

Programme Specification



1. Programme title	MSc Sport & Exercise Nutrition
2. Awarding institution	Middlesex University
3. Teaching institution	Middlesex University
4. Details of accreditation by professional/statutory/regulatory body	N/A
5. Final qualification	MSc Sport & Exercise Nutrition PG Dip Sport & Exercise Nutrition (exit award) PG Cert Sport & Exercise Nutrition (exit award)
6. Year of validation	2019 - 2020
Year of amendment	2022 - 2023
7. Language of study	English
8. Mode of study	Full-time/Part-time

9. Criteria for admission to the programme

Applicants must have a minimum of a 2:1 undergraduate degree in a relevant sports science related, nutrition and/or dietetic field. Applicants with a 2:2 in a relevant discipline and (where applicable) industry experience may be considered on an individual basis.
Students whom English is a second language must have achieved IELTS 6.5 (or above) or equivalent

10. Aims of the programme

The programme aims to:

1. Enable students to design evidence-based dietary strategies and provide individualised nutritional support a) to meet nutritional goals of active members of the public and athletes, whilst appreciating the demands of lifestyle; b) optimise physical performance and recovery

2. Develop student's ability and skills to provide nutritional support via feedback and laboratory reports to clients and/or athletes and their multidisciplinary support team
3. Develop student practical skills essential to communication and technique demonstration
4. Provide students with the ability to: a) select and administer a wide range of current advanced nutritional and sport and exercise physiology techniques, both field and lab-based, b) critically evaluate their validity and reliability, c) collect interpret and present data in an appropriate manner
5. Provide students with the ability to critically appraise current research in Sport and Exercise Nutrition and the role of nutritional ergogenic aids
6. Provide students with work experience within the major disciplines of Sport and Exercise Nutrition
7. Provide students with the ability to critically discuss metabolic demands for energy and nutrients, and evaluate derivation and use of dietary standards such as Dietary Reference Values

11. Programme outcomes*	
<p>A. Knowledge</p> <p>On completion of this programme the successful student will have knowledge and understanding of:</p> <ol style="list-style-type: none"> 1. Apply appropriate research methodology in order to advance existing knowledge and inform practice 2. The response and adaptations of the human body to acute and chronic exercise, including the methodologies by which these are monitored 3. The mechanisms by which fatigue processes operate to limit exercise performance 4. Metabolic demands for energy and nutrients, and evaluate the derivation and use of dietary standards such as the Dietary Reference Values 5. A comprehensive understanding of the validity and reliability of a wide range of current nutritional and sport and exercise physiology techniques/ tests including data analyses, monitoring and feedback 	<p>Teaching/learning methods</p> <p>Students gain knowledge and understanding through:</p> <ul style="list-style-type: none"> • Blended learning • Lectures (on line or on campus) • Participatory seminars • Small group discussions • Directed learning • Laboratory and practical sessions <p>An understanding of the subject is assessed via both summative and formatively assessment.</p> <p>Assessment methods</p> <p>Students' knowledge and understanding is assessed by seminar presentations, resource design, written assignments, and practical demonstrations</p>

<p>6. Demonstrate and utilise (with mastery) on a wide range of current nutritional and sport and exercise physiology techniques/tests</p>	
<p>B. Skills On completion of this programme the successful student will be able to:</p> <ol style="list-style-type: none"> 1. Critically evaluate appropriate research and published literature, debate and articulate ideas, protocols and actions 2. Demonstrate an ability to work independently and responsibility as an advanced practitioner in dealing with the elements of unpredictability and complexity that present in practice. 3. Develop communication and presentation skills, demonstrating expertise in application of theory and advanced research skills 4. Demonstrate competency in numeracy, statistical and problem-solving techniques 5. Designing evidence-based, dietary strategies and providing individualised nutritional support to optimise physical performance and recovery 6. Develop critical research skills 7. Demonstrate competent use of information technology 	<p>Teaching/learning methods Students learn cognitive skills through:</p> <ul style="list-style-type: none"> • Blended learning with the following on line or on campus. • Lectures • Group discussions • Formative assessment • Peer- review of seminar presentations and laboratory practice • Directed reading • Reflective practice and development of portfolio material. • Seminars • Directed learning <p>Assessment methods Students' cognitive skills are assessed by written work, peer and self-assessment,) and case studies. Students' practical skills are assessed by: practical examinations, resource design and case studies. Students also complete a work placement covering nutritional design and support delivery, monitoring and performance testing within the major disciplines of Sport and Exercise Nutrition.</p>

<p>12. Programme structure (levels, modules, credits and progression requirements)</p>
<p>12. 1 Overall structure of the programme The MSc Programme is comprised 180 credit points: two 30 credit sport nutrition modules, a 30-credit professional placement module, a 30-credit research module and a 60-credit dissertation module. Students can also be exited with the PG certificate or the PG diploma PGDip in Sport & Exercise Nutrition: 120 credits PGCert in Sport & Exercise Nutrition: 60 credit</p>

Postgraduate Certificate Sport & Exercise Nutrition		
SES4037 Theory of Sport & Exercise Nutrition 30 Credits	SES4038 Applied Sport Nutrition 30 Credits	
Postgraduate Diploma Sport & Exercise Nutrition		
SES4037 Theory of Sport & Exercise Nutrition 30 Credits	SES4038 Applied Sport Nutrition 30 Credits	
SES4030 Research Methods 30 Credits	SES4030 Work Placement 30 Credits	
MSc Sport and Exercise Nutrition		
SES4096 Dissertation (Research) 60 Credits		
Part-Time Study Mode Programme by Year		
Year One		
SES4037 Theory of Sport & Exercise Nutrition 30 Credits	SES4038 Applied Sport Nutrition 30 Credits	SES4030 Research Methods 30 Credits
Year Two		
SES4030 Work Placement 30 Credits	SES4096 Dissertation (Research) 60 Credits	

12.2 Levels and modules		
Level 7		
COMPULSORY	OPTIONAL	PROGRESSION REQUIREMENTS
Students must take all of the following: SES4037, SES4038, SES4030, SES4013, SES4096	N/A	Students cannot progress to SES4096 Dissertation (Research) module unless they complete SES4030 Research Methods module.

12.3 Non-compensatable modules (note statement in 12.2 regarding FHEQ levels)	
Module level	Module code
Level 7	All modules (SES4013, SES4030, SES4037, SES4038, SES4096) are non-compensatable.

13. Curriculum map

See attached.

14. Information about assessment regulations

The following reference points were used in designing the Programme.

Internal Documentation:

MU Learning and Quality Enhancement Handbook 2018/19

Middlesex University Regulations 2019/20

External Documentation:

Quality Assurance Agency (2014) The Frameworks for Higher Education

Qualifications of UK Degree-Awarding Bodies, Gloucester: QAA

Sport & Exercise Nutrition Register – Graduate and Full Practitioner competencies

Available at: <http://www.senr.org.uk/registration/registrationfees/types-of-registration/>

15. Placement opportunities, requirements and support

Students are required to complete a minimum set of hours for their work placement. Students are encouraged to explore organisations that work within the student's area of interest (relevant to their programme) and suitable applications are supported by the Programme Leader.

Where a student is not already working within a field relevant to their programme of study, programme staff may be able to advise of suitable work placements. It is typical that interviews will be required for popular placements; therefore, the University offers no guarantee of work.

16. Future careers (if applicable)

It is anticipated graduates will be well placed to gain full or part-time employment in professional sport (i.e. as team performance nutritionist in Rugby, Football etc) or with organisations responsible for athletic support (e.g. English Institute of Sport (EIS), in private practice (own clinic, visiting, gyms etc) working with members of public and in self-employment as a consultant to professional teams and individuals.

Upon successful completion of the course, students are eligible to join the Sport & Exercise Nutrition Register (SENR) as a 'Graduate Registrant'. Successful entry on to the

register enables Graduate Registrants to build a portfolio of work within the field to become a 'Practitioner Registrant'.

It is envisaged that some students may choose to continue their academic studies through an MPhil or PhD, or to progress in to teaching after completing a PGCE or PGCHE.

17. Particular support for learning (if applicable)

Support for modules available on MyUnihub

Online resources: academic language, referencing, stats,

Library resources

Programme Level Resources: The university has extensive resources and support available to all students. This section briefly lists the different resources and support services available to you and full details can be found on MyUniHub. Resources Specific to London Sport Institute programmes. The London Sport institute has a range of equipment available for students to use during their studies and the dissertation research modules, a full list can be using this link to your Moodle pages:

<http://mdx.mrooms.net/course/view.php?id=1070>

Library Resources: The University provides a range of support and resources to help you with your studies and full details of the services can be found here. As a Middlesex student you can access and expect the following from the Library;

- A free eTextbook for each module you study
- Access to other learning materials with the most important gathered together on an online reading list created by your module leader and Liaison Librarian
- Study Hub (on the first floor of the Sheppard Library is a drop-in centre for all your queries)
- Access to Librarians, Academic Writing and Maths teachers as well as Student Learning Assistants and IT experts available to help you and provide advice.

If your query is more in-depth you can make an appointment with your Liaison librarian or AWL teacher, and they will also be coming into your seminars during the year to teach you skills which will help you succeed in your course.

Student Support at Programme Level: Student Support Services - UniHelp is the University's central service through which you can access a range of support for the kinds of concerns that might arise throughout your study here, and details of all support available to you. Some of the services include:

Counselling and Mental Health Team - providing mental wellbeing support and a confidential individual counselling service to help you manage any challenges affecting you emotionally or psychologically that you might face while you study with us. This service also provides a Monday to Friday drop-in session for which no appointment is needed;

Disability and Dyslexia Service – supporting an inclusive teaching and learning environment which caters for all students. North London Regional Access Centre - offering needs assessments, assistive technology training, advice and support for disabled students;

Student Welfare Advice Team – providing information and advice on money and funding matters, and housing;

International Student Advice Team – providing information and advice on visa and immigration concerns, for both international applicants and current international students;

Chinese Student Liaison Officer – providing assistance to Chinese-speaking students of our community; **Student Wellbeing Coordinator** – providing information about and support with health matters.

18. JACS code (or other relevant coding system)

PGC611

19. Relevant QAA subject benchmark group(s)

Allied Health, Sports

20. Reference points

Internal documentation

Middlesex University Learning & Quality Enhancement Handbook 2018/2019

Available at: <https://www.mdx.ac.uk/about-us/policies/academic-quality/handbook>

QAA Master's Degree Characteristics Statement (2015)

Available at: https://www.qaa.ac.uk/docs/qaa/quality-code/master%27s-degree-characteristics-statement.pdf?sfvrsn=6ca2f981_10

Middlesex University Ethics Framework

Available at: <https://www.mdx.ac.uk/about-us/policies/university-ethics-framework>

External documentation

Sport & Exercise Nutrition Register – Graduate and Full Practitioner competencies

Available at: <http://www.senr.org.uk/registration/registrationfees/types-of-registration/>

21. Other information

Please note programme specifications provide a concise summary of the main features of the programme and the learning outcomes that a typical student might reasonably be expected to achieve if s/he takes full advantage of the learning opportunities that are provided. More detailed information about the programme can be found in the rest of your programme handbook and the university regulations.

Curriculum map for *MSc / PGDip / PGCert Sport & Exercise Nutrition*

This section shows the highest level at which programme outcomes are to be achieved by all graduates, and maps programme learning outcomes against the modules in which they are assessed.

Programme learning outcomes

Knowledge			
A1	Apply appropriate research methodology in order to advance existing knowledge and inform practice	A5	A comprehensive understanding of the validity and reliability of a wide range of current nutritional and sport and exercise physiology techniques/ tests including data analyses, monitoring and feedback
A2	The response and adaptations of the human body to acute and chronic exercise, including the methodologies by which these are monitored	A6	Demonstrate and utilise (with mastery) on a wide range of current nutritional and sport and exercise physiology techniques/tests
A3	The mechanisms by which fatigue processes operate to limit exercise performance		
A4	Metabolic demands for energy and nutrients, and evaluate the derivation and use of dietary standards such as the Dietary Reference Values		

Skills			
B1	Critically evaluate appropriate research and published literature, debate and articulate ideas, protocols and actions	B5	Designing evidence-based, dietary strategies and providing individualised nutritional support to optimise physical performance and recovery
B2	Demonstrate an ability to work independently and responsibility as an advanced practitioner in dealing with the elements of unpredictability and complexity that present in practice.	B6	Develop critical research skills
B3	Develop communication and presentation skills, demonstrating expertise in application of theory and advanced research skills	B7	Demonstrate competent use of information technology
B4	Demonstrate competency in numeracy, statistical and problem-solving techniques	B8	

Programme outcomes											
A1	A2	A3	A4	A5	B1	B2	B3	B4	B5	B6	B7
Highest level achieved by all graduates											
7	7	7	7	7	7	7	7	7	7	7	7

Curriculum Map – MSc / PGDip / PGCert Sport & Exercise Nutrition:

Entry/Exit Awards			Module Title	Module Code by Level	A1	A2	A3	A4	A5	A6	B1	B2	B3	B4	B5	B6	B7	
MSc	PG Diploma	PG Certificate	Theory of Sport & Exercise Nutrition	SES4037		✓	✓	✓	✓	✓			✓			✓		
			Applied Sports Nutrition	SES4038		✓		✓	✓				✓		✓			✓
			Research Methods	SES4030							✓			✓		✓	✓	
			Professional Placement	SES4013								✓						
			Dissertation (Research)	SES4096	✓													

A1 will not be met in the PGDip. A1, B1, B2 and B4 will not be met in the PGCert.