Programme Specification for

MSc Sport and Exercise Nutrition

1. Programme title	MSc Sport and Exercise Nutrition
2. Awarding institution	Middlesex University
3. Teaching institution	Middlesex University
4. Details of accreditation by professional/statutory/regulatory body	N/A
5. Final qualification	MSc Sport and Exercise Nutrition Available Exit points: PG Certificate ; PG Diploma
6. Year of validation **Year of amendment**	
7. Language of study	English
8. Mode of study	Full-time

9. Criteria for admission to the programme

Students will normally require an undergraduate degree in a sport or health related field (2.2 or above). Students with non-related degrees will be expected to have have at least one year's relevant experience in the sport and fitness industry. Prospective students may require an interview

Graduates of the ISSN Diploma will also be eligible to apply, and enter the program at the PGDip level (see course outline).

Alternatively prospective students who have completed a lower equivalent qualification in a relevant subject and have extensive experience in a relevant area will be considered on an individual basis, possibly via an interview.

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qualification in a relevant subject and have extensive experience in a relevant area will be considered on an individual basis, possibly via an interview.

International Entry Requirements

We accept the equivalent of the above from a recognised overseas qualification. To find out more about the requirements from your country, see further information under support in your country. For details of other equivalent requirements that Middlesex accepts see entry requirements**.**

English language requirements for international students

You must have competence in English language and we normally require Grade C GCSE or an equivalent qualification. Students for whom English is a second language must have achieved IELTS 6.5 (with minimum 6.0 in all four components) or TOEFL 575 (paper test) or 237 (computer test) and 4.5 in Test of Written English, or equivalent. Additionally, the department has a minimum requirement for maths and science GSCE or equivalent for our undergraduate students, therefore significant knowledge is expected in postgraduate students.

Middlesex also offers an Intensive Academic English course (Pre- Sessional) that ranges from 5-17 weeks depending on your level of English. Successful completion of this course would meet English language entry requirements.

10. Aims of the programme

The programme aims to-

1. Enable students to design evidence-based dietary strategies and provide individualised nutritional support a) to meet the nutritional goals of active members of the public and athletes, whilst appreciating the demands of their lifestyle; b) to optimise physical performance and recovery
2. Develop the students ability and skills to provide nutritional support via feedback and lab reports to clients and/or athletes and their multidisciplinary support team
3. Develop the student's practical skills essential to communication, and technique demonstration
4. Provide the students with the ability to: a) select and administer a wide range of current advanced nutritional and sport and exercise physiology techniques, both field and lab based, b) critically evaluate their validity and reliability, c) collect data, d) interpret the data and e) present results
5. Provide students with the ability to critically appraise the current research literature in Sport and Exercise Nutrition and the role of nutritional ergogenic aids
6. Provide students with work experience within the major disciplines of Sport and Exercise Nutrition

7. Provide students with the ability to critically discuss the metabolic demands for energy and nutrients, and evaluate the derivation and use of dietary standards such as

the Dietary Reference Values

11. Programme outcomes	
A. Knowledge and understanding On completion of this programme the successful student will have knowledge and understanding of : 1. he response and adaptations of the human body to acute and chronic exercise, including the methodologies by which these are monitored 2. The mechanisms by which fatigue processes operate to limit exercise performance 3. The metabolic demands for energy and nutrients, as well as evaluate diet quality according to appropriate standards such as the Dietary Reference Values 4. Designing evidence-based dietary strategies and provide individualised nutritional support a) to meet the nutritional goals of active members of the public and athletes, whilst appreciating the demands of their lifestyle; b) to optimise physical performance and recovery The validity and reliability of a wide range of current nutritional and sport and exercise physiology techniques/ tests including data analyses, monitoring and feedback	**Teaching/learning methods** Students gain knowledge and understanding through: Attending, lectures, participatory seminars, small group discussions, directed learning, laboratory and practical sessions. An understanding of the subject is both summatively and formatively assessed. **Assessment Method** Students' knowledge and understanding is assessed by seminar presentations, written assignments,laboratory reports, unseen examinations and practical demonstrations
B. Cognitive (thinking) skills On completion of this programme the successful student will be able to: 1. Critically evaluate appropriate research and published literature, debate and articulate ideas, protocols and actions 2. Evaluate the derivation and use of dietary standards such as the Dietary Reference Values Design, evaluate, implement, and document advanced nutritional and	**Teaching/learning methods** Students learn cognitive skills through: through lectures, discussions, formative assessment, peer- review of seminar presentations, debates and directed reading. **Assessment Method** Students' cognitive skills are assessed by written work, peer-

sport and exercise physiology techniques/tests	assessment, self- assessment, examinations and case studies. **Assessment methods** Students' cognitive skills are assessed by:
C. Practical skills On completion of the programme the successful student will be able to: 1. Demonstrate mastery of advanced nutritional and sport and exercise physiology techniques 2. Select and administer advanced nutritional and sport and exercise physiology tests/techniques with a high level of accuracy 3. Communicate results of research to peers,, demonstrating expertise in application of theory and advanced research skills 4. Utilise current advanced nutritional and sport and exercise physiology techniques, both field and lab based 5. Provide nutritional support via feedback and lab reports to clients and/or athletes and their multidisciplinary support team	**Teaching/learning methods** Students learn practical skills through attending laboratory classes,formative assessment, practical skills and sessions. **Assessment methods** Students' practical skills are assessed by practical examinations, laboratory reports, and portfolio work. Students also complete a work placement covering nutritional design and support delivery, monitoring and performance testing within the major disciplines of Sport and Exercise Nutrition.
D. Graduate skills On completion of this programme the successful student will be able to: 1. Demonstrate advanced communication and presentation skills 2. Demonstrate advanced use of information technology 3. Demonstrate advanced problem solving techniques Develop advanced critical appraisal research skills.	**Teaching/learning methods** Students acquire graduate skills through: Students acquire graduate skills through reading; group work exercises, structured and directed learning, reflection and development of portfolio material and formative assessment. **Assessment** Students' post-graduate skills are assessed by written work in the form of portfolios, case studies, logbook, presentations, lab testing peer assessment and self-assessment and project work.

12. Programme structure (levels, modules, credits and progression requirements)

12. 1 Overall structure of the programme

The PG Diploma programme can normally be studied over one year full- time (12 months) or 2 -3 years part-time and comprises of 120 credits.

The full programme (MSc) can normally be studied over one year full-time (12 months) or 2 -3 years part-time, is modular and comprises a total of 180 credit points, including four 30-credit modules, a 30 credit professional placement module, and a 60 credit dissertation module PG Cert in Sport and Exercise Nutrition programme.= 60 credits: PG Dip in Sport and Exercise Nutrition programme. = 120 credits

12.2 Levels and modules

Level 7

COMPULSORY	OPTIONAL	PROGRESSION REQUIREMENTS
Students must take all of th tudents must take all of the following: • SES4037 Physiology • SES4038 Sport Nutrition Science • SES4013 Professional Placement experience • SES4030 Research Methods • SES4095 Dissertation e following:	NA	Successful completion of all compulsory modules. Students must complete the research module before progressing onto the dissertation

12.3 Non-compensatable modules (note statement in 12.2 regarding FHEQ levels)

Module level	Module code

13. Curriculum map
See attached.

14. Information about assessment regulations
Regulations follow those set out in the Middlesex University Regulations document

15. Placement opportunities, requirements and support (if applicable)
Placements are a requirement for this programme with student placements facilitated by staff. Work within a relevant field would be beneficial to the candidate as it enables them to apply much of the programme content within a professional environment

16. Future careers (if applicable)
It is anticipated graduates will be well placed to gain full time or part time employment in professional sport (i.e. as team performance nutritionist in Rugby, Football etc), working in elite sport and athletics i.e. with the EIS, in private practice (own clinic, visiting, gyms etc) working with members of public and in self-employment as a consultant to professional teams and individuals. It is envisaged that some students may choose to continue their academic studies through an MPhil or PhD, or to progress in to teaching after completing a PGCE or PGCHE.

17. Particular support for learning (if applicable)
Learning Resource facilities at Middlesex including CAL suite and internet access. Access to Learner Development Unit. Support for modules available on MyUniHub.

18. JACS code (or other relevant coding system)	C630
19. Relevant QAA subject benchmark group(s)	The SEN programme has been aligned with the following benchmark statements: • http://www.qaa.ac.uk /assuring-standards- and-quality/the-quality-code/subject- benchmark-statements/masters- degree-subjects • http://www.qaa.ac.uk /en/Publications/Doc uments/Subject-benchmark- statement-Health- care-programmes--- Dietetics.pdf • http://www.qaa.ac.uk /assuring-standards-

20. Reference points

The following reference points were used in designing the Programme.

Internal documentation:

i. London Sport Institute Annual Monitoring and Evaluation Report 2014-2015
ii. MU Learning and Quality Enhancement Handbook 2014/15
iii. Middlesex University (2010) Learning Framework Document

External Documentation:

i. Quality Assurance Agency (2014) Framework for Higher Qualifications, London, QAA.

SENr Graduate Competencies and CISSN Certification Exam Guide.

21. Other information

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

Curriculum map for the MSc Sport and Exercise Nutrition

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

Programme learning outcomes

Knowledge and understanding		**Practical skills**	
A 1	The response and adaptations of the human body to acute and chronic exercise, including the methodologies by which these are monitored	C1	Demonstrate and utilise with mastery on a wide range of current nutritional and sport and exercise physiology techniques/tests
A 2	The mechanisms by which fatigue processes operate to limit exercise performance	C2	Select and administer nutritional and sport and exercise physiology techniques/tests with a high level of accuracy
A 3	The metabolic demands for energy and nutrients, and evaluate the derivation and use of dietary standards such	C3	Communicate results of research to peers, demonstrating expertise in application of theory and advanced research skills

	as the Dietary Reference Values		
A 4	Designing evidence-based, dietary strategies and providing individualised nutritional support to optimise physical performance and recovery	C4	Provide nutritional support via client feedback reports and lab reports to athletes and their multidisciplinary support team
A 5	The validity and reliability of a wide range of current nutritional and sport and exercise physiology techniques/ tests including data analyses, monitoring and feedback	C5	Gain experience in a real-world professional working environment; interact with athletes and members of the multi-disciplinary team. Undertake a reflective-practice project, to determine strengths and weakness of self in practice.
Cognitive skills		**Graduate Skills**	
B 1	Critically evaluate appropriate research and published literature, debate and	D1	Develop communication and presentation skills

	articulate ideas, protocols and actions		
B 2	Evaluate the derivation and use of dietary standards such as the Dietary Reference Values	D2	Demonstrate competent use of information technology
B 3	Design, evaluate, implement, and document nutritional and sport and exercise physiology techniques/tests	D3	Demonstrate competence in numeracy and problem solving techniques
B 4	Critically appraise the current research literature in Sport and Exercise Nutrition and the role of nutritional ergogenic aids	D4	Develop critical research skills

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Physiology of Exercise and Nutrition Sport	SES4037	x		x	x		x	x	x	x			x	x			x	x	x	
Nutrition Science Research Methods	SES4038	x						x		x	x	x			x		x	x	x	
	SES4030	x						X						x			x	X	X	x
MSc Dissertation	SES4095				x		x	x					x	x			x	x	x	X
Professiona l Placement	SES4013			x		x	x	x	x	x		x	x	x	x	x	x	x	x	