. Students will also develop specialist skills in assessing health and fitness in our human physiology laboratory, where they will work with a 'client' to conduct a comprehensive health and fitness assessment, and subsequently create action plans to help them improve. Taking all of this together, by the end of the course students will have the knowledge to create their own sport, health and wellbeing business or take these applied work-based skills into graduate employment.

The unique learning components of this course include the 'live' community engagement project and the extended research project which increase the students' experience of inquiry-driven learning. This fosters students ability to think critically, creatively and compassionately as independent practitioners, fosters an entrepreneurial spirit and develops effective scientific communicators. These attributes are not only integral for a future career within sport and exercise nutrition but are also high-value transferable skills relevant to a range of graduate careers.

The employability market for sport and exercise nutrition graduates is buoyant in a range of diverse fields. Most graduates may wish to pursue accreditation and seek work in the field of sports nutrition supporting individuals from recreational to elite status to achieve their sporting goals. The degree is also ideally suited for exercise professionals who are looking to increase their knowledge and applied skills in nutrition, as well as those interested in using exercise nutrition to improve the health of the public. The translational skills taught in the course are applicable to working in the community and improving the health and fitness of the general population. With the growth of general public health consciousness and the promotion of tackling health conditions, such as diabetes and obesity, with non-medical solutions, the necessity of sport and exercise nutrition professionals is on the rise, demonstrating the future employment opportunities and wider contribution to society this MSci Sport and Exercise Nutrition can have. As such, prospective students of the MSci Sport and Exercise Nutrition may gain an advantage in the job market with an extra year of skills and knowledge in a specialised area, compared to students solely completing an undergraduate Human Nutrition course.

This course is accredited by the Association for Nutrition (AfN), the professional body that defines and advances standards of evidence-based practice across the field of nutrition and at all levels within the workforce. This accreditation certifies that the course delivers evidence-based nutrition education to a professional level, providing a solid foundation

for a career in nutrition. Therefore, on completion of the required modules, students will be able to join the AfN as Associate Nutritionist. After graduation, students can continue their professional development and work towards full registration status with the AfN.

In summary MSci Sport and Exercise 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 their own initiative;
- Able to consolidate and complement their academic learning, knowledge and skills with authentic skills relevant to the workplace;
- Aware of the importance of their discipline in shaping the modern world and its role in providing solutions for real-world challenges;
- Able to consider all perspectives and to collaborate with others with different areas of expertise;
- Professional and principled in their outlook.
- highly qualified and possess an advanced postgraduate degree in Sport and Exercise Nutrition.

The academic teaching team include a range of AfN accredited nutritionist whose expertise span from Nutritional Science, Public Health Nutrition to Sport and Exercise Nutrition giving students the opportunity to learn and develop skills in each of these areas, which can open multiple career avenues on graduation. For example, graduates of this course can go to a range of different routes that may include: Health promotion within the NHS and in the community; the Food Industry; Public Sector Organisations; Research; Self-employed consultancy; Academia; Sports Nutrition for elite and amateur athletes; the Health and Fitness Industry; Charities.

MSci Sport and Exercise Nutrition can also provide a foundation for further academic study and qualifications e.g. MPhil/PhD.

## 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 course learning outcomes:** upon completion of Level 4 you will be able to:

- CLO4.1 Demonstrate knowledge and understanding of the fundamental principles, concepts and terminology that underpin Human Nutrition through the study of molecular, cellular and physiological processes. ( KU GA )
- CLO4.2 Access library, university-wide and internet resources to engage with scientific literature and demonstrate the ability to undertake simple research tasks with guidance, also to communicate in a clear and articulate manner using appropriate scientific language, via a range of formats and approaches. ( GA KTS )
- CLO4.3 Demonstrate competence in basic experimental, numeracy and literacy skills along with the ability to present, evaluate and interpret simple experimental data in order to develop structured and coherent arguments and make sound judgments in accordance with basic scientific theories. ( KU GA PPP KTS )
- CLO4.4 Understand and appreciate the complex and diverse nature of life processes and acquire a basic understanding of how various disciplines can come together, to promote health and well-being in line with global Sustainable Development goals. ( KU GA )
- CLO4.5 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 )
- CLO4.6 Demonstrate knowledge and understanding of professional values, ethical standards and professional codes of conduct associated with Human Nutrition. Recognise the importance of treating all individuals and cultures with respect and acknowledge the harm that results and has resulted from not doing so. ( GA PPP )
- CLO4.7 Reflect on progress in their studies and seek assistance or guidance as appropriate in order to understand the applicability of the taught material to careers in the field, and thereby enhance their own personal development

planning. ( GA PPP KTS )

- CLO4.8 Understand the ethical and social implications of current and historical scientific research and knowledge. In turn, appreciate the value of drawing upon diverse approaches and perspectives in promoting individual and community health and well-being via nutrition-related practices. ( GA PPP )

**Level 5 course learning outcomes:** upon completion of Level 5 you will be able to:

- CLO5.1 Demonstrate knowledge and systematic understanding of key nutritional factors that promote health and well-being such as chemical composition and nutritional quality of foods, social and environmental influences on nutritional intake and exercise habits, energy systems, energy balance, diet-disease relationships and behaviour change, in line with global Sustainable Development Goals. ( KU GA )
- CLO5.2 Apply the underlying concepts and principles in Human Nutrition in a wide context, theoretically and/or practically. ( KU GA PPP KTS )
- CLO5.3 Demonstrate knowledge of principal research techniques used in Human Nutrition including the ability to evaluate the appropriateness of different approaches to solving problems in nutrition, and to recognise that statements should be tested and that evidence is subject to investigative work and evaluation. ( KU GA PPP KTS )
- CLO5.4 Apply a range of communication practices and resources relevant to Human Nutrition, including data collection and analysis using a range of methods relevant to the field, highlighting any issues of uncertainty in the process/es, and using statistics where appropriate. ( KU GA PPP KTS )
- CLO5.5 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 )
- CLO5.6 Acquire skills transferrable to the workplace and demonstrate the ability to articulate these skills via different channels such as curriculum vitae and professional development portfolio. ( GA PPP KTS )
- CLO5.7 Communicate effectively in a group; recognise and respect views and opinions of other team members and solve set tasks coherently. ( GA PPP KTS )
- CLO5.8 Demonstrate knowledge, understanding and application of professional values, ethical standards and professional codes of conduct associated with Human Nutrition. Reflect on the importance of treating all individuals and cultures with respect and acknowledge the harm that results and has resulted from not doing so. ( GA PPP )
- CLO5.9 Recognise and reflect upon the ethical and social implications of current and historical scientific research and knowledge. In turn, reflect on the value of drawing upon diverse approaches and perspectives in promoting individual and community health and well-being via nutrition-related practices. ( GA PPP )

**Additional Year course learning outcomes:** upon completion of Additional Year you will be able to:

- IEO.1 Enable personal development by devising a programme of international study that complements the content of the home degree programme and/or develops other interests. ( GA PPP KTS )
- IEO.2 Appreciate the challenges and opportunities of studying/ working in an international context. ( GA PPP KTS )
- IEO.3 Demonstrate an understanding of, and respect for, the cultural norms and differences of the host country at a societal level as part of an inclusive, global outlook ( GA PPP KTS )
- PEO.1 Reflect upon your greater knowledge of the career opportunities available to life sciences graduates in the job market and your personal aptitude for those opportunities. ( GA PPP KTS )
- PEO.2 Demonstrate the acquisition of a range of professional, practical and key-transferrable skills relevant to the fields of employment where life sciences graduates are valued. ( KU GA PPP KTS )
- PEO.3 Take personal responsibility for directing your own learning and future career making the best use of the opportunities, experiences and people that were available to you during your placement year. Draw upon the diverse approaches, perspectives, knowledge and experience of a diverse workforce, treating all individuals with respect and recognising their contribution to the host organisation. ( KU GA PPP KTS )

**Level 6 course learning outcomes:** upon completion of Level 6 you will be able to:

- CLO6.1 Critically appraise principal aspects in nutrition, health and well-being, including the acquisition of detailed and coherent knowledge, along with the 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 )
- CLO6.2 Engage with some of the current developments in nutrition, health and well-being and their global applications, including to global Sustainable Development goals, and including the philosophical and ethical issues

involved. ( KU GA PPP KTS )

- CLO6.3 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 )
- CLO6.4 Autonomously undertake laboratory and/or field investigations in a responsible, safe and ethical manner, demonstrating competencies in practical skills and showing sensitivity to the impact of investigations on aspects such as the environment, participants and communities. ( GA PPP KTS )
- CLO6.5 Provide 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 )
- CLO6.6 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 )
- CLO6.7 Apply knowledge, understanding and professional ethical values, to address familiar and unfamiliar problems and take responsibility to reflect on work, skills and development in the field of Sport and Exercise Nutrition, and to treat all individuals and cultures with respect and acknowledge the harm that results and has resulted from not doing so. ( KU GA PPP KTS )

**Level 7 course learning outcomes:** upon completion of Level 7 you will be able to:

- CLO7.1 Critically evaluate and create innovative diet interventions to enhance health, wellbeing and performance in a broad spectrum of sport and exercise scenarios. ( KU GA PPP )
- CLO7.2 Design and implement novel methods to communicate science and dietary interventions appropriate to the audience, while showing professionalism, empathy and compassion in the delivery ( GA KTS )
- CLO7.3 Demonstrate the ability to evaluate uncertainty and multiple interpretations to inform the decision-making process and creatively come up with solutions, such as may be encountered in research and professional practice within sport and exercise nutrition domains ( GA KTS CS )
- CLO7.4 Critically discuss current legal, safety and environmental issues relevant to the long-term health and performance enhancement of various population groups participating in sport and exercise, through consideration of global sustainable development goals, ethical and cultural factors ( PPP )
- CLO7.5 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 ( GA PPP )
- CLO7.6 Critically reflect on their own learning to develop strategies for personal and professional development within sport and exercise nutrition ( GA PPP KTS )
- CLO7.7 Design, project manage and conduct their own ethically sound and innovative independent research project related to aspects of sport and exercise nutrition, while demonstrating the ability to use appropriate methodologies (e.g. quantitative or qualitative), analyse, interpret, disseminate and defend project outcomes effectively. ( GA KTS CS )

## How will you learn?

### Learning methods

The MSci Sport and Exercise Nutrition programme focuses on how nutrients and eating patterns impact health and wellbeing, and the interaction between sport, exercise and diet. As an integrated masters programme, designed to prepare students for professional practice, this course draws upon knowledge, skills and experience from diverse areas of science bringing them together to form a cohesive discipline. 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.

Students will learn fundamental skills, knowledge and application within three main areas of nutrition in the first three years: Global Public Health, Sport and Exercise Nutrition and Nutritional Science to give them a broad interdisciplinary perspective of nutrition. Throughout the programme, an emphasis is placed on the practitioner skills within all domains of nutrition with various opportunities to apply learning throughout the programme. This culminates in the final year with students having the opportunity to develop authentic and advanced practitioner skills in sport and exercise nutrition. Students begin preparation for graduate employability from the first year, with learning opportunities provided to develop key attributes for the workplace in both the nutrition and wider life sciences sector. This leads to the final year where students are given the opportunity to independently perform a large (60 credit) research project with the support of an academic supervisor. This postgraduate module allows the students to undertake in-depth research and/or practice focused topics within Sport and Exercise Nutrition. Through inquiry-driven learning, students will be able to address vital questions in this field, with examples that include (but are not limited to): investigating the role of nutraceuticals and

nutritional supplements on health and/or exercise performance; determining how digital health technologies can be used to improve physical activity and nutrition practices in specific populations; or exploring the interaction of nutrition and exercise to aid healthy ageing. Online resources will be provided to help support a wide range of learning activities and students will learn how to effectively source credible scientific resources to aid their learning. The students will be supported in working independently and in group settings to consolidate and enhance their understanding of the topics being taught, and to hone their communication and problem-solving skills.

In addition to the formal scheduled teaching & learning sessions, the School 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 School the chance to experience cutting-edge research and scientific developments. The self-directed and tutor-directed private study also form a significant part of the learning experience.

The School of Life Sciences is committed to the University of Westminster Equality, Diversity and Inclusion (EDI) policy with a local implementation based on three central elements:

**Our commitment** is to ensure an inclusive, safe and supportive learning, working and social environment which enables scientific research and teaching to flourish and encourages our future scientists to grow and realise their true potential.

**Our goal** is to empower all students and staff to critically reflect on their understanding and positionality, with respect to the wide-ranging global scientific perspectives (past and present); encouraging the open debate of differing points of view.

**Our pledge** is to respect and value our diverse Life Sciences community (within and beyond the University of Westminster) and foster an equitable culture as we move forward in the field.

These three elements inform and direct all of our learning, teaching and research activities and have been central to our course design process as can be seen in the learning outcomes at module and course level. All staff and students in the School of Life Sciences are expected to embrace and respect these values.

## Teaching methods

This and all other courses within the School of Life Sciences have been developed with an inclusive and equitable teaching philosophy and practice in mind, considering the needs of our diverse student body. Course design, development and delivery has been, and continues to be, informed by input from our Decolonising the Curriculum Working Group, Attainment Gap Working Group and Student EDI Champion to ensure all students are able to participate in a barrier free, active learning experience.

A blended teaching approach has been adopted by the School of Life Sciences whereby the MSci Global Public Health Nutrition will be delivered both through online and in-person settings. In this way, the course aims to capitalise on the advantages offered by both online and face-to-face teaching and the flexibility that allows in the development of an inclusive timetable increasing accessibility for students with disabilities, caring responsibilities and those with other constraints on their time. Furthermore, blended learning is shown to be effective at improving the understanding of factual and conceptual knowledge taught. More importantly for global public health nutritionists, blended learning is an excellent tool to develop applied practitioners as it fosters the skills required to apply knowledge into practice.

In this course, the approach that blended learning takes will differ in each module to suit the specific needs of the learning outcomes and assessments in each module. This is likely to be a mixture of synchronous (i.e. live) and asynchronous (i.e. accessed in own time) resources online each week to cover the key theoretical components of a module, with the corresponding sessions on campus used to explore the topic, utilising an interactive, student-centred approach. These may include group work or practical lab-based activities, fieldwork/external visits and problem-based learning methods, where students are presented with real-world case studies to solve using theoretical content presented in the module, applied with due consideration of ethical, societal and cultural factors. Students will also undertake a final year extended independent project where they are required to plan, implement, and report upon an individual project under the guidance of an academic supervisor.

The use of a diverse range of teaching methods and activities is a reflection of the diverse learning styles of different individuals and by utilising a wide range of methods and activities we aim to offer the most inclusive learning environment possible. Taught material will be delivered without bias by a diverse and experienced teaching team supplemented with specialist guest lectures as appropriate. Teaching sessions draw upon diverse and representative reference sources to present appropriate, up to date scientific and professional information and opinions. In the spirit of the scientific method, students are encouraged to question and debate reference sources, presenting their arguments and conclusions in a logical, coherent and unbiased manner whilst understanding and respecting that others may have different views.

## Assessment methods

The MSci Sport and Exercise Nutrition course uses a variety of inclusive assessment methods throughout the four years that designed with the diversity of the student body and their learning styles in mind enabling students to demonstrate achievement of the course learning outcomes. Typically, the diet of assessments for a module consists of regular formative assessments (which do not contribute to module marks but provide a vehicle for feedback to guide students in furthering their studies and assist them in optimising their performance in the summative assessments) and two or three summative assessments (which evaluate module learning outcomes and contribute to the module mark).

This course uses a variety of authentic assessments, i.e. assessments that requires students to use the same competencies, or combinations of knowledge, skills, and attitudes that they need to apply in situations in professional life. Examples include case studies, creation of tailored food recipes, client reports, objective structured practical exams, product pitches, e-posters or presentations. Some modules may also use in-class tests, essays, laboratory reports, literature reviews, dissertations and portfolios. Some aspects of summative assessment focus on group-work skills whilst others are based on individual tasks. 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, may include 'mock' tests, exercises on coursework preparation, self-assessment tests amongst others. These continuous activities, monitored by tutors, will help students to undertake their own progress evaluation of the module material and adapt their learning strategy accordingly. Additionally, some modules assess learning outcomes or content from another module (called 'synoptic assessment'). This requires students to synthesise skills and knowledge from different modules and thereby promotes a broader perspective in learning. This approach encourages students to cultivate a flexible attitude that is receptive to multidisciplinary approaches.

Assessment methods through the course are also progressive, building a diverse set of skills, knowledge and expertise, and designed to develop students throughout the course with reflection of personal and professional development via formative and summative assessment is a common thread throughout the four years. Students will be expected to reflect on all learning material and development opportunities that they have undertaken in a given year and link this back to see how they have developed each year. This continued and progressive reflection on personal and professional development will help students tie together their journey on the programme and help prepare them for graduate opportunities.

Graduate Attribute	Evident in Course Outcomes
Critical and creative thinker	CLO4.1, CLO4.3, CLO4.4, CLO4.5, CLO4.8, CLO5.1, CLO5.3, CLO5.4, CLO5.5, CLO5.7, CLO6.1, CLO6.3, CLO6.4, CLO6.5, CLO6.6, CLO7.1, CLO7.3, CLO7.4, CLO7.6, CLO7.7, IEO.1, PEO.2
Literate and effective communicator	CLO4.2, CLO4.3, CLO5.4, CLO5.7, CLO6.5, CLO7.2, CLO7.5, CLO7.7, IEO.3, PEO.2, PEO.3
Entrepreneurial	CLO4.7, CLO5.6, CLO6.4, CLO7.1, CLO7.2, CLO7.3, CLO7.5, CLO7.7
Global in outlook and engaged in communities	CLO4.4, CLO4.8, CLO5.1, CLO5.2, CLO5.8, CLO5.9, CLO6.1, CLO6.2, CLO6.3, CLO6.4, CLO6.7, CLO7.4, CLO7.7, IEO.2, IEO.3, PEO.1, PEO.2, PEO.3
Socially, ethically and environmentally aware	CLO4.6, CLO4.8, CLO5.8, CLO6.4, CLO6.7, CLO7.2, CLO7.4, CLO7.7, IEO.2, IEO.3, PEO.2, PEO.3

## 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.

Modules are described as:

- **Core** modules are compulsory and must be undertaken by all students on the course.
- **Option** modules give you a choice of modules and are normally related to your subject area.
- **Electives**: are modules from across the either the whole University or your College. Such modules allow you to broaden your academic experience. For example, where electives are indicated you may choose to commence the study of a foreign language alongside your course modules (and take this through to the final year), thereby adding further value to your degree.



- Additional information may also be included above each level for example where you must choose one of two specific modules.

## Modules

### Level 4

Module Code	Module Title	Status	UK credit	ECTS
4BIOL002W	Cell Biology	Core	20	10
4PHYM001W	Human Physiology	Core	20	10
4HMNT002W	Metabolism of Nutrition and Exercise	Core	20	10
4HMNT001W	Principles of Human Nutrition	Core	20	10
4BIOM006W	Professional Development in Science (PRoDS)	Core	20	10
4HMNT004W	Psychology and Sociology of Health and Well-being	Core	20	10

### Level 5

Module Code	Module Title	Status	UK credit	ECTS
5HMNT002W	Applied Nutrition	Core	20	10
5HMNT004W	Developing the Nutritionist and Exercise Scientist	Core	20	10
5HMNT001W	Diet in Health and Disease	Core	20	10
5PHYM006W	Exercise Physiology in Action	Core	20	10
5BIOM010W	Research Methods	Core	20	10
5EVBI001W	Contemporary Global Challenges in Biology	Option	20	10
5BICH001W	Metabolic Biochemistry	Option	20	10

### Additional Year

Module Code	Module Title	Status	UK credit	ECTS
6BIOL005W	Life Sciences International Study Module (year-long)	Option	120	60
6BIOM009W	Life Sciences Work Experience Placement Module (year-long)	Option	120	60

### Level 6

Module Code	Module Title	Status	UK credit	ECTS
6HMNT003W	Applied Nutrition and Performance	Core	20	10
6HMNT004W	Applied Public Health Nutrition	Core	20	10
6HMNT006W	Community Engagement in Sport, Physical Activity and Nutrition	Core	20	10
6HMNT002W	Nutrition in Practice	Core	20	10
6PHYM005W	Psychology of Sport, Exercise and Nutrition	Core	20	10
6BIOM006W	Applied Medical Sciences	Option	20	10
6BIOL001W	Designing a Sustainable World	Option	20	10

Module Code	Module Title	Status	UK credit	ECTS
6BICH004W	Gene Editing and Genomics	Option	20	10
6HMNT005W	Nutrition in Emergencies	Option	20	10

## Level 7

Module Code	Module Title	Status	UK credit	ECTS
7HMNT021W	Advanced Performance Nutrition	Core	20	10
7BIOM004W	Assessment of Health & Fitness	Core	20	10
7BIOM016W	Extended Postgraduate Project	Core	60	30
7HMNT010W	Practitioner skills for sports nutrition	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 register for your first choice of option modules.

## Professional body accreditation or other external references

The MSci Sport and Exercise Nutrition programme 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 for addition to the Register as Associate Nutritionists on successful completion of all required modules.

## Course management

Your course is one of a number of programmes in the School of Life Sciences, part of the College of Liberal Arts and Sciences within the University of Westminster, and is managed by a designated course leader. In addition to the course specific role of the course leader, the Head of School, other senior school staff and the Associate Heads of College, also provide support and management at their respective levels. We also have a school employability director and global engagement coordinators who oversee work placement and international study arrangements respectively. The course leader is also collectively supported in the management and running of the course by the course teaching team through their responsibilities for individual modules and contributions to planning. You will meet your course leader, teaching team and members of the school senior management during arrivals week, a programme of events designed to help you with enrolment, registration, and orientation to the university, its processes and the culture of higher education.

The course is monitored each year by the course leader and senior members of the School and College 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 Representative meetings throughout the year and staff will consider the outcomes from these meetings, evidence of student progression and achievement and the external examiner's reports to evaluate the effectiveness of the course. All courses are reviewed annually as part of the School, College and University Annual Monitoring processes, reporting finally to the Academic Council of the University which has overall responsibility for the maintenance of quality and standards in the University.

Students on our BSc Human Nutrition programme will have the option to transfer onto the MSci Sport and Exercise Nutrition programme in the second year if they wish to change course (subject to approval from relevant course leaders). Equally students on the MSci programme who do not wish to complete the full four year course can exit at the end of the third year with a BSc Human Nutrition (subject to passing all modules). Changing course will not affect AfN registration status provided students successfully complete all relevant modules at levels 4 to 6.

## Academic regulations

The current Handbook of Academic Regulations is available at [westminster.ac.uk/academic-regulations](http://westminster.ac.uk/academic-regulations).

Course specific regulations apply to some courses.

## 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 <https://www.westminster.ac.uk/current-students/studies/your-student-journey/when-you-arrive/blackboard>

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](https://www.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 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 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 <https://www.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 <https://www.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. University Panels normally include internal peers from the University, academic(s) from another university, a representative from industry and a Student Advisor.

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 the evidence of student surveys, student progression and achievement and reports from external examiners, in order to evaluate the effectiveness of the course and make changes where necessary.

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. Course 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 course representatives.
- There are also School Representatives appointed jointly by the University and the Students' Union who meet with senior School staff to discuss wider issues affecting student experience 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.
- Final year Undergraduate students will be asked to complete the National Student Survey which helps to inform the national university league tables.

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 they take full advantage of the learning opportunities that are provided. This specification is supplemented by the Course Handbook, Module proforma and Module Handbooks provided to students. Copyright in this document belongs to the University of Westminster. All rights are reserved. This document is for personal use only and may not be reproduced or used for any other purpose, either in whole or in part, without the prior written consent of the University of Westminster. All copies of this document must incorporate this Copyright Notice – 2021©