**Kingston_University_London_Main_RGB**

**Programme Specification**

**Title of Course: BSc (Hons) Nutrition (Exercise and Health)**

**Date Specification Produced: June 2012**

**Date Specification Last Revised:** **July 2022**

This Programme Specification is designed for prospective students, current students, academic staff and potential employers. It provides a concise summary of the main features of the programme and the intended learning outcomes that a typical student might reasonably be expected to achieve and demonstrate if he/she takes full advantage of the learning opportunities that are provided. More detailed information on the teaching, learning and assessment methods, learning outcomes and content of each module can be found in Student Handbooks and Module Descriptors.

**SECTION 1: GENERAL INFORMATION**

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| **Title:** | BSc (Hons) Nutrition (Exercise and Health) |
| **Awarding Institution:** | Kingston University |
| **Teaching Institution:** | Kingston University |
| **Location:** | Penrhyn Road |
| **Programme Accredited by:** | N/A |

**SECTION 2: THE PROGRAMME**

1. **Programme Introduction**

The Nutrition (Exercise and Health)/ Exercise Nutrition and Health programme forms part of the academic provision of the School of Life Sciences, Pharmacy and Chemistry, within Applied and Human Sciences, which is also responsible for biological sciences, sport and exercise sciences and forensic science. The programme, which is taught by both the Nutrition and Sport and Exercise Science teaching teams, delivers in the areas of academic excellence, intellectual rigour and applied focus and has been designed to provide breadth and depth of nutrition with a focus on exercise and health. With population obesity and inactivity levels a growing public health concern, the course is well placed to bring together related areas of science in nutrition, exercise and health, thus providing students with a holistic grounding in health promotion. The programme has been carefully crafted to provide students with a rich and varied learning environment, and to allow students to gain the essential underpinning core theories in nutrition, exercise and health at level 4 preparing them for broader and deeper study at level 5 and to then further develop this knowledge and understanding into applied areas of choice at level 6. The programme contains core modules that are key in nutrition, sport, exercise and health science. These include: Food and Nutrition, Exercise and Health Physiology, Sport and Exercise Psychology and Research Methodology. Students will follow core pathways in levels 4 and 5 with options being made available at level 6 to reflect a student’s specific interests and preferred specialism. In their final year, students will conduct an original piece of independent research in a topic of their choice related to nutrition or sport and exercise science.

Graduates of the programme not only possess the underpinning knowledge of nutrition, exercise and health across a broad range of topics; they are also equipped to apply this knowledge into areas of specialism at higher levels of education or in employment. Graduates will also have attained the key and transferable skills such as communication, independence, time and task management, qualitative and quantitative research skills, and computer literacy that are considered essential by prospective employers. Students who complete the programme are well prepared for a wide range of employability options post-graduation and/or able to undertake postgraduate programmes in nutrition, sport, exercise or health related topics either through taught or research degrees.

1. **Aims of the Programme**

The aims of the BSc (Hons) Nutrition (Exercise and Health)/BSc (Hons) Exercise, Nutrition and Health programme are to:

* provide a curriculum in nutrition, exercise and health supported by scholarship, staff development and a research culture to students from a wide variety of academic and social backgrounds;
* offer a variety of learning opportunities through flexible modes of study;
* produce graduates equipped with the subject specific knowledge and the key and transferrable skills that enable them to play leading roles in a range of nutrition, sport, exercise, or health related industries, and/or to undertake further studies;
* develop within students an ability to critically evaluate information and solve problems in the interrelated subjects of nutrition, exercise and health;
* equip graduates with a range of generic intellectual skills and key skills relevant to their personal development and future employment;
* provide graduates with knowledge of good and safe working practices related to nutrition, exercise and health.

Additionally the aims for those on the sandwich programmes are to:

* provide graduates with a practical knowledge of the application of the academic disciplines related to nutrition, exercise or health environments;
* provide a broader knowledge of the career opportunities in subject areas related to nutrition, exercise and health.

1. **Intended Learning Outcomes**

The programme outcomes are referenced to the QAA subject benchmarks for Biomedical Sciences (2019) and Biosciences (2019) and the Framework for Higher Education Qualifications in England, Wales and Northern Ireland (2015) and the Association for Nutrition (AfN) competencies (See Appendix 1), and relate to the typical student. The programme provides opportunities for students to develop and demonstrate knowledge and understanding, skills and other attributes in the following areas:

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| **Programme Learning Outcomes** | | | | | | |
|  | **Knowledge and Understanding**  **On completion of the programme students will be able to:** |  | **Intellectual skills – able to:**  **On completion of the programme students will be able to:** | |  | **Subject Practical skills**  **On completion of the programme students will be able to:** |
| A1 | demonstrate knowledge and understanding of nutrition, exercise and health together with an in-depth knowledge of selected aspects of the subject. | B1 | critically analyse and appraise both primary and secondary sources. | | C1 | demonstrate competence in a range of practical and analytical techniques used in exercise, nutrition and health. |
| A2 | apply subject knowledge and understanding to solving problems in nutrition, exercise and health. | B2 | solve complex problems. | | C2 | understand, and be able to comply with, safety in the laboratory. |
| A3 | demonstrate competence in a range of practical and analytical techniques used in nutrition, exercise and health, and understand and comply with good and safe working practices. | B3 | plan, conduct and report on individual/group research. | | C3 | demonstrate skills in the evaluation and interpretation of laboratory and field data. |
| A4 | learn independently and undertake the critical evaluation and interpretation of experimental data. | B4 | assemble data from a variety of sources and discern and establish connections. | | C4 | plan and design experimental projects or field research relevant to exercise, nutrition or health. |
| A5 | use generic intellectual and key skills in lifelong learning, professional development, and future employment. | B5 | demonstrate the ability to be independent, autonomous learners. | | C5 | plan, conduct and report on an individual research project in exercise, nutrition and health sciences. |
| **Key & Transferable Skills** | | | | | | |
|  | **Self Awareness Skills** |  | **Communication Skills** | |  | **Interpersonal Skills** |
| AK1 | Take responsibility for own learning and plan for and record own personal development. | BK1 | Express ideas clearly and unambiguously in writing and the spoken word. | | CK1 | Work well with others in a group or team. |
| AK2 | Recognise own academic strengths and weaknesses, reflect on performance and progress and respond to feedback. | BK2 | Present, challenge and defend ideas and results effectively orally and in writing. | | CK2 | Work flexibly and respond to change. |
| AK3 | Organise self effectively, agreeing and setting realistic targets, accessing support where appropriate and managing time to achieve targets. | BK3 | Actively listen and respond appropriately to ideas of others. | | CK3 | Discuss and debate with others and make concession to reach agreement. |
| AK4 | Work effectively with limited supervision in unfamiliar contexts. |  |  | | CK4 | Give, accept and respond to constructive feedback. |
|  |  |  |  | | CK5 | Show sensitivity and respect for diverse values and beliefs. |
|  | **Research and information Literacy Skills** |  | **Numeracy Skills** | |  | **Management & Leadership Skills** |
| DK1 | Search for and select relevant sources of information. | EK1 | Collect data from primary and secondary sources and use appropriate methods to manipulate and analyse this data. | | FK1 | Determine the scope of a task (or project). |
| DK2 | Critically evaluate information and use it appropriately. | EK2 | Present and record data in appropriate formats. | | FK2 | Identify resources needed to undertake the task (or project) and to schedule and manage the resources. |
| DK3 | Apply the ethical and legal requirements in both the access and use of information. | EK3 | Interpret and evaluate data to inform and justify arguments. | | FK3 | Evidence ability to successfully complete and evaluate a task (or project), revising the plan where necessary. |
| DK4 | Accurately cite and reference information sources. | EK4 | Be aware of issues of selection, accuracy and uncertainty in the collection and analysis of data. | | FK4 | Motivate and direct others to enable an effective contribution from all participants. |
| DK5 | Use software and IT technology as appropriate. |  |  | |  |  |
|  | **Creativity and Problem Solving Skills** |  |  | |  |  |
| GK1 | Apply scientific and other knowledge to analyse and evaluate information and data and to find solutions to problems. |  |  | |  |  |
| GK2 | Work with complex ideas and justify judgements made through effective use of evidence. |  |  | |  |  |
| **Teaching/learning methods and strategies** | | | | | | |
| The range of learning and teaching strategies include:   * Formal lectures * Practical classes * Laboratory sessions * Seminars * Group work exercises * Tutorials and blended learning | | | | | | |
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| **Assessment strategies** | | | | | | |
| The assessment strategies employed in the Fields include the following:   * Written examination/tests * Multiple choice exams * Essays * Laboratory projects * Posters * Oral presentations * Reports * Case studies * Practical assessments * Research reports | | | | | | |
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1. **Entry Requirements**

The minimum entry qualifications for the programme are:

**A levels:** 96-120 UCAS points from a minimum of two A Levels or equivalent Level 3 qualifications. A-levels should include a science subject with grade C or above, such as Chemistry, Biology, Nutrition and Food Science, Food Technology, Food Studies, Home Economics (Food, Nutrition and Health), Psychology and Physical Education. We also count Extended Project towards your total UCAS points. General Studies is not accepted.

BTEC: BTEC Extended Diploma in appropriate Science subject (e.g. Sport and Exercise Science) with grades MMM.

Access Diploma: Minimum of 96 UCAS points achieved in science-related Access course. A minimum of 21 Level 3 credits in Biology and/or Chemistry at a Merit grade.

Science Foundation Year: Pass.

Plus: GCSE grade 4 or above (previously grades A\*–C): minimum of five subjects including English Language, Mathematics and Science..

A minimum IELTS score of 6.5 (with a minimum of 6.0 in all elements) or equivalent is required (because of professional body requirements) for those for whom English is not their first language.

1. **Programme Structure**

The programme is offered in full-time/part-time/sandwich mode, and leads to the award of BSc (Hons) Nutrition (Exercise and Health)/BSc (Hons) Nutrition (Exercise and Health) with Sandwich (SW) . Entry is normally at level 4 with A-level or equivalent qualifications (See section D). Transfer from a similar programme is possible at level 5 with passes in comparable level 4 modules – but is at the discretion of the course team. Intake is normally in September.

**E1. Professional and Statutory Regulatory Bodies**

Association for Nutrition (AfN)

**E2. Work-based learning, including sandwich programmes**

Work placements are actively encouraged – although it is the responsibility of individual students to source and secure such placements with the support of the placement tutor and employability coordinator. The purpose of the placement is to allow students to reflect upon their own personal experience of working in an applied setting, to focus on aspects of this experience that they can clearly relate to theoretical concepts and to evaluate the relationship between theory and practice.

Students who are registered on the degree in the sandwich mode are required to undertake a period of at least 36 weeks of supervised work experience. This is assessed, and successful completion is required for the award, but the placement is not graded. Under exceptional circumstances, if it is not possible to find a suitable placement, it may be necessary to transfer a student’s registration to the non-sandwich degree.

**E3. Outline Programme Structure**

The programme structure is designed to meet the QAA subject benchmarks for Biomedical Sciences and Biosciences and the Framework for Higher Education Qualifications in England, Wales and Northern Ireland (2015). There are three levels of study and each level is made up of four modules each worth 30 credits. Typically a student must complete 120 credits at each level. All students will be provided with the University regulations and specific additions including how modules map against the curriculum standards of the Association for Nutrition (AfN) (See Appendix 1). Full details of each module will be provided in module descriptors and student module guides. A course diagram is in Appendix 2.

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| **Level 4** (all core) | | | | |
| **Compulsory modules** | **Module code** | **Credit**  **Value** | **Level** | **Teaching Block** |
| Food and Nutrition 1: An Introduction \* | LS4006 \* | 30 | 4 | 1&2 |
| Essentials for Sport and Exercise Science | LS4007 | 30 | 4 | 1&2 |
| Sport & Exercise Psychology | LS4008 | 30 | 4 | 1&2 |
| Functional Anatomy & Exercise Physiology | LS4009 | 30 | 4 | 1&2 |
| Progression to level 5 requires successful completion of all level 4 modules. No trailing of level 4 modules is permitted.  Students exiting the programme at this point who have successfully completed 120 credits are eligible for the award of Certificate of Higher Education. | | | | |

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| **Level 5** (all core) | | | | | |
| **Compulsory modules** | **Module code** | **Credit**  **Value** | **Level** | **Teaching Block** | **Pre-requisites** |
| Food and Nutrition 2: Applied Nutrition \* | LS5007 \* | 30 | 5 | 1&2 | LS4006 |
| Research Methods in Exercise Science | LS5012 | 30 | 5 | 1&2 | LS4007 |
| Sport and Exercise Psychology II | LS5013 | 30 | 5 | 1&2 | LS4008 |
| Health & Exercise Physiology | LS5014 | 30 | 5 | 1&2 | LS4009 |
| Progression to level 6 requires successful completion of the four core level 5 modules. No trailing of level 5 modules is possible.  Students exiting the programme at this point who have successfully completed 120 credits are eligible for the award of Diploma of Higher Education.   |  |  |  |  |  | | --- | --- | --- | --- | --- | | **Sandwich Placement** for students on sandwich course | | | | | | **Compulsory modules** | **Module code** | **Credit**  **Value** | **Level** | **Teaching Block** | | Sandwich Year Placement | LS5000 | 120 | Sandwich year | Minimum of 36 weeks throughout the year |   LS5000 is a core module for students who choose the sandwich year placement. | | | | | |

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| **Level 6** | | | | | |
| **Compulsory modules** | **Module code** | **Credit**  **Value** | **Level** | **Teaching Block** | **Pre-requisites** |
| Food and Nutrition 3: Public Health Nutrition \* | LS6009 \* | 30 | 6 | 1&2 | LS5007 |
| Exercise & Health Psychology | LS6017 | 30 | 6 | 1&2 | LS5013 |
| Sport Science Project or Dissertation \*  Or  Nutrition Project \* | LS6023  LS6015 \* | 30  30 | 6  6 | 1&2  1&2 | Level 5 |
| **Option modules** |  |  |  |  | **Pre-requisites** |
| Food and Nutrition 4: Contemporary Issues in Food and Nutrition \* | LS6010 \* | 30 | 6 | 1&2 | LS5007 |
| Extreme Environments and Ergogenic Aids | LS6018 | 30 | 6 | 1&2 | LS5014 |
| \* It is a professional and statutory regulatory body requirement that the modules LS4006, LS5007, LS6009, LS6010 and LS6015 (or LS6023) must be passed and cannot be compensated. | | | | | |

1. **Principles of Teaching, Learning and Assessment**

This field has been designed to take account of the KU Curriculum Design Principles. The course utilises a wide range of teaching and learning methods that will enable all students be actively engaged throughout the course. Teaching and learning will focus on developing academic skills and utilising research informed teaching strategies carefully crafted to suit the content and the learning outcomes of each module. The content of all modules is designed to recognise the expected variation in student knowledge base, key and transferable skill competencies and to develop them further through formative assessment, practice opportunities and feed forward activities.

There are three levels of study for successful completion of the programme. The balance between lectures and tutorial/seminar/practical time across levels is a deliberate effort to allow theoretical and generic knowledge taught in lectures to be given context and meaning in real-world scenarios. This is achieved through the use of case studies; research data, the students’ own experience and student-led inquiry-based learning or experiential approaches in smaller group sessions.At level 4 the focus is on the acquisition of underpinning knowledge across the broad spectrum of nutrition, exercise and health topics and to develop key and transferable skills through the delivery of Food and Nutrition 1: An Introduction (LS4006), Essentials for Sport and Exercise Science (LS4007), Sport and Exercise Psychology (LS4008) and Functional Anatomy and Exercise Physiology (LS4009). The teaching and learning approach at this level will typically comprise formal lectures to ensure that students have the key knowledge relating to the module and a sound base within their subject. Supporting tutorials, seminar or practical sessions will be used to encourage exploration of the knowledge base by tutor-led discussion and application of theories.

Level 5 focuses on further developing knowledge across the broad spectrum of nutrition, exercise and health topics using inquiry-based teaching and learning strategies, and research informed teaching. Examples of this approach include: identifying the nutritional needs for groups within a population (Food and Nutrition 2: Applied Nutrition -LS5007), evaluating and monitoring human responses to exercise and to evaluate fitness and health through exercise and to prescribe interventions, and discussing research into the effects of exercise on the body and health (Sport and Exercise Psychology 2 – LS5013, Health and Exercise Physiology – LS5014). At level 5 the approach will typically comprise staff-led activities in the early parts of modules to ensure that students have the opportunity to build on the key knowledge from level 4 and pursue new scenarios and lines of inquiry. In the latter stages of level 5 the focus will be to progress onto more student-led approaches to inquiry-based learning through analysis, exploration and acquisition of theories and ideas through research.

At level 6 the focus will be building on the knowledge base from levels 4 and 5. Students will be actively engaged in the pursuit of their own questions, problems, scenarios or lines of inquiry, for example devising a health promotion strategy related to nutrition and health including physical activity policies in the UK and beyond (Food and Nutrition 3: Public Health Nutrition – LS6009). At level 6 the teaching and learning approach will also further progress student-led methodologies encouraging them to pursue their own lines of inquiry raised by previously learned experiences which will be encapsulated by the formulation and authoring of new knowledge through an independent research project (Nutrition Project – LS6015/ Sports and Exercise Science Project – LS6023). The research project at level 6 is the capstone project for the programme as it requires students to bring together all of the academic and professional skills they have developed to complete an independent, academic year long, piece of research with the guidance from both the project supervisor and the personal tutor. Research projects at Level 6 reflect the research and practice expertise of staff and also encourage students to participate in research collaborations between teaching staff in the School of Life Sciences, Pharmacy and Chemistry. Topics include public health concerns, such as obesity, breastfeeding and physical activity, the impact of nutrition on exercise or sport performance and the relationship between body composition and health.

Students at all levels are also exposed to practice and employer-informed teaching, which is delivered either via scheduled talks and workshops via external conferences/events/lectures. Examples that have been offered include Food Matters Live (<http://www.foodmatterslive.com/>), Dairy Council funded events on Sport and Nutrition (<https://www.youtube.com/watch?v=0aA1xE2eomA>; <https://www.facebook.com/KingstonUniversityNutrition/posts/965077236894419>) and visits to and from GlaxoSmithKline (GSK) (<https://www.facebook.com/KingstonUniversityNutrition/posts/905983549470455>) and Leatherhead Food Research. A number of these events are organised jointly with the student-led Kingston University Nutrition Society (<http://www.kusu.co.uk/groups/kingston-university-nutrition-society>; <https://www.facebook.com/kunutsoc/>) and form an integral part of the programme’s co-curricular strand (see Section E2). The use of these approaches informs students regarding current views by employers on issues ranging from the application of sport nutrition to the sport industry to the role of gut microbes in health and disease. Both research and practice informed teaching are invaluable as they enable students to apply themselves towards discrimination between situations and analyses of problems by giving them real world situations and also keep them updated with regards to employer needs in the different areas of the nutrition sector. Several events also incorporate employability as speakers discuss what their roles involve and share tips about important points such as how to search for jobs or gain relevant experience.

A range of formative and summative assessment methods will be used that enable students to demonstrate the acquisition of knowledge and development of key and transferable skills. The assessment regime for each module has been designed to provide formative opportunities that allow students to practice and to receive feed-forward advice on their performance in preparation for the summative assessment. Methods include a personal development plan (PDP) as a summative coursework at level 4 which can be developed as students progress on the course, formal written examination, coursework, oral presentations, multiple choice questionnaires (MCQs), practical examinations, laboratory reports and poster presentations. At every level, care has been taken to avoid assessment bunching to allow every student the opportunity to perform at their best. While the curriculum has been designed to provide a range of assessments and allow a degree of flexibility, assessments at level 6 are focused primarily on the application of theories and techniques developed in levels 4 and 5.

Technology enhanced learning is used at all levels but increases as students progress through the programme to reflect their growing independence and skills base.Technology enhanced learning (TEL) as stated above is student-centred and student-led as students have been instrumental in helping staff identify and deliver what they (the students) need. Peer and self-assessment for both written work captured in written format and delivered via Turnitin and Google Docs are used at Levels 4 and 5 to help students develop their essay writing skills. Online workshops for providing instant feedback and in preparation for practicals and tests have proved to be popular especially as they help students to monitor their learning. Examples of where these have been used include: an energy workshop at Level 4, which has allowed students to learn how nutritionists can replace laboratory techniques such as bomb calorimetry with basic mathematics to determine the energy content of food; and the use of a simple titration system to quantify vitamin C levels in foods. Online session-based MCQs with instant feedback, online tutorials on topical issues to supplement lectures and subject based knowledge are used throughout the programme but especially at Level 6 so that students can appreciate complexities of issues, which on the surface appear simple, for example, the ongoing debate concerning whether or not governments should use legislation when it comes to the fortification of food, or reducing salt, sugar and fat intakes. Web technologies such as Facebook, Linkedin, Twitter (see below for more information) and Diigo are also used for creating online communities of learning at course, year and module level. These are used to set up online forums for student-student collaboration to discuss and share ideas related to assignments, and for raising the profile of nutrition, exercise and health related content available on the internet, raising awareness of, and educating students about, intellectual property (e.g. plagiarism and referencing).

1. **Support for Students and their Learning**

The personal tutor scheme (PTS) is an integral part of the programmes teaching and learning strategy as it contributes to enhancing the student experience and facilitates the development of the student into an independent learner who is able to reflect on and identify the skills they have required. From levels 4-6 the role of the personal tutor is to foster an academic relationship with their students. At level 4 the emphasis will be to aid the transition from the school/college environment, to gain the confidence to operate successfully in a university context and to generate a sense of belonging to Kingston University. The module LS4007, which focuses on developing students’ research skills and enhancing their personal and academic success, will require regular meetings with a personal tutor during which a Personal Development Plan (PDP) will be used to facilitate the articulation/reflection of the development of academic, personal and professional skills needed for higher education and the enhancement of employability. The personal tutor will help students to develop good academic habits - for example how best to take notes during lectures and using appropriate teaching resources to supplement lecture material. The PDP will address generic academic and transferable skills (using the skills matrix below) but also the development of the AfN competencies using the matrix in Appendix 1 (see Assessment Strategies for more on how the matrix will be used).

At level 5 the personal tutor, supported through the content and assessment of Research Methods in Exercise Science (LS5012), works with students to help them to understand the importance of planning and managing their studies so that they are able to cope with the academic demands at this level by encouraging students to read up on a topic (on their own and/or as part of a study group) prior to the lecture or tutorial, demonstrating how best to use feedback, and encouraging students to be proactive in moving towards professional life and/or further study. In addition to facilitating the planning and management of their studies, this approach will help students develop subject specific and generic communication skills, interpersonal skills (as it encourages discussion between student and academic) and research and information literacy skills as students will begin to access peer reviewed articles. By level 6 the relationship between students and their personal tutor will have developed enough for the tutor to be able to advise students on how to plan and manage their time so as to best maximise success by helping the student to identify and address their strengths and weakness when it comes to studying. Following on from a planning/one to one meeting, the capstone project module (LS6015/LS6023) provides the opportunity for the personal tutor, in collaboration with the project supervisor, to help the student to hone the personal and professional skills required post-graduation. Again the PDP will form an integral part of this process.

The support offered through the PTS and the content of specific modules at each level thereforeallow students to monitor both progress and understanding by continually reflecting on their investment and contribution to the modules, the course and their personal and academic learning.

Further support for student learning is provided by the faculty’s study skills centre Academic Success Centre (ASC) and the Library. Members of the teaching team promote the use of ASC and the Library in verbal and written feedback to students. ASCadvises, and provides guidance to, students on following assignment guidelines, essay and practical writing, referencing, plagiarism, accessing appropriate material using the internet, using electronic repositories, e-books, scientific databases and the large number of nutrition and nutrition related e-journals. Information about ASC and the Library is provided in course and module guides on Canvas (the university’s learning management system) and via ‘My Kingston’ and ‘NutCloud’ (<http://bit.ly/nutcloud>) – a one-stop shop of the most accessed sites by nutrition students.

Students are supported by:

* The course director to help students understand the programme structure and to provide academic and personal support
* A module leader for each module
* Personal tutor to provide academic and personal support through the Personal Tutor Scheme: this scheme provides students with the first line for academic and pastoral guidance and support all of which form an essential part of the student experience. **See Sections E (E2), F and I for details.**
* A placement tutor to give general advice on placements
* A designated programme administrator
* An induction week at the beginning of each new academic session
* Applied and Human Sciences Student Voice Committee
* Academic Success Centre (ASC) – to provide academic skills support including guidance on how to approach an assignment, writing skills, and providing feedback on assignments.
* University support facilities that provide advice on issues such as finance, regulations, legal matters, accommodation and international student support
* IT services and support for students Canvas – a versatile online interactive intranet and learning environment
* ‘My Kingston’, ‘NutCloud’ (<http://bit.ly/nutcloud>) and SportExCloud (<http://staffnet.kingston.ac.uk/~ku41812/SportExCloud/>) general and subject specific information sites.
* The Library or library subject specialists
* Careers and Employability Service
* Disability and Dyslexia Support
* Union of Kingston Students
* Social Media: Facebook, Linkedin and Twitter

1. **Ensuring and Enhancing the Quality of the Course**

The University has several methods for evaluating and improving the quality and standards of its provision. These include:

* Student Voice Committees
* External examiners
* Boards of study with student representation
* Annual review and development
* Periodic review undertaken at the subject level
* Student evaluation
* Moderation policies

1. **Employability Statement**

At the heart of this programme is the key aim to enhance employability opportunities and/or postgraduate research within the fields of nutrition, exercise and health with a focus on health promotion. Although not yet accredited, the programme fulfils the competencies of the AfN and as such provides students with the skills required for the first stage of professional registration (Associate Nutritionist (ANutr)) and employment as a nutritionist. All members of the Nutrition teaching team are either fully registered Nutritionists or registered Dietitians and thus are able to ensure that the content of the programme and the knowledge and skills that it develops are appropriate to meet the competences required to work as a nutritionist. Furthermore, as the programmes focus within the discipline of nutrition is exercise and health, all students are encouraged to gain membership to the British Association of Sport and Exercise Sciences (BASES) and other relevant societies which offer an excellent network of employment and postgraduate opportunities. All students are provided opportunity to gain relevant vocational experience throughout the degree and are actively encouraged to gain additional continual professional development courses such as REPs accreditation courses. During the programme students will have gained a proficient knowledge of high-level laboratory equipment that will enhance employment and lifelong learning opportunities in this area. There is further opportunity to undertake live employer projects within sectors of the industry in both modules and research internships.

Members of both the Nutrition and Sport and Exercise Science teaching teams, which include the personal tutors, also work in collaboration with colleagues from Careers and Employability to make students aware of how the skills they have developed/are developing can be used a work environment.

The curriculum for this programme has been specifically tailored to punctuate the course with co-curricular careers and employability events and also embed the development of employability skills outlined in section C (intended learning outcomes) of this document across levels. A thriving co-curricular strand of activities has been developed over a number of years, and is now embedded alongside the taught programme. It offers students an invaluable opportunity to develop, apply and enhance their knowledge and skills in a variety of non-classroom settings. Opportunities include health promotion events (such as university Health week & Welcome week for new students), working with external groups and organisations (such as Kingston Public Health and Elior UK Catering company), attendance at and participation in external events (eg Food Matters Live conference), visits to external facilities (such as Leatherhead Food Research Laboratories, GlaxoSmithKline), attendance at extracurricular talks (eg Yakult, GlaxoSmithKline, Dairy Council), project work (eg Nutrition Cook School facilitated by trained students in association with Elior chefs, and Student Academic Development Research Associate Scheme (SADRAS) projects), as well as critical reviews of nutrition and sport e-publications. In addition co-curricular opportunities with an explicit focus on employability are offered, with course-specific sessions offered by the University KU Talent (careers and employability service), spotlight events focusing on Biological Sciences and invited visits from nutrition alumni to discuss post-university working life and how to prepare for it. Students can choose from a range of activities depending on the specific skills and knowledge they want to develop, how activities fit in with their commitments and how they align with personal areas of interest, but all of the activities allow students to demonstrate evidence of a wider interest in nutrition than completion of the degree alone. The co-curricular strand, while voluntary in nature, will be aligned with the Personal tutor Scheme and the PDP to ensure that all students participate in such activities throughout their time at Kingston University. Students’ generic employability skills are developed throughout the course, both through activities that are embedded within the syllabus and offered by the University’s Careers and Employability Service. From the first year, students are encouraged to reflect on and identify what they have learned, whether academically or in terms of transferable skills, and how these may be relevant to employment. They are also encouraged to explore the job market and possible career paths, and to consider attributes that employers look for in graduates above and beyond essential academic skills. These include but are not limited to: initiative, the ability to work in teams, manage time and to prioritise workload, the desire to learn and the motivation to improve performance, and appropriate communication and presentation skills in all their forms. In this context, students are also encouraged to take advantage of opportunities within and outside of the University to develop such skills through volunteering, work placements and study abroad. At level 4 the student cohort will generate their own Personal Development Portfolio (PDP) as part of a summative assessment in LS4007 which will allow them from the very beginning to focus on their key and transferable skills needed for employment and lifelong learning. Module LS4007 will be a means of bringing these skills learned across modules at level 4 together to encourage reflection on the importance of their skill set as well as their mindset (attitude, aptitude, commitment, adaptability, accountability and flexibility) to their success on their course and moving onto employment. These skills will be further embedded across all modules at levels 5 and 6, with specific emphasis in modules LS5012 and LS6023/LS6015. The student cohort will be encouraged to continue to build on the key skill attributes, in particular, the importance of creative thinking and problem-solving, networking, negotiating, inquisitiveness and giving and receiving feedback. Students are also encouraged to develop clearer ideas about career options, and are offered assistance and guidance in the preparation of their curriculum vitae, and for job applications and interviews.

In their second year of study students have the opportunity to study Nutrition, Exercise and Health abroad via the study abroad programme which includes universities in America, Australia and Europe. Living and learning abroad provides an excellent and unique opportunity for students to broaden their experience and develop valuable transferable skills. Most importantly, they will gain a global perspective of Nutrition, Exercise and Health, which is highly valued by employers in today’s increasingly international job market. Spending a period abroad allows students to enhance their employability, gain a deeper understanding of their academic subject and allows them begin to build a larger network of opportunity. Indeed, many of our previous study abroad students have gone on to study postgraduate degrees abroad. As stated in section E2, students also have the opportunity to take one year out from study between levels 5 and 6 as part of the sandwich option and pursue a work placement.

In the final year of study, students will develop an understanding of leadership skills as well as an appreciation of commercial and business awareness, among other essential employment skills. Also at level 6 the student cohort will generate their own independent research project which encompasses a large proportion of the key skills matrix and is an excellent tool for them to reflect on their learning as part of this summative assessment. Indeed, the importance and success of the final year project is evident when reflecting on a long tradition of students presenting their undergraduate research to international conferences which is the ultimate accolade of their achievement.

Work placements (including voluntary placements) are another route through which students will be encouraged to develop subject specific and generic employability skills. All students are encouraged to seek appropriate work experience, examples of which include MoreLife (<http://www.more-life.co.uk/>), the NHS, including community work and also industrial summer or yearlong placements – these have included placements at Proctor and Gamble, Pepsico and Sainsbury’s). Internships with nutrition organisations such as Action Against Hunger are also available. Students are given advice on how to put together applications, including CVs and cover letters by academic (including personal tutors) and Careers and Employability staff which they are shown how to develop and maximize as they build up their work experience/employability portfolios.

From application to graduation and beyond, the course teaching teams have carefully designed interactive web based networking sites to encourage communication of their student experience, knowledge being gained, practical skills and employment opportunities. The Nutrition and the Sport and Exercise Sciences websites such as Facebook, Twitter and LinkedIn have been very successful and student engagement with teaching and learning has become particularly evident as a consequence (<http://www.facebook.com/KUNutNews>, <https://www.facebook.com/KingstonUniversityNutrition>, <https://www.facebook.com/KUSportExSci/>, <https://www.linkedin.com/groups/4527305>, <https://www.linkedin.com/groups/4177219/profile>, <http://twitter.com/KUBScNutrition>, https://twitter.com/KUSportExSci). Facebook and Twitter are particularly effective in communicating to pre-induction students as a means of keeping them updated and engaged with KU Nutrition and SES from inception. The teams also use the Facebook and Twitter pages to keep current students networked with information on undergraduate/postgraduate research opportunities and consultancy, staff news, and employment opportunities including voluntary work related to the industry. Moreover, the LinkedIn pages further develop industry and vocational focus and act as a networking share point on student and graduate employability options and opportunities allowing our graduates to keep us abreast of their own career developments.

1. **Approved Variants from the UMS/PCF**

Modules LS4006, LS5007, LS6009, LS6010 and LS6015 (or LS6023) must be passed and cannot be compensated.

1. **Other sources of information that you may wish to consult**

See subject benchmark for Biomedical Sciences:

<https://www.qaa.ac.uk/docs/qaa/subject-benchmark-statements/subject-benchmark-statement-biomedical-sciences.pdf?sfvrsn=2bf2c881_12>

See subject benchmark for Biosciences:

<https://www.qaa.ac.uk/docs/qaa/subject-benchmark-statements/subject-benchmark-statement-biosciences.pdf?sfvrsn=21f2c881_4>

AfN

<http://www.associationfornutrition.org/>

Nutrition Society:

<http://www.nutritionsociety.org/>

Kingston University Sport and Exercise Science Website:

<http://sec.kingston.ac.uk/sportex/>

British Association of Sport and Exercise Sciences:

<https://www.bases.org.uk/>

Kingston University Website

<http://www.kingston.ac.uk/undergraduate-course/nutrition-exercise-health/>

**Development of Programme Learning Outcomes in Modules**

This map identifies where the programme learning outcomes are assessed across the modules programme. It provides an aid to academic staff in understanding how individual modules contribute to the programme aims, and a means to help students monitor their own learning, personal and professional development as the programme progresses and a checklist for quality assurance purposes.

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|  |  |  | **Level 4** | | | | **Level 5** | | | | | **Level 6** | | | | | | |
|  | **Module Code** |  | LS4006 | LS4007 | LS4008 | LS4009 | LS5007 | LS5012 | LS5013 | LS5014 | LS6009 | | LS6010 | LS6015 | LS6017 | LS6018 | LS6023 |
| Programme Learning Outcomes | **Knowledge & Understanding** | A1 | S/F | S/F | S/F | S/F | S/F | S/F | S/F | S/F | S/F | | S/F | S/F | S/F | S/F | S/F |
| A2 | S/F | S/F | S/F | S/F | S/F | S/F | S/F | S/F | S/F | | S/F | S/F | S/F | S/F | S/F |
| A3 | S/F | S/F | S/F | S/F | S/F | S/F | S/F | S/F | S/F | | S/F | S/F | S/F | S/F | S/F |
| A4 | S/F | S/F | S/F | S/F | S/F | S/F | S/F | S/F | S/F | | S/F | S/F | S/F | S/F | S/F |
| A5 | S/F | S/F | S/F | S/F | S/F | S/F | S/F | S/F | S/F | | S/F | S/F | S/F | S/F | S/F |
| **Intellectual Skills** | B1 |  | S/F | S/F | S/F | S/F | S/F | S/F | S/F | S | | S | S/F | S/F | S/F | S/F |
| B2 |  | S/F | S/F | S/F |  | S/F | S/F | S/F | S | | S | S/F | S/F | S/F | S/F |
| B3 |  | S/F | S/F | S/F |  | S/F | S/F | S/F |  | |  | S/F | S/F | S/F | S/F |
| B4 |  | S/F | S/F | S/F | S/F | S/F | S/F | S/F | S | | S | S/F | S/F | S/F | S/F |
| B5 | S/F | S/F | S/F | S/F | S/F | S/F | S/F | S/F | S | | S | S/F | S/F | S/F | S/F |
| **Practical Skills** | C1 | S/F | S/F | S/F | S/F | S/F | S/F | S/F | S/F |  | | S/F | S/F | S/F | S/F | S/F |
| C2 | S/F | S/F | S/F | S/F | S/F | S/F |  | S/F |  | | S/F | S/F |  | S/F | S/F |
| C3 |  | S/F | S/F | S/F | S/F | S/F | S/F | S/F | S/F | | S/F | S/F | S/F | S/F | S/F |
| C4 |  | S/F | S/F | S/F |  | S/F | S/F | S/F |  | | S/F | S/F | S/F | S/F | S/F |
| C5 |  | S/F |  |  |  | S/F |  |  | S/F | | S/F | S/F |  |  | S/F |
| Key and Transferable Skills | **Self Awareness** | AK1 | F | S/F | F | F | F | F | F | F | F | |  | S | F | F | F |
| AK2 | F | S/F | F | F | F | F | F | F | F | |  | F | F | F | F |
| AK3 | S | F | F | F | S | F | F | F | S | | S | S | F | F | F |
| AK4 |  | F | F | F |  | F | F | F |  | |  | S | F | F | F |
| **Communication** | BK1 | S/F | S/F | S/F | S/F | S/F | S/F | S/F | S/F | S/F | | S/F | S/F | S/F | S/F | S/F |
| BK2 | S/F | S/F | S/F | S/F | S/F | S/F | S/F | S/F | S/F | | S | S | S/F | S/F | S/F |
| BK3 | S/F | F | F | F | S/F | F | F | F | S/F | | S/F | S | F | F |  |
| **Interpersonal** | CK1 | F | S/F | S/F | F | S/F | F | S/F | F | F | | F | F | S/F | S/F |  |
| CK2 | F | F | F | F | F | F | F | F | F | | F | F | F | F | F |
| CK3 | F | F | F | F | F | F | F | F | F | | F | F | F | F | F |
| CK4 | F | F | F | F | F | F | F | F | S/F | | F | S | F | F | F |
| CK5 | F | F | F | F | F | F | F | F | F | | F | F | F | F | F |
| **Research and information Literacy Skills** | DK1 | S/F | S/F | S/F | S/F | S/F | S/F | S/F | S/F | S/F | | S | S/F | S/F | S/F | S/F |
| DK2 |  | S/F | S/F | S/F | S | S/F | S/F | S/F | S | | S | S | S/F | S/F | S/F |
| DK3 | F | S/F | S/F | S/F | S | S/F | S/F | S/F | S | | S | S | S/F | S/F | S/F |
| DK4 | S/F | S/F | S/F | S/F | S/F | S/F | S/F | S/F | S | | S | S | S/F | S/F | S/F |
| DK5 | S/F | S/F | S/F | S/F | S/F | S/F | S/F | S/F | S/F | | S/F | S/F | S/F | S/F | S/F |
| **Numeracy Skills** | EK1 | S | S/F | S/F | S/F | S | S/F | S/F | S/F | S | | S/F | S/F | S/F | S/F | S/F |
| EK2 | S | S/F | S/F | S/F | S | S/F | S/F | S/F |  | | S/F | S/F | S/F | S/F | S/F |
| EK3 | S/F | S/F | S/F | S/F | S/F | S/F | S/F | S/F |  | | S/F | S/F | S/F | S/F | S/F |
| EK4 | S | S/F | S/F | S/F | S/F | S/F | S/F | S/F |  | | S/F | S/F | S/F | S/F | S/F |
| **Management & Leadership Skills** | FK1 | F | S/F | F | F | F | S/F | F | F | F | | F | S | F | F | S/F |
| FK2 | F | S/F |  |  |  | S/F |  |  | S | |  | S |  |  | S/F |
| FK3 | S/F | S/F |  |  | F | S/F |  |  | F | | S/F | S/F |  |  | S/F |
| FK4 | S/F | S/F | F |  | F |  | F |  | F | | S/F | F | F | F |  |
| **Creativity and Problem Solving Skills** | GK1 | S/F | S/F | S/F | S/F | S/F | S/F | S/F | S/F | S/F | | S/F | S | S/F | S/F | S/F |
| GK2 | S | S/F | S/F | S/F | S | S/F | S/F | S/F | S | | S | S | S/F | S/F | S/F |

**S**  indicates where a summative assessment occurs.

**F** where formative assessment/feedback occurs.

**Appendix 1: Course Syllabus Mapped against Association for Nutrition’s Competencies and Sub-Competencies**

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| **Core Competency 1 – Science**  **Knowledge and understanding of the scientific basis of nutrition. Understanding nutritional requirements from the molecular through to the population level – for either human or animal systems** | **Module Titles** | **Module Codes** |
| CC1a – The human body and its functions, especially digestion, absorption, excretion, respiration, fluid and electrolyte balance, cardiovascular, neuro-endocrine, musculoskeletal and haematological systems, immunity and thermoregulation, energy balance and physical activity | Food and Nutrition 1: An Introduction  Functional Anatomy and Exercise physiology  Exercise and Health Physiology | LS4006  LS4009  LS5014 |
| CC1b – Mechanisms for the integration of metabolism, at molecular, cellular and whole body levels | Functional Anatomy and Exercise physiology  Exercise and Health Physiology | LS4009  LS5014 |
| CC1c – What nutrients are (including water and oxygen) | Food and Nutrition 1: An Introduction | LS4006 |
| CC1d – Nature and extent of metabolic demand for nutrients | Food and Nutrition 1: An Introduction  Functional Anatomy and Exercise physiology  Exercise and Health Physiology | LS4006  LS4009  LS5014 |
| CC1e – How nutrients are used by the body, consequences of deficiency and assessment of nutritional status | Food and Nutrition 1: An Introduction  Food and Nutrition 2: Applied Nutrition  Food and Nutrition 4: Contemporary Issues in Food and Nutrition (option) | LS4006  LS5007  LS6010 |
| CC1f- Non-nutrient components of foods and drinks that affect diet and health including alcohol | Food and Nutrition 1: An Introduction  Food and Nutrition 4: Contemporary Issues in Food and Nutrition (option)  Extreme Environments and Ergogenic Aids (option) | LS4006  LS6010  LS6018 |
| CC1g – Nutrient analysis: calculating nutrient contents of foods and diets of an individual or group of individuals, justifying choice of a method of dietary assessment for a specific stated purpose | Food and Nutrition 1: An Introduction  Food and Nutrition 2: Applied Nutrition | LS4006  LS5007 |
| CC1h – Digestion, absorption, transportation and storage of nutrients and non-nutrients components of foods | Food and Nutrition 1: An Introduction  Food and Nutrition 4: Contemporary Issues in Food and Nutrition (option) | LS4006  LS6010 |

**Appendix 1: Course Syllabus Mapped against Association for Nutrition’s Competencies and Sub-Competencies**

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| **Core Competency 1 – Science**  **Knowledge and understanding of the scientific basis of nutrition. Understanding nutritional requirements from the molecular through to the population level – for either human or animal systems** | **Module Titles** | **Module Codes** |
| CC1i – Nutrition in health and disease, consequences of unbalanced diet | Food and Nutrition 1: An Introduction  Food and Nutrition 2: Applied Nutrition  Food and Nutrition 3: Public Health Nutrition  Food and Nutrition 4: Contemporary Issues in Food and Nutrition (option) | LS4006  LS5007  LS6009  LS6010 |
| CC1j – Nature of common conditions that require dietary manipulation or can affect physical activity, such as obesity, diabetes, hypertension, cardiovascular disease, cancer, etc | Food and Nutrition 2: Applied Nutrition  Exercise and Health Physiology  Food and Nutrition 4: Contemporary Issues in Food and Nutrition (option) | LS5007  LS5014  LS6010 |
| CC1k – How nutritional needs change with age, gender, physical activity, lifestyle etc. | Food and Nutrition 2: Applied Nutrition  Exercise and Health Physiology  Food and Nutrition 3: Public Health Nutrition  Food and Nutrition 4: Contemporary Issues in Food and Nutrition (option) | LS5007  LS5014  LS6009  LS6010 |
| CC1l – Ability to plan, conduct, analyse and report on investigations into an aspect of nutrition in a responsible, safe and ethical manner | Project | LS6015 or LS6023 |
| CC1m – Ability to carry out sample selection and to ensure validity, accuracy, calibration, precision, and highlight uncertainty during collection in accordance with the basic principles of good clinical practice | Exercise and Health Physiology  Food and Nutrition 4: Contemporary Issues in Food and Nutrition (option)  Project | LS5014  LS6010  LS6015 or LS6023 |
| CC1n – Ability to obtain, record, collate, analyse, interpret and report nutrition-related data using appropriate qualitative and quantitative research and statistical methods in the field and/or laboratory and/or intervention studies, working individually or in a group, as is most appropriate for the discipline under study | Exercise and Health Physiology  Food and Nutrition 4: Contemporary Issues in Food and Nutrition (option)  Project | LS5014  LS6010  LS6015 or LS6023 |
| CC1o – Prepare, process, interpret and present data, using appropriate qualitative and quantitative techniques, statistical programmes, spreadsheets and programs for presenting data visually | Research Methods in Exercise Science  Exercise and Health Physiology  Food and Nutrition 4: Contemporary Issues in Food and Nutrition (option)  Project | LS5012  LS5014  LS6010  LS6015 or LS6023 |
| CC1p – Health research methods, dietary nutrition methodologies and nutritional epidemiology | Essentials for Sport and Exercise Science  Food and Nutrition 2: Applied Nutrition  Research Methods in Exercise Science  Exercise and Health Physiology  Food and Nutrition 4: Contemporary Issues in Food and Nutrition (option)  Project | LS4007  LS5007  LS5012  LS5014  LS6010  LS6015 or LS6023 |
| CC1q – Theories of and development of practical skills in communication and learning | Food and Nutrition 1: An Introduction  Essentials for Sport and Exercise Science  Sport and Exercise Psychology  Functional Anatomy and Exercise Physiology  Food and Nutrition 2: Applied Nutrition  Sport and Exercise Psychology 2  Health and Exercise Physiology  Food and Nutrition 3: Public Health Nutrition  Food and Nutrition 4: Contemporary Issues in Food and Nutrition (option)  Exercise and Health Psychology | LS4006  LS4007  LS4008  LS4009  LS5007  LS5013  LS5014  LS6009  LS6010  LS6017 |

**Appendix 1: Course Syllabus Mapped against Association for Nutrition’s Competencies and Sub-Competencies**

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| **Core Competency 2 – Food Chain**  **Knowledge and understanding of the food chain and its impact on food choice. Integrating the food supply with dietary intake** | **Module Titles** | **Module Codes** |
| CC2a – Food commodities (staple foods, main sources of key nutrients, novel foods etc) within UK and/or internationally | Food and Nutrition 1: An Introduction  Food and Nutrition 3: Public Health Nutrition  Food and Nutrition 4: Contemporary Issues in Food and Nutrition (option) | LS4006  LS6009  LS6010 |
| CC2b – Effect on chemical composition and nutritional quality of food and diet of:   * Methods of food production, preparation, preservation, fortification and format * Sources of food supply * Methods of cooking and storage | Food and Nutrition 1: An Introduction  Food and Nutrition 4: Contemporary Issues in Food and Nutrition (option) | LS4006  LS6010 |
| CC2c – Familiarity with and/or development of practical skills involved in the methods to analyse the composition of foods | Food and Nutrition 1: An Introduction  Food and Nutrition 2: Applied Nutrition | LS4006  LS5007 |
| CC2d – Ability to formulate ideas and opinions concerning food, nutrients, non-nutrient components of food and nutrition effectively and appropriately | Food and Nutrition 1: An Introduction  Food and Nutrition 2: Applied Nutrition  Food and Nutrition 3: Public Health Nutrition  Food and Nutrition 4: Contemporary Issues in Food and Nutrition (option)  Extreme Environments and Ergogenic Aids (option) | LS4006  LS5007  LS6009  LS6010  LS6018 |
| CC2e – Understanding of issues associated with food sustainability | Food and Nutrition 1: An Introduction  Food and Nutrition 3: Public Health Nutrition  Food and Nutrition 4: Contemporary Issues in Food and Nutrition (option) | LS4006  LS6009  LS6010 |

**Appendix 1: Course Syllabus Mapped against Association for Nutrition’s Competencies and Sub-Competencies**

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| **Core Competency 3 – Social/Behaviour**  **Knowledge and understanding of food in a social or behavioural context, at all stages of the lifecourse** | **Module Titles** | **Module Codes** |
| CC3a – Food and nutrition and health policy (at global, national and local level) | Food and Nutrition 3: Public Health Nutrition | LS6009 |
| CC3b – Significance of evaluation of nutrition in maintaining and driving public health agendas | Food and Nutrition 3: Public Health Nutrition | LS6009 |
| CC3c – Factors that affect an individual’s communities’ and population groups’ nutritional needs and practices | Food and Nutrition 2: Applied Nutrition  Food and Nutrition 3: Public Health Nutrition | LS5007  LS6009 |
| CC3d – Religious and cultural beliefs and practices that impact on food, nutrition and health | Food and Nutrition 2: Applied Nutrition  Food and Nutrition 3: Public Health Nutrition | LS5007  LS6009 |
| CC3e – Consideration of financial/social and environmental circumstances on diet and nutritional intake | Food and Nutrition 2: Applied Nutrition  Food and Nutrition 3: Public Health Nutrition | LS5007  LS6009 |
| CC3f – Theories and application of methods of improving health, behaviour and change | Sport and Exercise Psychology  Sport and Exercise Psychology 2  Food and Nutrition 3: Public Health Nutrition  Exercise and Health Psychology | LS4008  LS5013  LS6009  LS6017 |
| CC3g – Design and implementation of intervention projects and programmes, methods for monitoring and evaluating effectiveness and efficiency | Food and Nutrition 3: Public Health Nutrition | LS6009 |
| CC3h – Theories of nutrition health education and nutrition health promotion | Food and Nutrition 2: Applied Nutrition  Food and Nutrition 3: Public Health Nutrition | LS5007  LS6009 |
| CC3i – Ability to design/formulate a diet to meet a specification appropriate for a stated situation for an individual, human or animal, or a group of humans or animals. | Food and Nutrition 2: Applied Nutrition  Food and Nutrition 3: Public Health Nutrition | LS5007  LS6009 |

**Appendix 1: Course Syllabus Mapped against Association for Nutrition’s Competencies and Sub-Competencies**

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| **Core Competency 4 – Health/Wellbeing**  **Understanding how to apply the scientific principles of nutrition for the promotion of health and well being of individuals, groups and populations; recognising benefits and risks** | **Module Titles** | **Module Codes** |
| CC4a – Principles and methods of measurement and estimation of energy balance; energy expenditure physical activity and fitness; body mass; body composition; how body mass and energy balance are controlled | Food and Nutrition 1: An Introduction  Functional Anatomy and Exercise Physiology  Health and Exercise Physiology  Food and Nutrition 4: Contemporary Issues in Food and Nutrition (option) | LS4006  LS4009  LS5014  LS6010 |
| CC4b – Theory and methods of investigating the dietary, nutrient and activity patterns of general population, sub groups and the individual | Food and Nutrition 2: Applied Nutrition  Food and Nutrition 3: Public Health Nutrition | LS5007  LS6009 |
| CC4c – Scientific basis of the safety and health promoting properties of nutrients and non-nutrient components of food , based on knowledge of the metabolic effects of nutrients, anti-nutrients, toxicants, additives, pharmacologically active agents (drugs), nutrient-nutrient interactions, nutrient-gene interactions, ‘nutri-ceuticals’, functional foods, and any other metabolically active constituents of foods and the diet | Food and Nutrition 4: Contemporary Issues in Food and Nutrition (option)  Extreme Environments and Ergogenic Aids (option) | LS6010  LS6018 |
| CC4d – Scientific basis for the measurement and estimation of nutritional requirements, dietary references values for the general population | Food and Nutrition 1: An Introduction  Food and Nutrition 2: Applied Nutrition | LS4006  LS5007 |
| CC4e – Understanding the general principles underpinning, and strengths and limitations of, common methods of assessment of nutritional status including clinical, anthropometric, dietary, biochemical, physiological, and functional methods | Food and Nutrition 1: An Introduction  Functional Anatomy and Exercise Physiology  Food and Nutrition 2: Applied Nutrition  Health and Exercise Physiology  Food and Nutrition 3: Public Health Nutrition  Food and Nutrition 4: Contemporary Issues in Food and Nutrition (option) | LS4006  LS4009  LS5007  LS5014  LS6009  LS6010 |
| CC4f – Understanding the general principles and methods associated with determining the efficacy, health attributes, health claims, safety, and legal aspects of food, drinks and supplements | Food and Nutrition 4: Contemporary Issues in Food and Nutrition (option)  Extreme Environments and Ergogenic Aids (option) | LS6010  LS6018 |
| CC4g – Ability to recognise strengths and weaknesses in dietary, nutrition and health research methods, in order to understanding the limitations of the scientific basis of nutritional knowledge | Food and Nutrition 2: Applied Nutrition  Food and Nutrition 3: Public Health Nutrition  Food and Nutrition 4: Contemporary Issues in Food and Nutrition (option)  Project | LS5007  LS6009  LS6010  LS6015 or LS6023 |
| CC4h – Ability to integrate knowledge and understanding from a variety of sources to identify or propose solutions in one of following areas: Improvements of human health or improvement of the welfare and/or productivity of animals or improvement of food production and sustainability | Sport and Exercise Psychology 2  Food and Nutrition 3: Public Health Nutrition  Food and Nutrition 4: Contemporary Issues in Food and Nutrition (option)  Exercise and Health Psychology  Project | LS5013  LS6009  LS6010  LS6017  LS6015 or LS6023 |

**Appendix 1: Course Syllabus Mapped against Association for Nutrition’s Competencies and Sub-Competencies**

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| **Core Competency 5 – Professional Conduct**  **Understanding of Professional Conduct and the nutritionists Code of Ethics along with evidence of good character** | **Module Titles** | **Module Codes** |
| CC5a – Ethics and values of professions | Food and Nutrition 1: An Introduction  Essentials for Sport and Exercise Science  Food and Nutrition 2: Applied Nutrition  Research Methods in Exercise Science  Sport and Exercise Psychology 2  Health and Exercise Physiology  Food and Nutrition 3: Public Health Nutrition  Food and Nutrition 4: Contemporary Issues in Food and Nutrition (option)  Exercise and Health Psychology  Extreme Environments and Ergogenic Aids (option)  Project | LS4006  LS4007  LS5007  LS5012  LS5013  LS5014  LS6009  LS6010  LS6017  LS6018  LS6015 or LS6023 |
| CC5b – AfN Code of Ethics and Statement of Professional Conduct | Food and Nutrition 1: An Introduction  Food and Nutrition 2: Applied Nutrition  Food and Nutrition 3: Public Health Nutrition | LS4006  LS5007  LS6009 |
| CC5c – Legal context of nutrition practice; including current UK legislation and guidelines to providing information to individuals | Food and Nutrition 3: Public Health Nutrition  Food and Nutrition 4: Contemporary Issues in Food and Nutrition (option)  Project | LS6009  LS6010  LS6015 or LS6023 |
| CC5d – Responsibilities and accountability in relation to the current European and National legislation, national guidelines, local policies and protocols and clinical/corporate Governance in relation to nutrition | Food and Nutrition 3: Public Health Nutrition  Food and Nutrition 4: Contemporary Issues in Food and Nutrition (option)  Extreme Environments and Ergogenic Aids (option)  Project | LS6009  LS6010  LS6018  LS6015 or LS6023 |
| CC5e – Can recognise the moral and ethical issues of investigation and appreciate the need for ethical standards and professional codes of conduct applicable to both interventional and observational studies | Health and Exercise Physiology  Food and Nutrition 3: Public Health Nutrition  Food and Nutrition 4: Contemporary Issues in Food and Nutrition (option)  Extreme Environments and Ergogenic Aids (option)  Project | LS5014  LS6009  LS6010  LS6018  LS6015 or LS6023 |
| CC5f – The relevance of the research governance framework | Essentials for Sport and Exercise Science  Research Methods in Exercise Science  Project | LS4007  LS5012  LS6015 or LS6023 |
| CC5g – Intellectual property issues | All modules that form this programme but especially:  Food and Nutrition 1: An Introduction  Research Methods in Exercise Science  Project | LS4006  LS5012  LS6015 or LS6023 |

**Appendix 2: BSc (Hons) Nutrition (Exercise and Health) NFENH/NWENH**

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| **Level 4** | **Level 5** | Optional Sandwich Year LS5000 | **Level 6** |
| Essentials for Sport and Exercise Science (LS4007) | Research Methods in Exercise Science (LS5012) | Food and Nutrition 3: Public Health Nutrition (LS6009) |
| Food and Nutrition 1: An Introduction (LS4006) | Food and Nutrition 2: Applied Nutrition Research (LS5007) | Exercise and Health Psychology (LS6017) |
| Sport and Exercise Psychology  (LS4008) | Sport and Exercise Psychology 2 (LS5013) | Nutrition Project module (LS6015)  OR  Sport and Exercise Science Project module (LS6023) |
| Functional Anatomy and Exercise Physiology (LS4009) | Health and Exercise Physiology (LS5003) | Option modules  Food and Nutrition 4: Contemporary Issues in Food and Nutrition (LS6010)  OR  Extreme Environments and Ergogenic Aids (option)  LS6018 |

**Technical Annex**

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| **Final Award(s):** | BSc (Hons) Nutrition (Exercise and Health) |
| **Intermediate Award(s):** | BSc Nutrition (Exercise and Health) |
| **Minimum period of registration:** | 3 years |
| **Maximum period of registration:** | 9 years, 10 years (SW) |
| **FHEQ Level for the Final Award:** | Honours |
| **QAA Subject Benchmark:** | Hospitality, Leisure, Sport and Tourism |
| **Modes of Delivery:** | Full-time/Part-time |
| **Language of Delivery:** | English |
| **Faculty:** | Health, Science, Social Care and Education |
| **School:** | Life Sciences, Pharmacy and Chemistry |
| **JACS code:** | C600 |
| **UCAS Code:** | BB49/BB4X |
| **Route Code:** | UFENH1ENH01/USENH1ENH01 |
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