

# Programme Specification and Curriculum Map for Nutrition



<b>1. Programme title</b>	Nutrition Nutrition (Professional Practice) Nutrition with Foundation Year Nutrition (Professional Practice) with foundation year
<b>2. Awarding institution</b>	Middlesex University
<b>3. Teaching institution</b>	Middlesex University
<b>4. Programme accredited by</b>	-
<b>5. Final qualification</b>	BSc (Hons) Nutrition BSc (Hons) Nutrition (Professional Practice) BSc (Hons) Nutrition with Foundation Year BSc (Hons) Nutrition (Professional Practice) with foundation year
<b>6. Academic year</b>	2018/2019
<b>7. Language of study</b>	English
<b>8. Mode of study</b>	Full-time and Part-time

## 9. Criteria for admission to the programme

All students will be recruited initially to either the BSc (Hons) in Nutrition or BSc (Hons) in Nutrition with Foundation Year. If the student secures a placement by the end of the second year, the student can transfer to the appropriate Professional Practice programme.

- I. Candidates normally require Mathematics and English equivalent to at least GCSE grade C as well as 112 level tariff points or equivalent from one of the following awards.
  - A Levels minimum two, maximum three subjects including Biology or Chemistry at grade B or above (BBC)
  - Edexcel BTEC Level 3 Extended Diploma minimum two, maximum three subjects in Applied Science (DMM)
  - Access pass with 45 credits at Level 3 (45 merit or higher) in a Science subject; to include 15 level 3 credits at Merit in Chemistry and Physiology.
  - International Baccalaureate (28 points)
- II. Overseas candidates must also be competent in English to study this course. The most commonly accepted evidence of English language ability is IELTS 6.5 (with minimum 6.0 in all four components).
- III. Applicants can make a claim for entry onto the programme with or without advance standing on the basis of either accreditation of prior certified learning or experiential learning.

Applicants with a disability can enter the programme following assessment to determine if they can work safely in the laboratory. The programme team have experience of adapting teaching provision to accommodate a range of disabilities and welcome applications from students with disabilities.

## 10. Aims of the programme

The programme aims:

- To give students a sound understanding of the scientific basis of human nutrition and nutritional requirements from the molecular through to the population level
- To help students to gain an appreciation of the food chain and its impact on food choice
- To develop an awareness of food in a social or behavioural context at all stages of the lifecycle
- To enable students to apply the scientific principles of nutrition for the promotion of health and wellbeing of individuals, groups and populations; recognising benefits and risks.

- To gain an understanding of professional conduct and the Association for Nutrition's Code of Ethics
- To develop the student's ability to apply scientific methods and approaches to research, and evidence-based practice
- To help students develop a range of graduate skills required for lifelong learning, effective communication, problem solving, team-working and innovation
- To prepare students for employment in the food and nutrition industries
- To enable students to acquire the knowledge and skills required for postgraduate studies in nutrition or related discipline

<b>11. Programme outcomes</b>	
<p><b>A. Knowledge and understanding</b></p> <p>On completion of this programme the successful student will have knowledge and understanding of:</p> <ol style="list-style-type: none"> <li>1. Physiological, cellular, metabolic and molecular processes related to food science and nutrition</li> <li>2. Nutritional requirements for individuals, groups and populations</li> <li>3. The human food chain and its impact on food choice</li> <li>4. The social and behavioural context at all stages of the human lifecycle</li> <li>5. The scientific principles of nutrition for the promotion of health and wellbeing</li> <li>6. Professional conduct and codes of ethics related to employment as a nutritionist</li> </ol>	<p><b>Teaching/learning methods</b></p> <p>Students gain knowledge and understanding through lectures, seminars and laboratory work, self-study (both directed and self-directed) and online learning. Blended learning is utilised in modules integrating taught, self-directed, e-learning and learning technologies.</p> <p><b>Assessment Method</b></p> <p>Students' knowledge and understanding is assessed by both summative and formative assessments. Formative assessments include online learning exercises, peer evaluation, in-course tests and feedback of sample work. Summative assessments include seminar presentations, written assignments including laboratory reports, portfolios, seen and unseen examinations.</p>
<p><b>B. Cognitive (thinking) skills</b></p> <p>On completion of this programme the successful student will be able to:</p> <ol style="list-style-type: none"> <li>1. Develop ideas through the evaluation of appropriate research evidence, scientific concepts or principles</li> <li>2. Apply knowledge of nutritional concepts to solve theoretical and practical problems</li> <li>3. Apply numeracy and computer skills to solve problems in nutrition</li> <li>4. Present, analyse and critically evaluate nutritional information and data</li> </ol>	<p><b>Teaching/learning methods</b></p> <p>Students learn cognitive skills through lectures, seminars, discussions, peer presentations, a research project and debates and problem solving exercises.</p> <p><b>Assessment Method</b></p> <p>Students' cognitive skills are assessed by formative and summative assessment as written work, examinations, online quizzes, case studies, laboratory reports and portfolios.</p>
<p><b>C. Practical skills</b></p> <p>On completion of the programme the successful student will be able to:</p> <ol style="list-style-type: none"> <li>1. Carry out a range of procedures to assess nutritional status</li> <li>2. Carry out a range of analytical techniques used in nutritional science in accordance with good laboratory practice and health and safety regulations</li> <li>3. Carry out microbiological techniques and procedures used in food microbiology and processing in accordance with good laboratory practice and health and safety regulations</li> </ol>	<p><b>Teaching/learning methods</b></p> <p>Students learn practical skills through laboratory practical classes, virtual labs and video demonstrations, and undertaking a research project.</p> <p><b>Assessment Method</b></p> <p>Students' practical skills are assessed formatively and summatively by laboratory reports, portfolios, placement reports and dissertation.</p>

<p><b>D. Graduate Skills</b></p> <p>On completion of this programme the successful student will be able to:</p> <ol style="list-style-type: none"> <li>1. Communicate their ideas clearly using a variety of media</li> <li>2. Work both collaboratively and with an appreciation of the skills required for leadership</li> <li>3. Demonstrate an autonomous and reflective approach to lifelong learning</li> <li>4. Use a range of information technologies to support their learning</li> <li>5. Manage a research project and demonstrate a high level of research skills.</li> <li>6. Demonstrate a high level of numeracy and problem-solving skills</li> <li>7. Creativity, innovation or business acumen</li> </ol>	<p><b>Teaching/learning methods</b></p> <p>Graduate skills are taught and embedded throughout the programme. Students are introduced to employability, numeracy and computer skills in BMS1474 Nutritional Practice and these skills are utilised and developed within modules at each level.</p> <p>Students acquire graduate skills through reading, group work, problem-based learning exercises, structured and directed learning, analysis of case studies, and through reflection, placement and development of portfolio material.</p> <p><b>Assessment method</b></p> <p>Students' graduate skills are assessed formatively and summatively using written work in the form of portfolios, and also in case studies, presentations, project and research work, and online examinations.</p>
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## 12. Programme structure (levels, modules, credits and progression requirements)

### 12. 1 Overall structure of the programme

Excluding the Foundation Year, the nutrition programmes can be studied over three or four years on a full-time basis, or part-time over a minimum of four years. They are also modularised with each module, except the placement module, having a credit value of either 15 or 30 credits. The placement module, which is year-long, carries 120 credit points and is normally taken in the penultimate year of a professional practice programme. The total credit points required for each award are as follows:

- BSc Nutrition – 360 credit points
- BSc Nutrition (Professional Practice) – 480 credit points
- BSc Nutrition with Foundation Year – 480 credit points
- BSc Nutrition with (Professional Practice) Foundation Year – 600 credit points

For the Foundation Year, students will take a total of 120 credit points at level 3 and must pass all modules to progress onto year one. Year one comprises a total of 120 credit points at level 4. For subsequent years on the BSc, the number of credits and the levels are as follows:

1. Year 2, 120 credits at level 5
2. Final year, 120 credits at level 6

The curriculum is based on four themes, which are 1. Science 2. Food Chain 3. Social/Behaviour 4. Health/Wellbeing and 5. Professional Conduct.

<b>12.2 Levels and modules</b>		
Level 4		
COMPULSORY	OPTIONAL	PROGRESSION REQUIREMENTS
All students must take all of the following: BIO1400 BIO1604 BMS1424 BMS1474 BMS1514	There are no optional modules.	Normally all modules must be passed but a marginal failed module may be compensatable in accordance with University regulations.
Level 5		
COMPULSORY	OPTIONAL	PROGRESSION REQUIREMENTS
All students must take all of the following: BMS2405 BMS2415 BMS2425 BMS2457	There are no optional modules.	Normally all modules must be passed but a marginal failed module may be compensatable in accordance with University regulations.
Level 6		
COMPULSORY	OPTIONAL	PROGRESSION REQUIREMENTS
Students on the BSc programmes must also take the following: BMS3336 BMS3436 BMS3446 BMS3466	BMS3006 (Only for the Professional Practice programmes)	

<b>12.3 Non-compensatable modules</b>	
<b>Module level</b>	<b>Module code</b>
4	None
5	None
6	BMS3006 and BMS3336

<b>13. A curriculum map relating programme learning outcomes to modules</b>
See Curriculum Map attached.

<b>14. Information about assessment regulations</b>
The assessment regulations are the general university regulations.
The minimum pass grade for a module is 40%. Overall module grades will be published using the Middlesex University 20 point scale.
For modules with more than one assessment component, a minimum grade of 30% is required for each component before the grades can be aggregated to determine overall module grade. If a student achieved less than 30% in one or more components, the student is awarded an overall grade 19.

There are opportunities for re-assessment in failed components of work and specific details are given in the module handbooks. At levels 5 and 6, where a student has failed a piece of work, the mark of the resubmitted work is capped at 40%. For a level 4 assessment, there is no capping.

Students must adhere to module assessment deadlines. Where a student cannot meet the deadline for a good reason a deferral can be formally requested.

### **15. Placement opportunities, requirements and support**

Students can go on a year-long placement in year 3 but they must secure a placement by the end of year 2. Possible placements include public health, nutritional or food science laboratories and research laboratories both in industry or academia.

In preparation for securing a placement, they will normally be provided with help with CV writing and interview techniques. The University employability service and academic staff may notify students of employers who are seeking placements. However, it is the student's responsibility to identify and contact suitable placement providers.

Whilst on placement, students will be nominated a placement supervisor, who is responsible for ensuring that the student achieves the agreed learning outcomes. Additionally, an academic tutor will be appointed to monitor a student's progress whilst on placement. The academic will normally visit the student at least once if feasible and have regular contact with the student and supervisor using email, telephone or another type of communication media.

Both mentor and student will have a guide handbook to explain the requirements and students will keep an on-going reflective diary of their experiences and also produce a critical appraisal of the organisation they work in.

### **16. Future careers**

A graduate with a nutrition degree could gain employment as a nutrition advisor, sports nutritionist, food scientist, food technologist, health promotion specialist, health trainer, teacher, academic or researcher. Other possible career opportunities include dietetics, nutritional therapy, science writing, or product quality research. It should be noted that further education and training will be required to embark on certain careers such as in academia, dietetics or teaching. Typical employers of nutrition graduates include the NHS, Public Health England, food manufacturing industry, catering and hospitality, grocery and related retailing.

A graduate can progress onto advanced study such an MSc or PhD in the field of nutrition and food science and technology.

### **17. Particular support for learning (if applicable)**

- We have specialist laboratory facilities for the development of practical skills
- Middlesex University Library will provide access to specialist journals. For ease of access for students based at Hendon, the library has facilities for inter-library photocopying of any articles required. Other articles may be obtained from the British Library in London where a similar arrangement for photocopying articles exists
- Applicants with a disability can enter the programme following an assessment of their needs, and to determine if they can work safely in the laboratory.
- Learning resource services and facilities at Middlesex include a CAL suite and internet access as well as English learning and Language Support
- Learning resources and other support for modules is delivered via myUniHub. In the specific module area, students can find all module materials as well as other information to support learning including video material, links to reading lists, quizzes and discussion boards
- Departmental Graduate Academic Assistants support students with their coursework and subject understanding in small group tutorials or on a 1:1 basis
- Student Learning Assistants provide peer-learning support and can help students with their work in class as well as by meeting them individually or in small groups

<b>18. JACS code (or other relevant coding system)</b>	Nutrition B400
<b>19. Relevant QAA subject benchmark group(s)</b>	Nutrition

#### 20. Reference points

The following reference points were used in designing the Programme:

- i. Middlesex University (2006) *Learning Framework Document*
- ii. Middlesex University (2016) *Middlesex University Regulations*. MU
- iii. QAA (2016) *Subject Benchmark Statement in Nature and extent of Agriculture, Horticulture, Forestry, Food, Nutrition and Consumer Sciences*. QAA (Draft document)
- iv. Association for Nutrition (2014) *Competency Requirements for Registered Nutritionist Registration*. Association for Nutrition.

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 student programme handbook and the University

# Curriculum map

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	
A1	Physiological, cellular, metabolic and molecular processes related to food science and nutrition	C1	Carry out a range of procedures to assess nutritional status
A2	Nutritional requirements for individuals, groups and populations	C2	Carry out a range of analytical techniques used in nutritional science in accordance with good laboratory practice and health and safety regulations
A3	The human food chain and its impact on food choice	C3	Carry out microbiological techniques and procedures used in food microbiology and processing in accordance with good laboratory practice and health and safety regulations
A4	The social and behavioural context at all stages of the human lifecycle		
A5	The scientific principles of nutrition for the promotion of health and wellbeing		
A6	Professional conduct and codes of ethics related to employment as a nutritionist		
Cognitive skills		Graduate skills	
B1	Develop ideas through the evaluation of appropriate research evidence, scientific concepts or principles	D1	Communicate their ideas clearly using a variety of media
B2	Apply knowledge of nutritional concepts to solve theoretical and practical problems	D2	Work both collaboratively and with an appreciation of the skills required for leadership
B3	Apply numeracy and computer skills to solve problems in nutrition	D3	Demonstrate an autonomous and reflective approach to lifelong learning
B4	Present, analyse and critically evaluate nutritional information and data	D4	Use a range of information technologies to support their learning
		D5	Manage a research project and demonstrate a high level of research skills
		D6	Demonstrate a high level of numeracy and problem-solving skills
		D7	Creativity, innovation or business acumen

Module Title	Module Code by Level	Programme outcomes																												
		A1	A2	A3	A4	A5	A6		B1	B2	B3	B4		C1	C2	C3		D1	D2	D3	D4	D5	D6	D7						
Metabolic Biochemistry	BIO1400	X		X					X						X														X	
Cell Biology and Genetics	BIO1604	X							X						X															
Principles of Human Nutrition	BMS1424		X		X	X			X	X																				
Nutritional Practice	BMS1474		X			X	X			X	X	X		X	X	X		X	X	X	X	X	X	X	X					
Human Sciences	BMS1514	X							X									X										X		
Nutritional Biochemistry	BMS2405	X							X	X		X			X															
Diet and Health	BMS2415	X	X			X			X	X				X														X		
Food and Nutrition Science	BMS2425			X	X				X	X					X	X		X	X									X		
Research Methods and Professional Development	BMS2475					X	X		X		X	X						X		X	X	X	X	X	X					
Placement for Employability	BMS3006	X							X			X				X												X		
Dissertation	BMS3336								X		X	X															X	X	X	X
Public Health Nutrition	BMS3436		X	X	X	X			X	X		X		X				X	X	X								X		
Clinical Nutrition	BMS3446	X					X		X	X																				
Sport and Exercise Nutrition	BMS3466	X				X			X			X		X	X													X		

**BSc (Hons) Nutrition (Hons) / BSc (Hons) Nutrition (Professional Practice)**

Programme outcomes																													
A1	A2	A3	A4	A5	A6				B1	B2	B3	B4		C1	C2	C3		D1	D2	D3	D4	D5	D6	D7					
Highest level achieved by all graduates																													
6	6	6	6	6	6				6	6	6	6		6	6	6		6	6	6	6	6	6	6					