Course Specification

Course Summary Information				
1	**Course Title**		BSc (Hons) Sport and Exercise Nutrition	
2	**BCU Course Code**	**UCAS Code**	US0623	B400
3	**Awarding Institution**		Birmingham City University	
4	**Teaching Institution(s)** (if different from point 3)			
5	**Professional Statutory or Regulatory Body (PSRB) accreditation** (if applicable)		Sport & Exercise Nutrition Register (SENr)	

6	**Course Description**
	Our practice-based, innovative Sport and Exercise Nutrition BSc degree will provide you with the underpinning scientific knowledge of nutrition, science and physiology for sports performance, exercise and health. This course is based at our newly extended £71 million university City South Campus in Edgbaston, Birmingham and is approved by the Sport & Exercise Nutrition Register (SENr); to ensure that the knowledge and competencies are aligned with professional standards. **What's covered in the course?** You'll study nutrition and exercise at both ends of the spectrum, from assessing professional sports teams to health-based clients with specific nutritional issues. It's a chance for you to gain experience in developing nutritional strategies that aid performance, health and wellbeing. You'll undertake physiological and nutritional assessment of sports performers in our state-of-the-art laboratories. However, it's important to know that the course isn't just about analysing elite athletes - you'll also have the opportunity to learn how nutrition and exercise can impact upon people with different physiques and states of health. Upon graduating, you can apply for jobs as a performance nutritionist, as well as within other areas of sport science, health and fitness. We also boast partnerships with both Warwickshire Cricket Club and Sport Birmingham. These partnerships not only keep our courses fresh and relevant, they also provide valuable placements, trips and case studies for you and your fellow students.

7	Course Awards		
7a	**Name of Final Award**	**Level**	**Credits Awarded**
	Bachelor of Science with Honours Sport and Exercise Nutrition	6	360
7b	**Exit Awards and Credits Awarded**		
	Certificate of Higher Education in Sport Diploma of Higher Education in Sport Bachelor of Science in Sport	4 5 6	120 240 300

8	Derogation from the University Regulations
	Not applicable

9	Delivery Patterns		
Mode(s) of Study	**Location**	**Duration of Study**	**Code**
Full Time	City South	3 years	US0623
Sandwich	City South	4 years	US0623S

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/ or may be found by searching for the course entry profile located on the UCAS website.

11	Course Learning Outcomes
1	Analyse, design and support the implementation of changes in nutritional practice, where required, in order to improve athletic performance; enhance health and wellbeing; aid recovery and rehabilitation; and sustain exercise participation.
2	Critically evaluate research in sport and exercise nutrition to draw appropriate conclusions and provide evidence-based recommendations.
3	Analyse contemporary issues in sport and exercise nutrition and implement into practice, where appropriate, to remain at the forefront of the profession.
4	Reflect on experience and practice and take responsibility for learning and professional development.
5	Describe and explain the theory and application of sport & exercise nutrition.
6	Apply skills and knowledge of sport and exercise nutrition and its underpinning disciplines to practice.
7	Undertake appropriate needs analysis to determine nutritional needs for health, training or performance.

8	Competently demonstrate expertise in a range of sport and exercise nutrition practical techniques (e.g. anthropometry; body composition, energy in intake and expenditure, biochemical and physiological markers) and a range of performance-based assessments (e.g. V̇O2max, Lactate Threshold, Speed/Power tests etc.).
9	Conceive, develop and investigate research questions using appropriate methods.
10	Critically appraise the role of the sport and exercise nutritionist within the multidisciplinary support team and communicate effectively with other members.
11	Effectively communicate a dietary analysis/nutritional assessment to clinicians and other healthcare professionals, working effectively in a multidisciplinary team.
12	Identify and apply the advantages of interdisciplinary work in the applied context to optimise athletic performance.
13	Describe the applied context of sport and exercise nutrition that will be of value to employers
14	Work within the boundaries of professional competence, adhering to ethical standards, confidentiality and modes of effective communication.
15	Demonstrate a wide-range of transferable skills to appropriately prepare for employment (e.g. communication & literacy, problem solving, numerical techniques, independent learning and working, teamwork, ICT etc.).
16	Explain the worldwide role and application of sport and exercise nutrition.
17	Demonstrate an ability to adapt behaviours in accordance with diverse cultural needs.

12	**Course Requirements**

12a **Level 4:**

In order to complete this course a student must successfully complete all the following CORE modules (totalling 120 credits):

Module Code	Module Name	Credit Value
SPN4000	Introduction to Sport and Exercise Nutrition	20
SPX4000	Professional Skills and Evidence-based Practice	20
SPX4002	Sport & Exercise Physiology and Principles of Training	20
SPN4001	Practical Skills in Sport and Exercise Nutrition	20
SPE4003	Applied Anatomy	20
SPX4003	Biomechanics of Human Movement	20

Level 5:

In order to complete this course a student must successfully complete all the following CORE modules (totalling 120 credits):

Module Code	Module Name	Credit Value
SPN5001	Applied Performance Nutrition	20
SPN5000	Applied Exercise Nutrition	20
SPX5002	Planning and Conducting Research	20
SPN5002	Sport and Exercise Nutrition Placement	20
SPX5000	Performance Analysis	40

Level 6:

In order to complete this course a student must successfully complete all the following CORE modules (totalling 120 credits):

Module Code	Module Name	Credit Value
SPX6005	Strength and Conditioning	20
SPN6001	Nutrition Referral and Behaviour Change	20
SPN6000	Professional Practice in Sport and Exercise Nutrition	40
SPX6000	Independent Research Project	40

12b Structure Diagram

Full Time / Sandwich

Level 4

SEMESTER ONE	SEMESTER TWO
Core SPN4000: Introduction to Sport and Exercise Nutrition (20 credits) SPX4000: Professional Skills and Evidence-based Practice (20 credits)	**Core** SPX4002: Sport & Exercise Physiology and Principles of Training (20 credits) SPN4001: Practical Skills in Sport and Exercise Nutrition (20 credits)
Core SPE4000: Applied Anatomy and Biomechanics (40 credits)	

Level 5

Core SPN5001: Applied Performance Nutrition (20 credits) SPN5000: Applied Exercise Nutrition (20 credits)	**Core** SPX5002: Planning and Conducting Research (20 credits) SPN5002: Sport and Exercise Nutrition Placement (20 credits)
Core SPX5000: Performance Analysis (40 credits)	

Optional Sandwich Year

Level 6

Core SPX6005: Strength and Conditioning (20 credits)	**Core** SPN6001: Nutrition Referral and Behaviour Change (20 credits)
Core SPN6000: Professional Practice in Sport and Exercise Nutrition (40 credits) SPX6000: Independent Research Project (40 credits)	

13 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 *balance of assessment* by mode of assessment (e.g. coursework, exam and in-person) depends to some extent on the optional modules chosen by students. The approximate percentage of the course assessed by coursework, exam and in-person is shown below.

Level 4

Workload

% time spent in timetabled teaching and learning activity

Activity	Number of Hours
Scheduled Learning	220
Directed Learning	484
Private Study	496
Total Hours	1200

Balance of Assessment

Assessment Mode	Percentage
Coursework	55%
Exam	12%
In-Person	33%

Level 5

Workload

% time spent in timetabled teaching and learning activity

Activity	Number of Hours
Scheduled Learning	210
Directed Learning	430
Private Study	560
Total Hours	1200

Balance of Assessment

Assessment Mode	Percentage
Coursework	84%
Exam	6%
In-Person	10%

Level 6

Workload

% time spent in timetabled teaching and learning activity

Activity	Number of Hours
Scheduled Learning	170.5
Directed Learning	368
Private Study	661.5
Total Hours	1200

Balance of Assessment

Assessment Mode	Percentage
Coursework	54%
Exam	0
In-Person	46%