APPLIED SPORT AND EXERCISE NUTRITION

MSc/PGDip
Department of Sport and Health Sciences

“Outstanding teaching, strong research and students happy to sing the praises of both.”

Sunday Times
THE COURSE
MSc Applied Sport and Exercise Nutrition focuses on the role of nutrition in the maintenance of human health and performance. This course is aimed at students who wish to work with athletes as well as those who would like to improve health, fitness and exercise performance.

MODULES
- Human Nutrition
- Exercise Physiology
- Sport and Exercise Nutrition in Practice
- Research Methods
- Nutrition, Physical Activity and Health
- Current Research in Sport, Exercise and Nutrition
- Laboratory Techniques in Sport and Exercise Nutrition
- Research Project (60 credits).

MSc students must obtain 180 M-level credits. 120 M-level credits are required for a PGDip qualification. All modules are worth 20 credits unless otherwise stated.

EXAMPLES OF RESEARCH PROJECTS
- Effects of pre-exercise carbohydrate timing on running performance
- Impacts of drinks containing caffeine and sodium on fluid balance after exercise-induced dehydration
- Relationship between blood glucose concentration, cardiac autonomic function and aerobic fitness in healthy young people.

OUR FACILITIES
- BASES accredited Human Performance Laboratory
- Clinical Exercise and Rehabilitation Unit
- Functional Food Centre
- Specialist equipment including near-infrared spectroscopy, Qualysis motion capture system and a BodPod.

CAREERS
Graduates progress to a diverse range of careers including exercise and lifestyle consultants based within hospitals, clinical cardiac or respiratory physiologists, food industry consultants, dieticians and nutrition counsellors.

EXAMPLES OF ALUMNI IN INDUSTRY
- Emma Shaw - Sports nutrition consultant
- Cheryl Furness - NHS smoking cessation program co-ordinator
- Tamsen McGarry - GP exercise and nutrition referral consultant.

"The learning environment at Brookes was exactly what I needed to help me succeed. The lectures were more like seminars due to the high level of student involvement and discussion, which I found extremely helpful.

Daniel Burns
Applied Sport and Exercise Nutrition"

"I really enjoyed the variety of students and the laboratory aspect of the course. Working closely with other students in a lab environment helped me to prepare for my career as a personal trainer and nutritionist for my own company.

Tamsen McGarry
Applied Sport and Exercise Nutrition"
I really enjoy the course as you have so many opportunities to learn a lot about your subject and what you are interested in.

For example I worked with the Human Performance Unit and ran testing with Oxford United football club and the University of Oxford Boat Race team. Getting face to face experience with sportsmen and women was invaluable and it is something I can use on my CV.

My research project involved looking at the effects of caffeine on net fluid balance after exercise. I loved working with the range of subjects and analysing the data. I also attended all of the nutrition seminars which were very interesting.

I like the small classes as the lecturer has more time to spend on each student. It also enables you to contribute freely and exchange ideas which means you get more out of it. The high standards expected from the course leader motivates me to work harder. My writing and research skills have really improved, which are essential for my career.

Eric Veniamakis
Applied Sport and Exercise Nutrition
WHY CHOOSE OXFORD BROOKES UNIVERSITY?

• Our MSc in Applied Sport and Exercise Nutrition aims to give our graduates the edge in the workplace. We focus on practical, communication and research skills that employers demand.

• Our staff conduct first class research in sport, exercise and nutrition and bring it to the classroom - 70% of our research in the Allied Health Professions was rated international in the latest Research Assessment Exercise.

• Our research groups and consultancies have strong links with Oxfordshire hospitals, elite athletes and food organisations, allowing students to conduct internal and external research projects and develop potential career opportunities.

• We invite guest speakers from industry, other universities and research organisations to provide you with subject specialist knowledge.

• Small class sizes provide plenty of opportunities for in-depth discussions and practical application of the theory.

• Our staff come from a wide range of sporting and nutrition backgrounds. Some are actively involved in coaching which means the course is based on the latest scientific research and contemporary practice.

• Student prizes recognise the achievements of top students and their research.

• All students are offered practice based training opportunities with local sports teams and encouraged to make full use of our equipment and staff expertise throughout the course.

FIND OUT MORE

COURSE LEADER
Dr Charlie Simpson: + 44 (0)1865 483263

ENQUIRIES
Telephone: + 44 (0)1865 482787
Email: sportsnutrition@brookes.ac.uk

ADMISSIONS
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www.shs.brookes.ac.uk

One of the things I’m persuaded by when looking at student applications is that they have experience working with people on a one to one basis. The students share these experiences easily with others because of the small class sizes.

Dr Charlie Simpson, Course Leader

POSTGRADUATE FAIRS
We organise four open evenings per year, please see website for further details. www.brookes.ac.uk/studying/courses/postgraduate

To obtain a large-print copy of this publication or to enquire about other formats please contact +44 (0) 1865 484848 or email query@brookes.ac.uk

Oxford Brookes University actively supports equality in education and welcomes applications from all people representative of our diverse community. For more details please visit www.brookes.ac.uk/services/hr/eod or phone +44 (0) 1865 485929.