Course Specification

Course Summary Information		
1	**Course Title**	MSc Sport and Exercise Nutrition
2	**Course Code**	PT1721
3	**Awarding Institution**	Birmingham City University
4	**Teaching Institution(s)** (if different from point 3)	N/A
5	**Professional Statutory or Regulatory Body (PSRB) accreditation** (if applicable)	Sport & Exercise Nutrition Register (SENr) (Successfully approved in August 2023 for accreditation)

6	**Course Description**
	Our MSc in Sport & Exercise Nutrition will allow you to gain the specialist skills and competencies needed to kick-start a successful career as a sport and exercise nutritionist or pursue further research in this subject area. The course will be delivered through a series of taught and practice-based learning sessions delivered by our SENr registered Sport & Exercise Nutrition academic staff. The practical sessions will involve laboratory, field-based and nutrition kitchen-related work to develop the range of practical skills and competencies required of a sport and exercise nutritionist. The taught sessions will cover the key principles of sport and exercise nutrition, exercise metabolism and biochemistry, ensuring that you have a strong scientific knowledge underpinning your applied practice. Throughout the course, you will be encouraged to critically evaluate the latest scientific research and emerging themes in sport and exercise nutrition in order to develop an evidence-based approach to your work. Aligned to this, you will have the opportunity to engage in a Professional Practice placement which will allow you to apply your skills and knowledge with a range of external clients, including athletes from professional sport (Football; Cricket; Rugby etc.), as well as the wider health and exercise community. The course is SENr accredited.This will enable successful graduates to apply for Graduate SENr registration upon completion of the course, thus ensuring you possess a key pre-requisite requirement of most job roles within the sector.

7	**Course Awards**		
7a	**Name of Final Award**	**Level**	**Credits Awarded**
	MSc Sport and Exercise Nutrition	Level 7	180
7b	**Exit Awards and Credits Awarded**		
	Postgraduate Certificate in Sport and Exercise Nutrition	Level 7	60
	Postgraduate Diploma in Sport and Exercise Nutrition	Level 7	120

8	Variation from the University Regulations
	Not applicable.

9	Delivery Patterns			
Mode(s) of Study		**Location(s) of Study**	**Duration of Study**	**Code(s)**
Full Time		Alexander Stadium and City South	1 year	PT1721
Part Time		Alexander Stadium and City South	2 years	PT1722

10	Entry Requirements
	The admission requirements for this course are stated on the course page of the BCU website at https://www.bcu.ac.uk/.

11	Course Aims
	Sport & Exercise Nutrition is a growing discipline within the broader sport & exercise science subject area and there is an increasing need for sound, evidence-based advice across a wide-spectrum of sports people and for those undertaking physical activity and exercise for health. With the emergence of Sport & Exercise Nutrition Register (SENr) – a professional register affiliated to the British Dietetic Association which accredits qualified and experienced practitioners – the discipline has expanded significantly in recent years with increasing employment opportunities for graduates across a range of sectors (professional sports performance, recreational sport, public health, physical activity, exercise/fitness, local community, education etc.). Being a registered nutritionist is increasingly a pre-requisite requirement of all sport and exercise nutritionist job specifications. However, in order to become a SENr-registered nutritionist, applicants are required to possess a post-graduate qualification in the subject area. Thus, there is high demand for undergraduate students who wish to study a Masters level course in Sport & Exercise Nutrition, as a mechanism to achieve SENr registration and enhance their employability prospects. The specific aims of the course are as follows: • To create industry-ready graduates who are adequately prepared for a career in sport and exercise nutrition. • To develop students' capability to become a competent sport and exercise nutrition practitioner, by the integration and application of their learning to applied sports performance; health/exercise nutrition environments; and sport & exercise nutrition research. • To facilitate and support the students' collaborative skills and knowledge for working with, and learning from, a range of interdisciplinary sport and exercise professionals and client groups. • To enable graduates to practise effectively within the global sports performance and/or exercise domains and to ensure that they are sensitive to the needs of the diverse cultures, as well as being able to consider sustainable modes of nutrition practice.

	• To create graduates who are able to critically reflect upon research and their own applied practice as they continually seek to develop their own professional competence.

12	**Course Learning Outcomes**
	Knowledge and understanding
1	Critically evaluate research in sport and exercise nutrition to draw appropriate conclusions and provide evidence-based recommendations
2	Elicit and analyse information to design nutritional recommendations, where required, to improve athletic performance; enhance health and wellbeing; aid recovery and rehabilitation; and sustain exercise participation.
3	Critically appraise the theory and methods of investigating the dietary and nutrient patterns of the general population and subgroups of the population, including analysis of qualitative and quantitative dietary and nutritional data.
4	Critically assess the role of nutrition science and recommendations in promoting human health and preventing nutrition-related disease.
5	Analyse contemporary issues in sport and exercise nutrition and implement into practice, where appropriate, to remain at the forefront of the profession
6	Understand the human body, its systems and its functions, along with the mechanisms for the integration of metabolism at molecular, cellular and whole-body levels.
7	Critically analyse the theoretical basis for the metabolic effects, efficacy, health, safety and legal aspects of ergogenic aids and supplements.
8	Critically evaluate and competently demonstrate expertise in a range of sport and exercise nutrition practical techniques and a range of performance-based assessments.
9	Critically evaluate the scientific basis for the measurement and estimation of individual nutritional requirements, and when formulating practical advice, take into consideration clients' ethnicity, culture, values, beliefs, motivations and psychosocial concerns.
10	Understand the nature of different sports and critically appraise the role of the sport and exercise nutritionist within the interdisciplinary support team.
11	Conceive, develop and investigate research questions using appropriate research methods
	Skills and other attributes
12	Reflect on experience and practice and take responsibility for learning and professional development.
13	Work within the boundaries of professional competence, adhering to ethical standards, legal requirements, confidentiality, and modes of effective communication.
14	Demonstrate a wide range of transferable skills to appropriately prepare for employment (e.g. communication & literacy, problem solving, numerical techniques, independent learning & working, teamwork, ICT etc.).

13	Level Learning Outcomes
	Upon completion of PG Certificate in Sport & Exercise Nutrition students will be able to:
	Appraise key sport and exercise nutrition theory
	Demonstrate competence in a range of sport and exercise nutrition practical skills
	Upon completion of PG Diploma in Sport & Exercise Nutrition students will be able to:
	Apply relevant sport and exercise nutrition theory to practice.
	Appraise the evidence base that underpins contemporary nutrition practice.
	Upon completion of MSc in Sport & Exercise Nutrition students will be able to:
	Meet the requirements of the Sport & Exercise Nutrition register (SENr) and be eligible to apply for registration as a Graduate Registrant of the SENr.
	Identify and critically review relevant literature and research methodologies in order to complete a sustained piece of research in a sport and exercise nutrition-related area.

14	Course Learning, Teaching and Assessment Strategy
	The course will utilise a variety of methods within our learning and teaching strategy to encourage reflective and critical thinking skills, enabling students to become confident and autonomous learners. Students will develop sound academic and practical competencies, so they are readily employable and well-equipped for lifelong learning. The course will be delivered through a series of taught and practice-based learning sessions delivered by our SENr registered Sport & Exercise Nutrition academic staff. The practical sessions will involve laboratory, field-based and nutrition kitchen-related work to develop the range of practical skills and competencies required of a sport and exercise nutritionist. The theory sessions will cover the key principles of sport and exercise nutrition, exercise metabolism and biochemistry, ensuring that students have a strong scientific knowledge underpinning their applied practice. Students will be assessed using a range of methods including examinations, coursework assignments, presentations, case studies and practical assessments. Formative assessment opportunities exist within all modules to help students prepare for their summative assessments. Following completion of any summative assessment students will receive written feedback on how they have performed, as well as guidance on how they should improve for future assessments.

15	Course Requirements
15a	**Level 7:** ***In order to complete this course a student must successfully complete all the following CORE modules (totalling 180 credits):***

Module Code	Module Name	Credit Value
SPN7001	Human Nutrition & Biochemistry of Sport & Exercise	20
SPN7000	Applied Sports Nutrition	20
SPN7003	Practical Skills in Sport & Exercise Nutrition	20

SPN7002	Nutrition, Physical Activity & Health	20
SPN7004	Professional Practice in Sport & Exercise Nutrition	40
LBR7739	Research Methods of Enquiry	20
LBR7467	MSc Dissertation	40

15b	Structure Diagram

Level 7

Semester 1	Semester 2	Semester 3
Human Nutrition & Biochemistry of Sport & Exercise (20)	Practical Skills in Sport & Exercise Nutrition (20)	
Applied Sports Nutrition (20)	Nutrition, Physical Activity & Health (20)	
LBR7739 Research Methods of Enquiry (20)		
Professional Practice in Sport & Exercise Nutrition (40)		
	LBR7467 MSc Dissertation (40)	

Part Time – 2 Years (Example *)

Year 1 (80 Credits)

Semester 1	Semester 2	Semester 3
Human Nutrition & Biochemistry of Sport & Exercise (20)	Practical Skills in Sport & Exercise Nutrition (20)	
	Nutrition, Physical Activity & Health (20)	
LBR7739 Research Methods of Enquiry (20)		

Year 2 (100 Credits)

Semester 1	Semester 2	Semester 3
Applied Sports Nutrition (20)		
Professional Practice in Sport & Exercise Nutrition (40)		
	LBR7467 MSc Dissertation (40)	

- A maximum of 100 credits can be taken in any one year of a part-time route
- LBR7739 Research Methods of Enquiry must be taken before MSc Dissertation
- MSc Dissertation & Prof Practice cannot be taken in Year 1 and therefore must be taken in Year 2
- * Some flexibility exists to adapt the Course Map according to the time demands or person preferences of individual students – to be agreed with Course Leader on enrolment.

16	Overall Student Workload and Balance of Assessment

Overall student *workload* consists of class contact hours, independent learning and assessment activity, with each credit taken equating to a total study time of around 10 hours. While actual contact hours may depend on the optional modules selected, the following information gives an indication of how much time students will need to allocate to different activities at each level of the course.

- *Scheduled Learning* includes lectures, practical classes and workshops, contact time specified in timetable
- *Directed Learning* includes placements, work-based learning, external visits, on-line activity, Graduate+, peer learning
- *Private Study* includes preparation for exams

The approximate percentage of the course assessed by coursework, exam and in-person is shown below.

Level 7

Workload

16% time spent in timetabled teaching and learning activity

Activity	Number of Hours
Scheduled Learning	280
Directed Learning	494
Private Study	1026
Total Hours	1800

Balance of Assessment

Assessment Mode	Percentage
Coursework	66.7%
Exam	8.3%
In-Person	25%