NUTRITION

State-of-the-art laboratories and the highest calibre teaching staff makes studying Nutrition at Westminster a fascinating opportunity to excel.

Our courses address nutritional issues across a wide range of people, from those with health issues relating to obesity and diet-related diseases to those in countries with issues relating to malnutrition and micronutrient deficiencies (Global Public Health Nutrition MSc) or elite athletes requiring nutritional advice to optimise performance (Sport and Exercise Nutrition MSc).

As a student on our Nutrition courses you will gain the specialist knowledge and practical skills you need to meet your future career challenges. The courses explore the evidence base relating to the relationship between diet, physical activity and health, and the role that interventions can have in promoting health and treating disease. The Global Public Health Nutrition MSc course is accredited by the Association for Nutrition (AfN), therefore graduates are immediately eligible to join the Register as Associate Nutritionists using the direct entry pathway.

The Sport and Exercise Nutrition MSc has been designed to prepare students for certification by an internationally recognised sports body.

Graduates in this exciting field gain employment as nutrition advisors, dieticians, sports nutritionists, teachers and researchers.

All of our courses are accredited by the **Association for Nutrition**

GLOBAL PUBLIC HEALTH NUTRITION MSc

Length of course: one year full-time or two years part-time, starting in September
Location: Central London (see map p200)
Fees and funding: see course web page and **westminster.ac.uk/fees**
Entry requirements: see page p192

For full and most up-to-date information, see course web page:
westminster.ac.uk/global-public-health-nutrition-msc

Nutrition has long been recognised as a vitally important determinant of health status within both industrialised and industrialising countries. Significant changes are occurring in the profile of nutritional problems. Many countries continue to face problems of malnutrition and micronutrient deficiencies, but countries in economic transition also face the public health challenge of rising rates of diet-related chronic disease, such as obesity and coronary heart disease. Also, many industrialised countries now face problems of food insecurity among low income groups. These challenges have led to growing political resources to address nutrition. There is now an increased need for trained public health nutritionists, to work in a range of contexts, to control and prevent diet related problems.

The United Nations Secretary General has declared 2016-2025 the Decade of Nutrition. What better time to develop your skills in this crucial area? This course will give you the specialist scientific knowledge and practical skills to take an active role in global public health nutrition in a range of different settings.

You will be introduced to policy making, leadership and governance frameworks. You will be encouraged to explore and debate the political and social influences underpinning policy implementation and impact. Your modules will explore the relationship between diet and disease, the nutrition science underpinning these factors, public health nutrition epidemiology, research methods for health science, nutritional assessment tools and how to develop and manage nutrition programmes.

The course will introduce you to stakeholders and skills that can enhance your professional competency, employability and development as a public health reflective professional.

Core modules

- Concepts and Principles of Nutrition
- Diet and Disease
- Global Challenges for Food and Health
- Nutrition Interventions and Programme Planning
- Nutritional Assessment
- Policy and Governance for Public Health Nutrition
- Research Methods for Health Science I
- Research Methods for Health Sciences II and Research Project

Professional recognition

The course is accredited by the Association for Nutrition (AfN) as part fulfilment of the requirements for registration as an associate Public Health Nutritionist.

Associated careers

The course is designed for people wishing to work in national or global public health contexts such as Public Health Nutrition organisations, academic research institutions e.g. Public Health England, Ministries of Health, NGOs (like Save the Children and Action against Hunger), UNICEF, FAO, GAIN and other UN organisations.

SPORT AND EXERCISE NUTRITION MSc

Length of course: one year full-time or two years full-time, starting in September
Location: Central London (see map p200)
Fees and funding: see course web page and **westminster.ac.uk/fees**
Entry requirements: see page p192

For full and most up-to-date information, see course web page:
westminster.ac.uk/sport-and-exercise-nutrition-msc

The amazing feats of world-class athletes across the huge range of sports has projected the issues of performance into the public eye, and sports nutrition is now recognised as a key part of supporting training and competition at all levels of participation.

The Sport and Exercise Nutrition MSc offers the chance to study the science behind sports nutrition, and its applications for both the 'weekend warrior' and the elite athlete. It also puts the controversies surrounding the use of supplements under scientific scrutiny, looking at the key evidence for and against performance benefits.

The aim of the course is to produce sports nutritionists who are strongly focused on the science behind the subject, but who also have some experience of the practicalities of delivering sound guidance to individuals and teams who are looking to use nutrition as part of their training programmes. To this end, a number of guest lecturers contribute their expertise in key related areas, and students are also given the opportunity of shadowing established sports nutrition practitioners.

Course content

The course covers the key principles of sports nutrition and exercise physiology, including the latest research papers, and aims to develop the ability to apply critical awareness to topics across the broad remit of sports nutrition, from measurement of exercise performance to the assessment of mental performance.

The modules studied are designed to underpin the subject, and create a sound base for the development of ideas for the research project, which offers you a wide degree of flexibility to pursue your personal interests. The course can be studied full-time over one year, or in part-time mode over a varying time, up to five years.

Core modules

- Advanced Performance Nutrition
- Assessment of Health and Fitness
- Concepts and Principles of Human Nutrition
- Nutrition and Performance
- Nutritional Assessment
- Postgraduate Project
- Postgraduate Research Methods
- Practitioner Skills for Sports Nutrition

Professional recognition

The course is accredited by the Association for Nutrition (AfN). This allows students to take the title Associate Nutritionist, which is the first step on the professional recognition and registration ladder.

The Sport and Exercise Nutrition MSc has received the Recognition Award of the International Society for Sports Nutrition (ISSN), and students are encouraged to take the Certification of the ISSN (CISSN) exam towards the end of their period of study.

Associated careers

Qualified sport and exercise nutritionists find employment in a number of areas, ranging from research, to public health nutrition, to performance training, and many eventually become self-employed and create their own consultancy companies which can be very successful. The course is designed to make transition into any of these areas as smooth and effective as possible.