Programme Specification 2025-26

1.	**Programme title**	MSc Sport and Exercise Nutrition
2.	**Awarding institution**	Middlesex University
3a	**Teaching institution**	Middlesex University London
3b	**Language of study**	English

4a	**Valid intake dates and mode of study**

Mode of Study	Cohort	Delivery Location	Duration
Full-time (FT)	Semester 1	Hendon	1 Years
Part-time (PT)	Semester 1	Hendon	2 Years

4c	**Delivery method**	On Campus/Blended Learning

5. Professional/Statutory/Regulatory body (if applicable)
N/A

6.	**Apprenticeship Standard** (if applicable)	N/A

7. Final qualification(s) available
Target Award Title(s)
MSc Sport and Exercise Nutrition
Exit Award Title(s)
PGCert Sport and Exercise Nutrition
PGDip Sport and Exercise Nutrition

8. Academic year effective from	2025-26

9. Criteria for admission to the programme
Applicants must have a minimum of a 2:2 undergraduate degree in a related sports science, nutrition and/or dietetic field. Applicants with other degrees may be considered subject to industry experience on an individual basis.

Students whom English is a second language must have achieved IELTS 6.5 (with a minimum of 6.0 in all components) or equivalent.

The University aims to ensure that its admissions processes are fair, open and transparent and aims to admit students who, regardless of their background, demonstrate potential to successfully complete their chosen programme of study where a suitable place exits and where entry criteria are met. The University values diversity and is committed to equality in education and students are selected on the basis of their individual merits, abilities and aptitudes. The University ensures that the operation of admissions processes and application of entry criteria are undertaken in compliance with the Equality Act.

We take a personalised and fair approach to how we make offers. We feel it's important that our applicants continue to aspire to achieving great results and make offers which take into account pieces of information provided to us on the application form.

This includes recognition of prior learning and experience. If you have been working, or you have other learning experience that is relevant to your programme, then we can count this towards your entry requirements and even certain modules once you start studying.

For further information please visit our: Accreditation of Prior Learning page (https://www.mdx.ac.uk/study-with-us/undergraduate/entry-requirements-for-undergraduates/recognition-of-previous-learning).

10. Aims of the programme

The programme aims to:

The aim of the programme is to provide students with an in-depth and critical understanding of the role of nutrition in enhancing athletic performance and recovery, enabling them to design evidence-based dietary strategies and provide individualised nutritional support to clients. The program also integrates advanced practical skills and the interpretation of performance data, providing students with the knowledge and skills required to excel in applied settings. In addition, the seamless integration of research and transferable skills throughout the course ensures that graduates are able to apply for accreditation with leading industry bodies and are fully prepared for successful careers as sport and exercise nutrition practitioners or researchers.

11. Programme learning outcomes

Programme - Knowledge and Understanding

On completion of this programme the successful student will have a knowledge and understanding of:

1. The application of appropriate research methodology in order to advance existing knowledge and inform practice.

2. The response and adaptations of the human body to acute and chronic exercise, including the methodologies by which these are monitored.

3. The mechanisms by which fatigue processes operate to limit exercise performance.
4. The metabolic demands for energy and nutrients, and evaluate the derivation and use of dietary standards such as the Dietary Reference Values.
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.
Programme - Skills On completion of this programme the successful student will be able to:
6. Implement and critically evaluate a wide range of current nutritional and sport and exercise physiology techniques/tests.
7. Critically evaluate appropriate research and published literature, debate and articulate ideas, protocols and actions.
8. Work independently and responsibly as an advanced practitioner, modifying their approach in response to elements of unpredictability and complexity that are present in practice.
9. Communicate and present information and data, using evidence to justify and support information provided.
10. Appraise data and information using appropriate statistical and problem solving techniques.
11. Design evidence-based, dietary strategies and provide individualised nutritional support to optimise physical performance and recovery.
12. Design and undertake an independent research project, which furthers knowledge in an area of sport and exercise nutrition.

12. Teaching/learning methods
Students gain knowledge and understanding through a variety of approaches, encouraging digital literacy, utilising live research informed teaching and practice-led learning sessions, engaging with pre-recorded content, seminars, workshops, problem solving tasks, small group discussions & presentations, student and teacher led learning sessions and finally, via student placements. An understanding of the subject is assessed in both summative and formative methods. Students are encouraged to participate in curriculum design and lead student communities via co-leadership opportunities throughout the academic year such as group learning, student forums, programme voice groups and an ability to co-design their research methods and dissertation assessments. Students learn skills through formative and summative assessments, participation in synchronous and asynchronous activities such as seminars, practicals, problem-based learning and workshops. Students will also undertake self-directed study and engage with pre-recorded/live online content, including key concept videos. Peer-review, and self-reflection skills are also developed. An inclusive curriculum approach is fostered particularly through collaborative working which is embedded throughout the programme. Graduate competencies are integrated within all modules, and students are given a chance to apply the theory and skills they have learnt in class to practice via the placement module,

which encourages student employability. Employer engagement is encouraged and integrated throughout the programme design and delivery through authentic assessments, guest speakers and employability initiatives. The programme has a strong focus on both good health and wellbeing, as well as high quality education, in line with the UN's sustainable development

Approx. number of timetabled hours per week (at each level of study, as appropriate), including on-campus and online hours
FT 8PT 4

Approx. number of hours of independent study per week (at each level of study, as appropriate)FT 32PT 16

Approx. number of hours on placement (including placement, work-based learning or year abroad, as appropriate).FT 50PT 50

13. Employability

13a Development of graduate competencies

13b Employability development

Varied approaches to learning ensure that graduate competencies are developed throughout the programme. Scenario based approaches are utilised to develop students' problem-solving skills, facilitate deeper learning and to foster innovative approaches to real-world problems. Technological agility is supported throughout the programme, with the use of various software and online platforms including virtual lab environments integrated into group work, assessments and learning as appropriate. The integration of group and individual presentations develops students' ability to communicate and become resilient and adaptable learners. Students are given the opportunity to develop their leadership skills and exert influence during their placements. To further enhance student development, the curriculum will also encourage the cultivation of entrepreneurial skills, preparing students to innovate and adapt within the sport and exercise nutrition field. By fostering an entrepreneurial mindset, students will be equipped to identify opportunities, develop new services, and navigate the evolving landscape of the industry with confidence.

A specific employability session has been embedded into Applied Sport Nutrition, which encourages students to map their current 'toolkit' in relation to discipline specific skills. Students are also encouraged to create a development plan that can specifically target any perceived, or actual areas of weakness, so that they can become well rounded and effective practitioners. Additional development and networking opportunities are provided to students where possible (such as free webinar sessions, or departmental research days) to encourage employability development. Where possible, students are encouraged to use their work placements to develop their research projects, allowing them to address real world problems, or provide valuable insight into current practice. Together, these elements ensure that students are well prepared to step into discipline specific employment following the completion of the programme.

13c Placement and work experience opportunities (if applicable)

Students are required to complete a compulsory minimum set of hours (50) for their work placement. Students are encouraged to explore organisations that work within the student's area of interest (but must be relevant to their programme) and suitable applications are supported by the programme leader.

Where a student is not already working within a field relevant to their programme of study, programme staff may be able to advise of suitable work placements. It is typical that interviews will be required for popular placements; therefore, the University offers no guarantee of work and students are required to source their own placement. Support is provided to students through the University employability services and by the programme team where appropriate.

13d Future careers / progression

It is anticipated graduates will be well placed to gain full or part-time employment in professional sport (i.e. as team performance nutritionist in Rugby, Football etc.) or with organisations responsible for athletic support (e.g. UK Sports Institute, 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.
Upon successful completion of the course, students are eligible to apply to join the Sport & Exercise Nutrition Register (SENr) as a 'Graduate Registrant'. Successful entry on to the register enables Graduate Registrants to build a portfolio of work within the field to become a 'Practitioner Registrant'.
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.

14. Assessment methods

Students' knowledge, understanding and skills are assessed via a range of assessment methods, including; presentations, practical assessments, case studies, written assignments and an independent project.

15. Programme Structure (level of study, modules, credits and progression requirements)

The MSc Programme is comprised 180 credit points: two 30 credit sport nutrition modules, a 30-credit professional placement module, a 30-credit research module and a 60-credit dissertation module.
Students can also be exited with the PG certificate or the PG diploma
PGDip in Sport & Exercise Nutrition: 120 credits
PGCert in Sport & Exercise Nutrition: 60 credit

Structure is indicative for Part-time routes.

Students must take all of the compulsory modules and choose following programme requirements from the optional modules.

Non-compensatable modules are noted below.

Available Pathways

Not Applicable

Year 1

Year 1 Level 7 FT and PT

Code	Type	Module Title	Credits at FHEQ Level
SES4076	Compulsory	Sport and Exercise Nutrition Science 2025-26	30 at Level 7
SES4013	Compulsory	Professional placement 2025-26	30 at Level 7
SES4030	Compulsory	Research Methods 2025-26	30 at Level 7
SES4097	Compulsory	Independent Project 2025-26	60 at Level 7
SES4038	Compulsory	Applied Sport Nutrition 2025-26	30 at Level 7

Year 2
Year 2 Level 7 PT

Code	Type	Module Title	Credits at FHEQ Level
SES4013	Compulsory	Professional placement 2026-27	30 at Level 7
SES4097	Compulsory	Independent Project 2026-27	60 at Level 7

*Please refer to your programme page on the website re availability of option modules

16. Programme-specific support for learning
Students studying for the MSc in Sport and Exercise Nutrition at Middlesex University have access to state-of-the-art laboratories, equipped with a wide variety of equipment and software that they could expect to work with in an applied setting. Students may have access to dietary analysis software, and a lab simulation application that allows them to revisit and scaffold their theoretical knowledge, complete discipline specific scenarios, and practice lab techniques in a virtual setting. Relevant software packages related to study, such as statistical analysis programmes, and applications for word processing, spreadsheets, presentations, email, and note-taking etc., are available to students to use. Academic supervisors from the University are assigned to students to guide them through the shared modules for this programme. All information relating to the modules, including module handbooks, recorded content, key concept videos, handouts, lab workbooks, assignment briefs, assessment guidance, reading lists, free online textbooks, lab simulations, supplementary material and more, is available through the module pages. Students can use MyMDX (as an app or from a browser) to

access their student email, timetable, grades, and key information in one place. The platform provides simple access to other systems including library resources, UniHelp, career and job support, IT services, and other support and health and wellbeing services.

17. HECos code(s)	100433: Sport and Exercise Sciences

18. Relevant QAA subject benchmark(s)	Events, Hospitality, Leisure, Sport and Tourism 2019

19. University Regulations

This programme will run in line with general University Regulations: Policies | Middlesex University

This programme will run in line with general University regulations, which can be found here: Policies | Middlesex University.

20. Reference points

Internal Documentation:
•Middlesex University Learning and Quality Enhancement Handbook - https://www.mdx.ac.uk/about-us/policies/academic-quality/learning-and-quality-enhancement-handbook-lqeh/
•Middlesex University Centre for Academic Practice Enhancement - Embedding Employability, Graduate Competencies, and Employer Engagement (2024) - https://www.intra.mdx.ac.uk/about-us/services/centre-for-academic-practice-enhancement/quick-guides-to-support-learning-and-teaching/P5-Embedding-employability-Employer-engagement-and-Graduate-Competencies.pdf
•Middlesex University Learning Framework Principles - https://www.mdx.ac.uk/study/learning-framework/

External Documentation:
•Quality Assurance Agency (2024) The Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies, second edition. Gloucester: QAA - https://www.qaa.ac.uk/docs/qaa/quality-code/the-frameworks-for-higher-education-qualifications-of-uk-degree-awarding-bodies-2024.pdf?sfvrsn=3562b281_11
•Quality Assurance Agency (2024) UK Quality Code for Higher Education. Gloucester: QAA - https://www.qaa.ac.uk/the-quality-code/2024
•United Nations Sustainable Development Goals and its 2030 Agenda for Sustainable Development - https://sdgs.un.org/goals
•QAA Master's Degrees Characteristics Statement: Characteristics Statement -
•Sport & Exercise Nutrition Register – Graduate and Full Practitioner competencies. Available at: https://www.bda.uk.com/static/0409656d-5189-4a7e-9e45701aa7d2533f/SENR-Competency-Framework-2022.pdf

21. Other information *(if applicable)*

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 they take 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.

22. Curriculum map for MSc Sport and Exercise Nutrition

22a. Programme learning outcomes

Knowledge and understanding

A 1	The application of appropriate research methodology in order to advance existing knowledge and inform practice
A 2	The response and adaptations of the human body to acute and chronic exercise, including the methodologies by which these are monitored
A 3	The mechanisms by which fatigue processes operate to limit exercise performance
A 4	The metabolic demands for energy and nutrients, and the evaluation, derivation, and use of dietary standards such as the Dietary Reference Values
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

Skills

B 1	Implement and critically evaluate a wide range of current nutritional and sport and exercise physiology techniques/tests
B 2	Critically evaluate appropriate research and published literature, debate and articulate ideas, protocols and actions
B 3	Work independently and responsibly as an advanced practitioner, modifying their approach in response to elements of unpredictability and complexity that are present in practice.
B 4	Communicate and present information and data, using evidence to justify and support information provided.
B 5	Appraise data and information using appropriate statistical and problem solving techniques.
B 6	Design evidence-based, dietary strategies and provide individualised nutritional support to optimise physical performance and recovery
B 7	Design and undertake an independent research project, which furthers knowledge in an area of sport and exercise nutrition.

Programme learning outcomes - Highest level achieved by graduates

A 1	A 2	A 3	A 4	A 5	B 1	B 2	B 3	B 4	B 5	B 6	B 7
7	7	7	7	7	7	7	7	7	7	7	7

22b. Mapping by level of study and module

Module Title	Module Code by Level of study	A 1	A 2	A 3	A 4	A 5	B 1	B 2	B 3	B 4	B 5	B 6	B 7
Level 7													
Sport and Exercise Nutrition Science	SES4076	X	X	X	X	X	X			X			
Applied Sport Nutrition	SES4038	X	X	X	X	X	X	X		X		X	
Professional Placement	SES4013	X	X			X			X	X		X	
Research Methods	SES4030	X				X		X		X	X		
Independent Project	SES4097	X	X		X	X	X	X	X	X	X		X