



PART 1 – MSc APPLIED SPORTS NUTRITION PROGRAMME SPECIFICATION

1	Awarding institution	St Mary's University, Twickenham
2	Partner institution and location of teaching (if applicable)	N/A
3	Type of collaborative arrangement (if applicable)	N/A
4	Award title	Applied Sports Nutrition
5	Final award	MSc
6	Interim award(s) with award titles (if specific titles have been designated)	Postgraduate Certificate (PgCert) Postgraduate Diploma (PgDip)
7	School with responsibility for the programme	Sport, Health & Applied Science
8	Language of study	English
9	Joint Honours combinations	N/A
10	UCAS code	N/A
11	JACS code	B400, X210
12	Professional, Statutory or Regulatory Body (PSRB) accreditation / recognition	<p>The course is accredited and promoted by Sports Dietitians UK (SDUK) and comprise of Registered Dietitians specialising in the field of sports nutrition. SDUK is a specialist group of the Dietitians' professional governing body The British Dietetic Association (BDA) Dietitians are also required to be registered with the HCPC (Health and Care Professions Council). Sports Dietitians UK has one of the largest memberships of Sports Dietitians in the world.</p> <p>The programme is also accredited by the SENr (Sport and Exercise Nutrition register). The SENr outlines the competencies required to become a fully registered Sport and Exercise Nutritionists (rSEN) within the UK.</p>
13	QAA subject benchmark or	The knowledge and skills of a typical graduate from this programme have been developed in accordance with the Level 7 descriptors identified in the



	other relevant external reference point	Framework for Higher Education Qualifications in England, Wales and Northern Ireland, 2008 and the Association for Nutrition key characteristics of professional nutritionists.
14	Normal completion time and maximum duration of study	<p>Normal completion time: Full-time study – one year Part-time study – two years</p> <p>The overall duration of study for a full-time Masters Programme from initial registration to completion of programme requirements shall be one calendar year or three semesters. A part-time Masters programme shall normally be followed over four or six consecutive semesters.</p>
15	Mode of study	The programme can be taken in full or part-time mode, or a combination of both.
16	Mode of delivery	Face to face
17	Date approved and name of authorised body	[Programme specifications should be approved by an authorised body such as a validation panel or STLQE committee. They should be approved annually]
18	Applies to students commencing study in (month/year)	September 2017
PART 2 – CURRICULUM SPECIFIC DETAILS		
19	Summary of the programme	[This should be a brief outline of the programme and should be readily transferable as marketing information.]
20	Aims of the programme	<p>Educational Aims of the Programme</p> <p>In line with the University Mission and the Association for Nutrition key characteristics of professional nutritionists, the primary aims are:</p> <ul style="list-style-type: none"> • To provide a balanced, stimulating and academically sound education within the area of sports nutrition which allows students to develop their academic and professional potential. • To develop a deeper and critical understanding of the importance of nutrition and an ability to use this knowledge, critical understanding and skills to provide solutions to nutritional issues within sporting populations. • To enable students to access, evaluate and critique nutrition information from a variety of sources and to communicate the principles both orally and in the written form, in a way that is organised, relevant and recognises the limits of current hypotheses in the field.



		<ul style="list-style-type: none"> • To meet the standards of skills and competencies outlined in the Sport and Exercise Register documentation therefore enabling successful graduates to apply for registration. • To enable students to participate effectively within society through the development of transferable, practical and cognitive skills in dedicated skills modules and other modules in which skill acquisition is fostered and assessed. <p>On successful completion of the programme, students should be able to:</p> <ul style="list-style-type: none"> • Critique the key concepts underlying advanced nutritional science within sport and exercise (MSc/PGDip/PGCert) • Select and apply appropriate advanced techniques to establish the nutritional status of athletes (MSc/PGDip/PGCert) • Critically analyse concepts, theories and data sets and research in the field and to communicate these analyses for a range of audiences (MSc/PGDip/PGCert) • Initiate and undertake original research and disseminate appropriately (MSc) • Utilise analytical and problem-solving skills that can be applied in a wide range of employment situations, incorporating ethical awareness and managing solutions (MSc/PGDip/PGCert) • Reflect upon, and critically evaluate their own knowledge, skills and performance and have an appreciation of their own scope of practice. They will also have a clear understanding of the role of Continuing Professional Development (CPD), conduct, accountability and practice in the professional field. (MSc/PGDip/PGCert).
21	Criteria for admission	<p>Programme entrance requirements</p> <ul style="list-style-type: none"> • The standard entry requirement for students is a first degree, normally in the Upper Second class category, in Nutrition/Dietetics, sport science, sport and exercise science, sport and exercise psychology, sports and exercise physiology, sports rehabilitation, physiotherapy, sports coaching, strength and conditioning or other related discipline. Students will be considered with other appropriate qualifications or experience that is deemed equivalent. These applicants would be expected to demonstrate interest, enthusiasm and continuous professional development in the field of sports nutrition. Modules of study must include human nutrition or physiology. • Students whose first language is not English are required to satisfy the English Language Requirements of the UKVI and the University. Students are required to achieve an IELTS score of 6.0 overall with no less than 5.5 in any section. Further detail on other accepted English language qualifications are available on the St Mary's website here: https://www.stmarys.ac.uk/international/english-language/overview.aspx



		<p>Credit Accumulation and Transfer and Accreditation of Prior Learning</p> <ul style="list-style-type: none"> Relevant credits, i.e. credits at an appropriate level and in an appropriate subject, earned in another institution or in other institutions, in the European Union or elsewhere, may merit exemption from a proportion of the University Programme. The maximum number of credits for which exemption may be given are as follows: Postgraduate Certificate up to 30 credits Postgraduate Diploma up to 60 credits Master's Degree up to 90 credits Students who are given entry with advanced standing to a Master's programme may be exempted from taught elements only. Applications will be considered on a case-by-case basis, in the first instance, at Programme level and by the Registrar. 																		
22	<p>Scheduled learning time (the number of guided learning hours (GLH) is 10 hours per 1 credit http://www.qaa.ac.uk/en/Publications/Documents/contact-hours-student.pdf)</p>	<p>[This section should detail the total number of hours in each KIS category and express them as a percentage. Completion of this section is <u>essential</u> for accurate data reporting. If a row is not relevant to the programme of study, please complete with zero rather than leaving blank]</p> <table border="1" data-bbox="451 1086 1316 1444"> <thead> <tr> <th>Type of learning time</th> <th>Number of hours</th> <th>Expressed as %</th> </tr> </thead> <tbody> <tr> <td>Contact time</td> <td></td> <td></td> </tr> <tr> <td>Placement/work-based learning hours</td> <td></td> <td></td> </tr> <tr> <td>Guided learning hours</td> <td></td> <td></td> </tr> <tr> <td>Independent study time</td> <td></td> <td></td> </tr> <tr> <td>TOTAL*</td> <td></td> <td></td> </tr> </tbody> </table> <p>*A typical 3 year undergraduate programme has a total of 3600 hours A typical 2 year Masters level programme has a total of 1800 hours</p>	Type of learning time	Number of hours	Expressed as %	Contact time			Placement/work-based learning hours			Guided learning hours			Independent study time			TOTAL*		
Type of learning time	Number of hours	Expressed as %																		
Contact time																				
Placement/work-based learning hours																				
Guided learning hours																				
Independent study time																				
TOTAL*																				
23	<p>Programme learning outcomes</p>	<p>The programme provides opportunities through teaching and learning methods for students to achieve and demonstrate the learning outcomes as below:</p> <p>Knowledge and Understanding</p> <ol style="list-style-type: none"> An advanced and systematic understanding and a critical awareness of current issues and/or new insights in the field of Sports Nutrition/Nutrition Knowledge of the ethical, legal and professional issues related to the practice of sports nutrition/Nutrition An advanced level of understanding in a chosen specialist area of nutritional science within sport and exercise Teaching and learning strategies and methods <p>Cognitive Skills</p>																		



		<ol style="list-style-type: none"> 4. An ability to think logically and to show originality in the application of knowledge when addressing current problems in the field of sports nutrition 5. An ability to critically evaluate and appraise current research in relation to sports nutrition 6. An ability to evaluate/critique methodologies and where appropriate, develop new hypotheses. 7. A sound appreciation of ethical and legal dilemmas likely to arise in research/professional practice and an ability to formulate appropriate solutions. <p>Performance and Practice</p> <ol style="list-style-type: none"> 8. An ability to analyse theoretical frameworks or aspects of professional practice and to formulate new areas for investigation or alternative applications. 9. If studying for the MSc, an ability to plan, design and conduct research and produce a high quality substantive research report. If studying for Pg Cert/Dip to provide appropriate practical nutritional advice to support training and optimum performance in a broad range of sporting context 10. 10. Demonstration of self-direction, insight, and originality in tackling and solving problems. 11. An ability to act autonomously in planning and implementing tasks at a professional level. <p>Personal and enabling skills</p> <ol style="list-style-type: none"> 12. Analyse, synthesise and critically evaluate information from original research articles and from commercial media articles 13. Communicate ideas, principles, theories and data effectively by oral, written and visual means. 14. Use information technology including the Internet, databases, spreadsheets and word processing. 15. Design and organise theory-based and practical projects 16. Apply advanced statistical and numerical skills to quantitative information. 17. Work effectively both in a team and individually.
24	<p>Programme structure and module requirements</p>	<p>Students successfully completing 60 FHEQ Level 7 credits from the three core modules will be eligible for the award of Postgraduate Certificate.</p> <p>* SNU7024 is Core for all non-nutrition background students and SNU7012 is Core for all non-sports science background students.</p> <p>The Postgraduate Diploma is achieved through the acquisition of 120 credits, from the six core modules.</p> <p>The Masters is achieved through the acquisition of 180 credits, from the seven core modules.</p> <p>FHEQ Level 7 Modules</p>



		Code	Title	No. of credits	Sem of delivery	Module status (core, option)
		SNU7012	Physiology and Metabolism of Exercise* OR	20	1	Core Option
		SNU7024	Principles of Human Nutrition*	20	1	Core Option
		SNU7013	Sports Nutrition	20	1	Core
		SNU7014	Applied Sports Nutrition	20	2	Core
		SNU7011	Research Methods and Statistics	20	2	Core
		SNU7010	Directed Study	20	N/A	Core for PgDip
		SNU7015	Special Populations – Applied Sports Nutrition	20	2	Option for PgDip, Core for MSc
		SNU7022	Advanced Anthropometry	20	1	Option for PgDip, Core for MSc
		SNU7023	Research Project	60	N/A	Core for MSc
		20HNU7007 Nutrigenomics (optional module to be offered if Advanced Anthropometry has been studied previously)				
		* SNU7024 is Core for all non-nutrition background students and SNU7012 is Core for all non-sports science background students				
25	Work placements or study abroad	N/A				
26	Links to industry and employability	To be inserted.				
27	Programme awards	<p>This programme conforms to the University Academic Regulations.</p> <p>Students successfully completing all 180 FHEQ Level 7 credits will be awarded the MSc in Applied Sports Nutrition.</p>				
PART 3 – TEACHING, LEARNING & ASSESSMENT						
28	Programme teaching and learning strategies	<p>Teaching and Learning Methods</p> <p>The programme uses a variety of teaching methods and will provide the students with the opportunity of learning from practical as well as theoretical perspectives. Such an approach will allow students to enhance various skills such as informed</p>				



		<p>debate with peers and self-directed study. Lectures will be delivered to small groups and students are expected to regard the information gained as a guideline/basis for further research and study, to be conducted in non-contact time.</p> <p>In all modules students will be introduced to key journals in the field of nutrition such as Journal of the International Society of Sports Nutrition, Journal of Sports Sciences, Proceedings of the Nutrition Society and Journal of Human Nutrition and Dietetics.</p> <p>Seminars will encourage students to read more widely prior to the session. The seminar attempts to clarify student comprehension of the chosen topic and to encourage the development of argument and debate effectively and constructively.</p> <p>Practical sessions will involve kitchen/laboratory work or may be conducted in the field to develop practical/laboratory/field work skills. With guidance, students are then expected to develop the analytical, data handling, and scientific report skills. In each of the sessions students will be made aware of and are expected to follow health and safety regulations and to be aware of ethical considerations.</p> <p>Oral presentations are employed to enable students to research a topic and present it in a clear oral/visual format. The aim is to enhance skills of information presentation to a level suitable for a scientific research conference. Assessed oral presentations will be delivered by students to small groups of peers and at least two members of staff.</p> <p>Case studies are undertaken on an individual basis under supervision of a member of staff, and allow students to carry out individual research and consequently apply theoretical knowledge to the analysis of their research. All teaching will be underpinned by the practical, professional, and research expertise of the staff involved in the programme.</p>
29	<p>Programme assessment strategy</p>	<p>Strategy for Assessment</p> <p>Each module in the programme is assessed by one or more pieces of coursework. There are no written examinations, however a number of modules employ oral examinations. At this level, traditional examination-based assessment is thought to be less appropriate, as the ability of students to learn and recall information under examination conditions is not one of the cognitive skills the programme aims to develop.</p> <p>The assessments at postgraduate level are designed to provide students with the opportunity to demonstrate critical analysis, deep and insightful thought and the application of knowledge. Coursework not only optimises the student learning experience but also enables the aforementioned skills, together with the transferable and practical/professional skills that are developed and learnt throughout modules, to be effectively evaluated. A wide variety of assessment modes are employed including case studies, preparing articles suitable for an academic and lay audience, and poster/oral presentations.</p>



The University uses standardised criteria for marking which apply across all types of assessment (Appendix 1). Specific criteria for each piece of coursework are published in the students' module guides. Coursework feedback sheets provide marks according to the marking criteria as well as an overall mark. Anonymous marking is employed in written work to minimise the influence of expectations and personal bias. The academic regulations of the University are rigorously adhered to when marking student's work

Rationale for Assessment

Several modes of assessment have been employed in order to effectively and rigorously gauge a student's knowledge and understanding, cognitive skills, professional/practical skills and key transferable skills as appropriate to the learning outcomes of the individual modules.

Assessment taking place within a recognised relevant and equivalent International University Co-operation Programme under the auspices of a Socrates scheme will be given full recognition by the Examinations Board of this postgraduate programme in terms of the credit values of the modules.

Assessment submission and feedback

Hard copies of all coursework are submitted by means of a secure system. Students are also required to submit an electronic copy of their coursework to the software programme 'Turnitin' which is used to detect cases of plagiarism and collusion. The School won the St Henry Walpole Prize for excellence in learning and teaching for the management of coursework submission. All module convenors provide opportunities for students to receive formative feedback, and students are encouraged to transfer their learning across modules where it is relevant. To this end, the mark sheets include a section for student self-reflection.

Feedback on assessments is provided within three to four weeks or by the following scheduled taught teaching weekend by means of a standard marking criteria sheet. Some modules utilise electronic feedback which students receive via their student e-mail account, or via MyModules. The programme uses marking criteria sheets for all pieces of assessment which detail how marks are derived and identify areas for improvement. The marking criteria sheets are included in module guides which are available electronically through MyModules, from the start of each semester. The marking criteria sheets and student feedback have been regularly commended by external examiners of the undergraduate Nutrition, Postgraduate Certificate in Applied Sports Nutrition and the Masters in Nutrition and Physical Activity and Public Health programmes

The School places great emphasis on the monitoring and evaluation of the effectiveness of assessment strategies and module convenors review the assessment pattern annually.



30	Student support and guidance	We have a dedicated Student Centre in the heart of the University. Our aim is to assist, guide and support students throughout their period of study. The Student Wellbeing Service provides personal 1-1 Counselling in addition to group workshops such as mindfulness. The Disability Service includes both physical disabilities and learning support such as Dyslexia. Mental Health Advisors and Mentors together with an on-site Health Centre. Our Student Life and Guidance Team includes; the Accommodation Services, Student Funding, Pastoral Care & Advice & Guidance. Each student is allocated a Personal Tutor who can assist with any academic advice and support with any personal issues.
31	Quality management arrangements	This programme aligns with the quality assurance requirements of St Mary's University through the following processes: <ul data-bbox="499 842 1358 1055" style="list-style-type: none">• Five yearly cycle of revalidation• Ongoing monitoring through the Programme Review process• Programme Boards• Consideration of marks and graduate profiles at Exam Boards• Engagement with programme student representatives• Engagement with approved external examiners