OXFORD BROOKES UNIVERSITY

PROGRAMME SPECIFICATION

for the award of

MSc Applied Sport and Exercise Nutrition

Managed by the Faculty of Health and Life Sciences

delivered by Department of Sport, Health Sciences and Social Work

Date approved:	28th June 2021
Applies to students commencing study in:	September 2021

RECORD OF UPDATES

Date amended*	Nature of amendment**	Reason for amendment**
18/07/2018	Update course & module codes	New SRS codes
2/08/2018	Updated Program structure in 4.1 to include P10188 Independent Study Semester 1 or 2 or Summer	Previously omitted
13/03/2019 (Faculty AESC)	Updated Program structure in 4.1 to remove P10188 Independent Study (Semester 1 or 2 or Summer)	Remove a module that is not relevant to the awards
13/03/2019 (Faculty AESC)	Minor text corrections/updates to sections 2,5,6,7	Internal consistency (e.g. to fix exam:coursework ratios in line with minor changes) and minor wording changes to enhance clarity
1/02/2021 (Faculty AESC)	Minor text corrections	Module names and code updates to reflect approved changes and minor descriptive text revisions

SECTION 1: GENERAL INFORMATION

Awarding body:	Oxford Brookes University
Teaching institution and location:	Oxford Brookes University, Headington campus
Language of study:	English
Final award/s:	Master of Science
Programme title:	Applied Sport and Exercise Nutrition
Interim exit awards and award titles available:	PG Diploma, PG Certificate
Brookes course code:	MSC-ASE
UCAS code:	
JACS code:	B400
HECoS code:	100247
Mode of delivery: (Mode of Study given in brackets)	Full-time (face to face/on-campus) Part-time (face to face/on-campus)
Duration of study:	The course is delivered in full-time (one year) and part-time (two year) modes. All the modules for the award on part-time mode to be completed within a maximum of five years of study after the initial registration date. Normally maximum study for full-time is three years.
Subject benchmark statement/s which apply to the programme:	The outcomes of the Applied Sport and Exercise Nutrition MSc broadly conform to the Quality Assurance Agency for Higher Education descriptors for a qualification at Master's degree level as set out in the current National Qualifications Framework. The competencies listed in the Sport and Exercise Nutrition Register (SENr), have provided a source of reference.
Professional accreditation attached to the programme:	Accredited by the Sport and Exercise Nutrition Register (SENr) The SENr is a body "designed to accredit suitably qualified and experienced individuals who have the competency to work autonomously as a Sport and Exercise Nutritionist with performance oriented athletes, as well as those participating in physical activity, sport and exercise for health". It is a joint initiative of three partner organisations – The British Dietetic Association, The Association for Nutrition and The British Association of Sport and Exercise Sciences. See: http://www.senr.org.uk/
Apprenticeship Standard:	N/A
University Regulations:	The programme conforms to the University Regulations for the year of entry as published/archived at: http://www.brookes.ac.uk/regulations/

SECTION 2: WHY STUDY THIS PROGRAMME?

Our research groups and consultancies have strong links with Oxfordshire hospitals, elite athletes, local sports clubs as well as schools and food organisations. These links provide work experience opportunities to students in support of internal and external research projects and to develop potential career opportunities.

Our staff come from a wide range of sport, exercise and nutrition backgrounds and are integral to the delivery of our sport and exercise science awards as well as out nutrition awards. Staff are actively involved in consultancies across a wide range of employers and organisations. These connections help to ensure that our course is informed by recent developments in scientific research and contemporary practice. Our staff are also involved in research in sport, exercise and nutrition which helps ensure that the course content remains at the forefront of contemporary evidence based practice in sport and exercise nutrition. Staff are also involved in supporting the work of the Sport and Exercise Nutrition register.

Teaching on this program is delivered through formal contact sessions in classroom, field and laboratory settings. Most of the scheduled teaching is delivered through interactive sessions consisting of approximately 20 students or less to preserve high quality opportunities for students to engage with their learning. Additional informal teaching is delivered through our sport partnership scheme where students deliver sport and exercise nutrition strategies to prospective clients in partnership with our staff. Furthermore, students are offered various opportunities through the course to interact with leading practitioners and academics in sport and exercise nutrition. Typically, these opportunities include inviting expert academics and practitioners to Oxford Brookes as visiting lecturers as well as offering students the opportunity to attend professional events in the UK (e.g. SENr event days, Royal Society of Medicine conferences). Students are also provided with extensive opportunities to gain hands on experience with state of the art equipment both within the scheduled activities as well as through our equipment loan scheme which lets students check out equipment for personal development.

SECTION 3: PROGRAMME LEARNING OUTCOMES

On successful completion of the programme, graduates will demonstrate the following Brookes Attributes:

3.1 ACADEMIC LITERACY

Knowledge and understanding of:

- good nutritional practice in a variety of contexts, i.e. key nutritional requirements of humans throughout the lifecycle; changed nutritional demands during exercise or ill health;
- the human physiological and metabolic responses to acute exercise and the adaptations to exercise training, i.e. changes in substrate utilisation and energy requirements at different exercise intensities and levels of physical fitness;
- the multifactorial relationships between physical activity, nutrition and health, i.e. levels of physical activity and dietary factors necessary to reduce risk from a variety of diseases;
- a specific aspect of current research or practice in Sport, Exercise or Nutrition;
- nutritional factors that influence acute and chronic responses to exercise and exercise training, i.e. the effects of dietary manipulation of micro- or macronutrients upon exercise performance in a variety of sporting situations and exercise durations;
- the utility of a variety of laboratory assessment techniques for determining exercise performance, nutritional status and body composition, and the relevance of the data generated;
- the moral, legal and ethical issues involved in advising individuals about physical activity nutrition and lifestyle habits;
- the expected nutritional habits of athletes from a broad range of sports and nations;
- the different needs of individuals with regard to exercise or nutritional assessments;
- the moral, legal and ethical issues involved in advising athletes and recreational exercisers about nutrition.

3.2 RESEARCH LITERACY

• apply key concepts to issues arising in research or practice settings;
• undertake a sustained piece of research or applied work on a topic of relevance to the context and content of the programme;
• synthesise relevant information from a range of appropriate sources to construct and support a rational evidence-based argument;
• reflect upon learning experiences and apply learned experience to guide personal development and workplace practice;
• critically evaluate evidence to produce or judge the validity of conclusions;
• plan, organise and execute experiments or interventions, evaluate, analyse and interpret results and present data clearly in a project report or other medium;
• adopt safe and ethical principles in the testing and assessment of human subjects;
• understand the limitations of various measurement systems and techniques;
• identify and differentiate between normal and abnormal measures and patterns of response in the context of sport and exercise nutrition;
• interpret measures competently, and in the light of identified personal goals, provide accurate and valid feedback to individuals;
• competently use a range of methods for researching the literature;
• analyse, critically evaluate, distil and disseminate subject-specific knowledge of a complex nature;
• engage in full professional and academic communication with others in the field.

3.3 CRITICAL SELF-AWARENESS AND PERSONAL LITERACY

• manage time and tasks in the laboratory environment;
• work independently to deadlines;
• demonstrate self-direction and originality in tackling and solving problems;
• work professionally in assessing human subjects;
• make use of feedback and discussion to reappraise and improve work;
• take a strategic, analytical and a creative approach to problem solving;

3.4 DIGITAL AND INFORMATION LITERACY

• apply a range of generic and publishing-specific information technology skills;
• competently use a variety of digital equipment sources to measure a range of anthropometric, physiological and metabolic variables during rest and exercise in human volunteers.

3.5 ACTIVE CITIZENSHIP

• Describe the expected nutritional habits of athletes from a broad range of sports and nations
While the physiological response to exercise and training are common to humankind, the Programme will consider national and cultural differences in dietary habits and nutritional needs. For example, a Sports Nutritionist may be involved with advising UK athletes travelling abroad. They would need to be informed of the staple diet of the country they were visiting and the availability of foods they might normally choose to eat. Close alternatives to the normal components of their diet could also be suggested. Similarly, the issues facing individuals and athletes visiting the UK and Europe from abroad will be discussed; e.g. a Somalian distance runner may need counselling on the food equivalents s/he would need to ensure adequate physical recovery between training bouts while visiting the UK.

SECTION 4: CURRICULUM CONTENT & STRUCTURE

4.1 PROGRAMME STRUCTURE AND REQUIREMENTS:

Code	Module Title	Credits	Level	Status	Coursework: Exam ratio
NUTR7001	Fundamentals of Human Nutrition	20	7	Alternative compulsory	100:0
NUTR7004	Research Methods	20	7	compulsory	100:0
NUTR7005	Nutrition, Physical Activity and Health	20	7	compulsory	50:50
NUTR7006	Sport and Exercise Nutrition in Practice	20	7	compulsory	100:0
NUTR7007	Exercise Physiology	20	7	Alternative compulsory	100:0
NUTR7009	Applied Techniques in Sport and Exercise Nutrition	20	7	compulsory	100:0
NUTR7011	Applied Practice in Sport and Exercise Nutrition	20	7	compulsory	100:0
NUTR7008	Research Project	60	7	compulsory	100:0

4.2 PROGRESSION AND AWARD REQUIREMENTS

For the award of MSc, 180 M level credits are required, for the Postgraduate Diploma, 120 M level credits and for the Postgraduate Certificate, 60 credits.

Research Project (NUTR7008) is a 'triple' module (60 M); the others are 'single' modules (20 M).

For the MSc qualification, the following modules must be completed:
NUTR7004, NUTR7005, NUTR7006, NUTR7009, NUTR7011 and NUTR7008 as well as one of the alternative compulsory modules (i.e. NUTR7001 or NUTR7007).

For the Postgraduate Diploma (PGdip) qualification, the following modules must be completed:
NUTR7004, NUTR7005, NUTR7006, NUTR7009 and NUTR7011 as well as one of the alternative compulsory modules (i.e. NUTR7001 or NUTR7007).

For the Postgraduate Certificate, 60 credits must be completed from any of the following:
NUTR7001, NUTR7004, NUTR7005, NUTR7006, NUTR7007, NUTR7009, NUTR7011.

4.3 PROFESSIONAL REQUIREMENTS

For accreditation requirements by SENr, students must meet the requirements specified for the PGdip award (i.e. pass NUTR7004, NUTR7005, NUTR7006, NUTR7009 and NUTR7011 as well as one of the alternative compulsory modules (i.e. NUTR7001 or NUTR7007)).

SECTION 5: TEACHING AND ASSESSMENT

The assessment strategy for this award has been informed by the Brookes Assessment Compact to enable students to achieve the programme learning outcomes. Discussions between staff on course teams have ensured that Courses are characterised by an appropriate breadth and depth of content that includes the latest research, and a variety of teaching, learning and assessment methods. Co-ordinated implementation of the University's Inclusive Teaching resources to ensure that each student makes progress towards meeting programme outcomes while experiencing diversity and balance in workload and assessment practice within and between modules.

The teaching and learning methods used in the course reflect the wide variety of topics and techniques associated with sport and exercise nutrition. Contact time in each 20 credit module (i.e. 200 notional hours of learning) is typically 36 hours with the balance of learning time spent by each student preparing for taught sessions, reading, researching and working toward the assessment activities.

Lectures provide the framework, essential background material and knowledge base for each module and students are encouraged to probe more deeply by reading widely. Analysis, synthesis and application of material introduced in lectures is achieved through practical work in field settings and laboratories, as well as syndicate work with tutors and peer review.

The teaching and learning methods include:
• lectures and seminars led by individual members of staff and visiting specialists;
• laboratory classes for learning and practising techniques, i.e. anthropometric, physiological or dietary assessment;
• workshops for teaching a range of skills including data analysis and interpretation, research methodologies and on-line research skills;
• seminars investigating specific topics including case studies. Modules are assessed continuously and the assessment methods are designed to test the attainment of the learning outcomes.

Methods of assessment on the programme typically include:
• individual and group work
• written reports, oral and poster presentations
• practical skills assessment
• information abstracting
• in-class tests
• formal written examination
• research project report

The actual assessment of any given module will normally be based on a subset of these methods. In keeping with the course emphasis on practical applications of science to sport and exercise nutrition, a significant proportion of assessments are based on coursework. The assessment methods aim to test not only knowledge and data presentation, but also practical skills and analysis. Good science involves communicating interpretations of data to various interested parties and decision-makers at various levels of complexity. As such, the clear and accessible presentation and communication of such information is stressed throughout the course. Students are assessed on the quality of their written and verbal presentations which are required in most modules. In working with human subjects, the sport and exercise nutritionist must have good interpersonal skills, exhibit competency and confidence with subjects and have an excellent grasp of the ethical and safety issues that this sort of work raises. While assessment of these aspects of the skill set is limited, there is consistent coverage of these important professional aspects of the role throughout the course. Opportunities for formative feedback and assessment are offered to all students through our sport team partnership scheme. Working under the supervision of an academic staff member, Applied Sport and Exercise Nutrition students are able to volunteer to work with a local sport team to deliver a package of support activities throughout the season. The support activities that students ultimately deliver will be agreed by mutual consent but typically include diet analysis, hydration assessment, body composition analysis, energy expenditure monitoring and eating behaviour modification sessions. An expanded package of sport science activities (e.g. lactate analysis, aerobic capacity testing etc…) is also available, but the main activities are field based and reflect the types of activities and work that students typically continue after graduation. Dissemination and encouragement of good practice will continue to be facilitated through staff development activities and operation of the University's staff development programme.

SECTION 6: ADMISSION TO THE PROGRAMME

6.1 ENTRY REQUIREMENTS

Applicants to this postgraduate course are usually expected to have (or be about to attain) at least a first or upper second class honours degree in a related scientific subject from a recognised institution of higher education. Applicants with a lower second class award may be accepted if they can provide a transcript to show that they performed near to the upper second class level. Applicants who do not have

these academic qualifications may still be offered a place on this course if they can provide evidence of the potential to succeed based on professional and/or related experiences. Alternatively, applicants may be able to gain entry to this postgraduate course by successfully completing selected modules in nutrition or sport and exercise science as an associate student. However, applicants who wish to apply through this route require the prior approval of the Subject Coordinator.

In addition, applicants whose first language is not English must also demonstrate that their level of English is high enough to study at postgraduate level by achieving a score in a recognised test set such as:

• British Council IELTS level 6.5 overall (and 6.5 in the reading and writing components).

6.2 DBS AND OTHER PRE-COURSE CHECKS REQUIRED

Not applicable

6.3 JOB ROLE/EMPLOYER PROFILE (DEGREE AND HIGHER APPRENTICESHIPS)

Not applicable

SECTION 7: PREPARATION FOR EMPLOYMENT

Many sports are becoming increasingly professional in their approach to training and nutrition. For example, many sports clubs now employ full-time nutrition consultants. We provide opportunities to work with university and local sports teams as well as individuals seeking personalised nutrition advice.

Career prospects outside sport are also exciting. We invite guest speakers from industry, other universities and research organisations to provide additional subject specialist knowledge.

The NHS and private health care providers (e.g. BUPA) offer an increasing number of opportunities for students with specialist training in exercise nutrition to support GP referral schemes and other healthy living programmes. The growing awareness of health within society, coupled with misconceptions of the relationship between physical activity, nutrition and health has led to an increasing demand for graduates who can deliver evidence-based solutions and advice at all levels. Research or teaching within further or higher education also provide potential career opportunities.

Our graduates progress to a diverse range of careers including exercise and lifestyle consultants based within hospitals and private practice. Many past graduates of this course have secured full time and part time work with professional sports teams as well as the Institutes of Sport in the UK. Graduates have also gone on to work in major international companies such as GlaxoSmithKline and Powerbar, or are employed as industry consultants, dieticians and nutrition counsellors. Graduates have also successfully gained funded PhD positions.