



**UNIVERSITY OF
PLYMOUTH**
Faculty of Health and
Human Sciences

University of Plymouth

Faculty of Health and Human Sciences

School of Health Professions

Programme Specification

MSc Human Nutrition

Date of Approval: 4th November 2015

Proposed date of implementation: September 2016

Year of first award: 2017

Updated via minor change – November 2018

1. Programme Title: MSc Human Nutrition

Final award title: MSc Human Nutrition

Level 7 Intermediate award title(s):

Postgraduate Certificate in Human Nutrition

Postgraduate Diploma in Human Nutrition

Level 7 Intermediate award title(s)

(Exit Award only for students who fail the first core module)

Post Graduate Certificate (PgCert) Advanced Professional Development

2. Awarding Institution: University of Plymouth

Teaching institution(s): University of Plymouth

3. Accrediting body: Association for Nutrition (AfN)

This programme has been accredited by the Association for Nutrition (registration number AC281). It has therefore been mapped to the core competencies required of nutritionists to enable new graduates to apply to become an 'Associate Nutritionist' with the Association for Nutrition.

Summary of specific conditions/regulations

External examiners reports for the first cohort of students should be sent to the Association for Nutrition along with the annual monitoring form.

Date of re-accreditation

2021 (paperwork to be submitted 2020)

4. Distinctive Features of the Programme and the Student Experience

This nutrition programme provides a broad understanding of nutrition whilst focusing on two distinct and topical areas, public health nutrition and sports nutrition. It will provide students with a distinct range of skills to increase effectiveness and quality of service delivery in these areas.

This programme will build on our experience of varied delivery methods from the existing postgraduate portfolio within our School, maintaining a clear focus on the University strategy and ensuring a quality student experience.

Research-informed teaching will support the programme, with an emphasis on ensuring an evidence-based approach, delivered utilising the range of skills and experience available within the programme team. The distinctive features of the programme are:

- This full time programme is designed for graduates with a non- nutrition background thus providing them with a new and alternative career pathway.
- The programme will be accredited with the Association for Nutrition (AfN). Following completion of the programme students will be able to apply for direct entry at associate level to the UK Voluntary Register of Nutritionists (UKVRN).
- Engagement with local AfN registrants to provide curriculum enrichment, local expertise and knowledge of future career pathways.
- A focus on developing evidence based nutrition professionals equipped to manage and lead in dynamic settings.
- Issues around sustainability of nutrition are threaded throughout the programme
- Research informed teaching embedded throughout the curriculum.
- A contemporary programme that focuses on public health nutrition and disease prevention at the local, national and international level.
- Students will develop an advanced knowledge and understanding of current and topical issues in sports nutrition and apply them to current practice utilising links with local sporting partnerships
- Graduates will gain a core understanding of professional practice and ethics, elements of which are embedded within the programme.
- The programme is delivered by a team with extensive experience in the delivery of Masters level modules and a diverse range of expertise in nutrition, public health, research, sports nutrition and physiology. The team have external recognition for the quality of feedback to support student learning.
- This is the only programme of this type in the south-west region.

The programme has been developed for

Students with prior degrees in a science or social science who wish to gain a Masters qualification in Human Nutrition, providing an additional exit route for those students at Plymouth and other Universities across the UK. In addition market research has highlighted an international demand for a Masters qualification in nutrition. The Masters in Human Nutrition will be the only AfN accredited course in the South West for non-nutrition graduates. The Masters in Human Nutrition will run alongside the well-established BSc (Hons) Dietetics programme, sharing many of the teaching sessions to provide the core nutrition knowledge and understanding required to work in nutrition at M level. It will share the block taught research modules from the school of Health Professions Advanced Professional Practice (APP MSc) programme. In addition the Sports Nutrition module will be delivered in an intensive block, allowing it to be considered at a future date as a CPD module and potentially providing a further optional module choice for students undertaking the MSc Advanced Professional Practice (APP) programme run in the School of Health Professions.

5. Relevant QAA Subject Benchmark Group(s)

The Programme is informed by the Quality Assurance Agency (QAA) Framework for Higher Education Qualifications (FHEQ) in England, Wales and Northern Ireland for level 7 study (QAA for Higher Education 2008).

<http://www.qaa.ac.uk/publications/information-and-guidance>

6. Programme Structure

The MSc in Human Nutrition is based in the School of Health Professions. The programme offers exit awards of Postgraduate Certificate in Human Nutrition / Diploma in Human Nutrition.

The postgraduate certificate will comprise 60 credits, postgraduate diploma 120 credits and the MSc 180 Credits. The full time route will normally take one year. The maximum registration period for the full time registrant is three years.

Programme Illustration

Award		Module	Credits
PgCert	60 credits	Nutrition Science	20
		Applied Nutrition	20
		Nutritional Epidemiology	20
PgDip	120 credits	Sports Nutrition	20
		Public Health Nutrition	20
		Project Design for Research	20
MSc	180 credits	Research dissertation	60

Core nutrition modules (Nutrition Science and Applied Nutrition) must be achieved to obtain the exit awards of PgCert and PgDip in Human Nutrition. The remaining credit for PgCert and PgDip can be obtained from any of the remaining 20 credit modules.

The programme will include the following existing modules:

- Project Design for Research
- Research Dissertation.

These are currently run as part of the established MSc Advanced Professional Practice programme run in the School of Health Professions.

Full time study

Year	Modules (and Credits)	Semester 1	Semester 2
1	HNUT706 Nutrition Science (20)		
	HNUT702 Applied Nutrition (20)		
	HNUT703 Applied Sports Nutrition (20)		
	HNUT707 Nutritional Epidemiology (20)		
	HNUT705 Public Health Nutrition (40)		
	ADV715 Project Design for Research (20)		
	ADV716 Research Dissertation (60)		

Part time study

Year 1:

Modules (and Credits)	Semester 1	Semester 2
HNUT706 Nutrition Science (20)		
HNUT702 Applied Nutrition (20)		
HNUT707 Nutritional Epidemiology (20)		

Plus one of:

Modules (and Credits)	Semester 1	Semester 2
HNUT703 Applied Sports Nutrition (20)		
HNUT705 Public Health Nutrition (20)		

Year 2:

Modules (and Credits)	Semester 1	Semester 2
ADV715 Project Design for Research (20)		
ADV716 Research Dissertation (20)		

Plus one of:

Modules (and Credits)	Semester 1	Semester 2
HNUT703 Applied Sports Nutrition (20)		
HNUT705 Public Health Nutrition (20)		

7. Programme Aims

The aim of the programme is to equip individuals with knowledge and practical skills in nutrition by:

- Developing a critical awareness and deep comprehensive understanding of theoretical knowledge and skills in nutrition.
- Developing a creative, critical and analytical approach to application of knowledge in the field of nutrition
- Developing a critical awareness and deep comprehension of the evidence base and application of nutrition to practice
- Designing and undertaking research in the area of nutrition

8. Programme Intended Learning Outcomes

8.1. Knowledge and understanding

On successful completion graduates should have developed:

- 1) A scientific understanding and deep comprehension of nutrition and food in a social or behavioural context at all stages of the life course and impact on food choice.
- 2) A comprehensive and critical awareness and deep understanding of the principles of nutrition for the promotion of health and well-being of individuals, groups and populations.
- 3) A comprehensive and critical awareness and understanding of the techniques applicable to research and project planning and advanced scholarship

These will be achieved through teaching and learning strategies that include:

- Lectures
- Seminars
- Workshops
- Self-directed study
- Use of communication and information technologies DLE and MOODLE
- Presentations

Assessment strategies include:

- Essay
- Critical literature review
- Case studies
 - Written presentation
 - Oral presentation
- Research protocol
- Dissertation

8.2. Cognitive and intellectual skills

On successful completion graduates should have developed the ability to:

- 1) Critically analyse and reflect on policy, research and theoretical literature.
- 2) Synthesise and evaluate results from research, policy and theoretical literature.
- 3) Develop critical arguments around research, policy and theory
- 4) Act autonomously in planning and implementing tasks and applying knowledge gained to practice.

These will be achieved through teaching and learning strategies that include:

- Group discussion
- seminars
- tutorials
- on-line study tasks
- distance technologies including DLE, on-line study materials MOODLE and on-line discussions

Assessment strategies include:

- Essay
- Critical literature review
- Verbal presentation
- Case study

8.3. Key and transferable skills

On successful completion graduates should have developed the ability to:

- 1) Solve and manage problems applying relevant evidence and critical analysis skills to support decisions made and communicate their conclusions clearly to individuals and groups.
- 2) Demonstrate the ability to act autonomously and in a timely fashion when planning and implementing tasks

These will be achieved through teaching and learning methods and strategies:

- Small group presentations
- group discussions
- problem based case studies
- distance technologies including use of a managed learning environment DLE, on-line study materials MOODLE and on-line discussions.

Assessment strategies include:

- Written assignments
- Verbal presentations

8.4. Employment related skills

On successful completion graduates should have developed:

- 1) The ability to make decisions in a range of diverse situations
- 2) To take personal responsibility for developing and managing workload
- 3) Independent learning ability required to maintain up to date and relevant knowledge and skills to support effective working.

These will be achieved through teaching and learning methods and strategies:

- Student centred learning approaches
- Directed student and student led study with analysis and application to the work place throughout modules.

Assessment strategies include:

- Written assignments
- Verbal presentations
- Case studies

8.5. Practical skills

On successful completion graduates should have developed:

- 1) Responsibility for own professional behaviour and practice
- 2) Ability to adapt approaches to meet needs of individuals and groups
- 3) Ability to implement, evaluate practice and engage in meaningful research

These will be achieved through teaching and learning methods and strategies:

- A range of practical skills will be taught in specific modules to enable implementation of skills in the real world setting.

Assessment strategies include:

- Written assignments
- Case studies
- Project outputs

9. Admissions Criteria, including APCL, APEL and DAS arrangements

In order to commence this programme, the student must meet the University's entry requirements for study at postgraduate level. Priority will be given to applicants with a BSc (Hons) degree at 2:1 or above or (European first cycle equivalent) in a science or social science. Although priority will be given to those with a 2:1 degree, applicants with a 2:2 degree will be considered. Each potential student will be assessed individually for their ability to study at this level and therefore an interview may be necessary. Candidates will normally be required to submit a short piece of writing as part of the admissions process. Graduates whose previous study was five or more years ago must provide evidence of recent academic study.

At admission, applicants whose first language is not English must provide evidence of competence in both written and spoken English, in accordance with the University of Plymouth's Admissions Code of Practice and requirements set out by the AfN for an accredited programme, which must not be less than 6.5 average IELTS (or equivalent), with a minimum of 6.0 in each part.

Accreditation for prior learning

Claims for Credit for prior learning, whether certificated or experiential are accepted and will be assessed following university regulations and faculty procedures.

European Credit Transfer and Accumulation System (ECTS)

This programme is equivalent to 90 ECTS credits (second cycle) with 30 ECTS credits at post graduate certificate, 60 credits at postgraduate diploma and 90 credits at Masters degree. Each 20 credit module has the equivalent of 10 ECTS credits and assumes a notional student effort of between 200-300 hours.

DAS arrangements

Information for Students with Specific Learning Difficulties and/or disabilities and other (short term) needs

Students with a disability or a long-term condition will not be excluded from the MSc in Human Nutrition programme, in compliance with the Disability Discrimination Act (2005) and guidelines set down by the QAA Code of Practice for Students with Disabilities. However there will be no adjustment to the AfN competency standards required for successful completion of the programme. Each applicant's application will be considered on an individual basis about their ability to undertake a course of study. In an **extreme** situation, when it becomes apparent that adequate adjustments cannot be made and/or health and safety or competence standards might be compromised, the Programme Lead, in conjunction with the Head of School, will determine whether an offer is possible for entry on to the programme. These processes are in accordance with the University's Guidance for Staff to Support the Admissions Process for Disabled Applicants, DAS, November 2015

<https://www.plymouth.ac.uk/student-life/services/learning-gateway/disability-and-dyslexia/information-for-staff>

The Masters Admissions procedure adopts a pro-active approach for applicants with disabilities, whereby having identified the disability through the application form support needs are anticipated and endeavour to put these in place in a timely manner.

Following notification of an application where a disability is disclosed, contact is made with the University Disability Adviser, in Disability ASSIST Services. Disability ASSIST is within the Teaching Learning Development.

Disability ASSIST Services is responsible in liaison with other departments of the University, for providing a support service to meet the needs of students with disabilities and dyslexia studying on all four campuses. Specific services which are available include - advice for prospective students regarding facilities and support at the University, dyslexia assessment, support for claiming the Disabled Student Allowance, arrangement of examination provisioning in conjunction with the exams office and individual departments, the supply and co-ordination of enablers, study skills and computer skills training, work practice learning experience and employment assessment. <https://www.plymouth.ac.uk/student-life/services/learning-gateway/disability-and-dyslexia/we-can-offer-you-a-range-of-advice-and-guidance>

Upon successful completion of the programme, students are eligible to apply for registration with the Association for Nutrition (AfN). The AfN has produced guiding principles on individual's ability to meet standards of performance and ethics <http://www.associationfornutrition.org/Portals/0/Standards%20Ethics%20Conduct%20Performance%20Dec%202013.pdf>

Professionalism and ethics are integral to the delivery of the programme, and are core requirements for nutrition professionals. Elements regarding ethics and professionalism are embedded throughout the programme and discussed in more depth in induction week and during the delivery of the applied sports nutrition and public health nutrition modules.

Additional requirements for Project studies data collection.

Some project areas such as working with children in schools have been identified as requiring a Disclosure and Barring Service check (DBS) before students can commence with work in this area. On applying to the programme students will be asked to consider an area of nutrition that they are interested in researching and to submit a brief summary of the area of interest. Project ideas will be explored with students at the interview stage of the admission process. This will allow early identification of students who may require DBS check in order to conduct the proposed research project. Any DBS checks that are required will be highlighted to

students during the admissions process. Students will be expected to arrange and pay for the DBS check if it is required. Following verification of the DBS by the compliance team, students will be able to commence project work.

10. Progression criteria for Final and Intermediate Awards

The proposed programme will offer exit awards of:

Postgraduate Certificate in Human Nutrition

Postgraduate Diploma in Human Nutrition

MSc Human Nutrition

The full time route will normally take one year, the part time route will normally take two years.

11. Exceptions to Regulations

Normal University of Plymouth Regulations will apply to this programme and awards.

12. Transitional Arrangements

This is a new programme, as such there are no transitional arrangements

13. Mapping and Appendices

13.1. ILO's against Modules Mapping

Programme Intended Learning Outcomes Map		Masters (M) Level	
1	Graduate Attributes and Skills	2	3
Programme Intended Learning Outcomes (as worded in the Programme Specification)		Aim	Related Modules
Knowledge/Understanding A scientific understanding of nutrition and food in a social or behavioural context at all stages of the life course and impact on food choice. A comprehensive understanding of principles of nutrition for the promotion of health and well-being of individuals, groups and populations. A comprehensive understanding of techniques applicable to research and project planning and advanced scholarship		1, 2, 3, 4	1, 2, 3, 4, 5, 6, 7
1	Graduate Attributes and Skills	2	3
Programme Intended Learning Outcomes (as worded in the Programme Specification)		Aim	Related Modules
Cognitive/Intellectual Skills Critical analyse and reflect on policy, research and theoretical literature. Synthesis and evaluate results from research, policy and theoretical literature. Develop critical arguments around research, policy and theory Apply knowledge gained to practice		1, 2, 3, 4	1,2, 3, 4, 5, 6, 7
1	Graduate Attributes and Skills	2	3
Programme Intended Learning Outcomes (as worded in the Programme Specification)		Aim	Related Modules
Key/Transferable Skills (generic) Solve and manage problems applying relevant evidence and critical analysis skills to support decisions made and communicate their conclusions clearly to individuals and groups. Demonstrate ability to act autonomously and in a timely fashion when planning and implementing tasks		2, 3, 4	1, 2, 3, 4 5, 6, 7
1	Graduate Attributes and Skills	2	3
Programme Intended Learning Outcomes (as worded in the Programme Specification)		Aim	Related Modules

<i>Employment-related Skills</i> The ability to make decisions in a range of diverse situations To take personal responsibility for developing and managing workload Independent learning ability required to maintain up to date and relevant knowledge and skills to support effective working.	1, 2, 3	2, 3, 4, 5, 6, 7
1 Graduate Attributes and Skills	2	3
Programme Intended Learning Outcomes (as worded in the Programme Specification)	Aim	Related Modules
Practical Skills (subject specific) Responsibility for own professional behaviour and practice Ability to adapt approaches to meet needs of individuals and groups Ability to implement, evaluate practice and engage in meaningful research	1, 2, 3, 4	2, 3, 4, 5, 6, 7

13.2. Assessment against Modules Mapping

Module	Credit	Formative Assessment	Summative
Nutrition Science	20	Formative feedback on written work	Case study Essay
Applied Nutrition	20	Formative feedback on written work + peer presentation	Critical Review of the Literature Case study: oral presentation
Applied Sports Nutrition	20	Formative feedback on written work	Reflective account Case Study delivered as an oral presentation.
Nutritional Epidemiology	20		Critical essay
Public Health Nutrition	20		Critical report
Project Design for Research	20	Peer presentation of research questions and proposed design & methods	Research proposal Essay
Research Disseration	60		Dissertation report

13.3. Skills against Modules Mapping

Module mapping against AfN competencies

AfN Competencies	Module
<p>CC1a - The human body and its functions, especially digestion, absorption, excretion, respiration, fluid and electrolyte balance, cardiovascular, neuro-endocrine, musculoskeletal and haematological systems, immunity and thermoregulation, energy balance and physical activity</p> <p>CC1b - Mechanisms for the integration of metabolism, at molecular, cellular and whole body levels</p> <p>CC1c - What nutrients are (including water & oxygen)</p> <p>CC1d - Nature and extent of metabolic demand for nutrients</p> <p>C1e - How nutrients are used by the body, consequences of deficiency and assessment of nutritional status</p> <p>CC1f - Non-nutrient components of foods and drinks that affect diet and health including alcohol</p> <p>CC1g - Nutrient analysis: calculating nutrient contents of foods and diets of an individual or group of individuals, justifying choice of a method of dietary assessment for a specific stated purpose</p> <p>CC1h - Digestion, absorption, transportation and storage of nutrients and non-nutrient components of foods</p> <p>CC2d - Ability to formulate ideas and opinions concerning food, nutrients, non-nutrient components of food and nutrition effectively and appropriately</p> <p>CC2b - Effect on chemical composition and nutritional quality of food and diet of: methods of food production, preparation, preservation, fortification and format sources of food supply methods of cooking & storage</p> <p>CC2a - Food commodities (staple foods, main sources of key nutrients, novel foods etc.) within UK and/or internationally</p> <p>CC2c - Familiarity with and/or development of practical skills involved in the methods to analyse the composition of foods</p> <p>CC4c - Scientific basis of the safety and health promoting properties of nutrients and non-nutrient components of food, based on knowledge of the metabolic effects of nutrients, anti-nutrients, toxicants, additives, pharmacologically active agents (drugs); nutrient-nutrient interactions, nutrient-gene interactions, 'nutraceuticals', functional foods, and any other metabolically active constituents of foods and the diet</p> <p>CC4f - Understanding the general principles and methods associated with determining the efficacy, health attributes, health claims, safety, and legal aspects of foods, drinks and supplements</p>	<p>Nutrition Science</p>
<p>CC1i - Nutrition in health and disease, consequences of an unbalanced diet</p> <p>CC4d - Scientific basis for the measurement and estimation of nutritional requirements, dietary reference values for the general population</p> <p>CC3f - Theories and application of methods of improving health, behaviour and change</p> <p>CC2d - Ability to formulate ideas and opinions concerning food, nutrients, non-nutrient components of food and nutrition effectively and appropriately</p> <p>CC4e - Understanding the general principles underpinning, and strengths and limitations of, common methods of assessment of nutritional status including clinical, anthropometric, dietary, biochemical, physiological, and functional methods</p> <p>CC1q - Theories of and development of practical skills in communication and learning</p> <p>CC3d - Religious and cultural beliefs and practices that impact on food, nutrition and health</p>	<p>Applied Nutrition</p>

<p>CC4f - Understanding the general principles and methods associated with determining the efficacy, health attributes, health claims, safety, and legal aspects of foods, drinks and supplements</p> <p>CC3i - Ability to design/formulate a diet to meet a specification appropriate for a stated situation for an individual, human or animal, or group of humans or animals.</p> <p>CC4b - Theory and methods of investigating the dietary, nutrient and activity patterns of the general population, sub groups and the individual</p> <p>CC1j - Nature of common conditions that require dietary manipulation or can affect physical activity, such as obesity, diabetes, hypertension, cardiovascular disease, cancer etc.</p> <p>CC1k - How nutritional needs change with age, gender, physical activity, lifestyle etc.</p>	
<p>CC4a - Principles and methods of measurement and estimation of energy balance; energy expenditure physical activity and fitness; body mass; body composition; how body mass and energy balance are controlled</p> <p>CC4b - Theory and methods of investigating the dietary, nutrient and activity patterns of the general population, sub groups and the individual</p> <p>CC3i - Ability to design/formulate a diet to meet a specification appropriate for a stated situation for an individual, human or animal, or group of humans or animals.</p> <p>CC5a - Ethics and values of professions.</p> <p>CC5b - AfN Code of Ethics and Statement of Professional Conduct</p> <p>CC5c - Legal context of nutrition practice; including current UK legislation and guidelines to providing information to individuals</p> <p>CC5d - Responsibilities and accountability in relation to the current European and National legislation, national guidelines, local policies and protocols and clinical/corporate Governance in relation to nutrition</p> <p>CC5e - Can recognise the moral and ethical issues of investigation and appreciate the need for ethical standards and professional codes of conduct applicable to both interventional and observational studies</p> <p>CC5g - Intellectual property issues</p>	<p>Applied Sports Nutrition</p>
<p>CC1p - Health research methods, dietary nutrition methodologies and nutritional epidemiology</p> <p>CC3c - Factors that affect an individual's, communities' and population groups' nutritional needs and practices</p> <p>CC3g - Design and implementation of intervention projects and programmes, methods for monitoring and evaluating effectiveness and efficiency</p> <p>CC4b - Theory and methods of investigating the dietary, nutrient and activity patterns of the general population, sub groups and the individual</p> <p>CC2e - Understanding of issues associated with food sustainability.</p> <p>CC5e - Can recognise the moral and ethical issues of investigation and appreciate the need for ethical standards and professional codes of conduct applicable to both interventional and observational studies</p>	<p>Nutritional Epidemiology</p>
<p>CC2e - Understanding of issues associated with food sustainability.</p> <p>CC3a - Food and nutrition and health policy (at global, national and local level)</p> <p>CC3b - Significance of evaluation of nutrition in maintaining and driving public health agendas</p> <p>CC3d - Religious and cultural beliefs and practices that impact on food, nutrition and health</p> <p>CC3e - Consideration of financial/social and environmental circumstances on diet and nutritional intake</p> <p>CC3h - Theories of nutrition health education and nutrition health promotion</p> <p>CC3f - Theories and application of methods of improving health, behaviour and change</p> <p>CC5a - Ethics and values of professions.</p> <p>CC5b - AfN Code of Ethics and Statement of Professional Conduct</p>	<p>Public Health Nutrition</p>

CC5d - Responsibilities and accountability in relation to the current European and National legislation, national guidelines, local policies and protocols and clinical/corporate Governance in relation to nutrition CC5g - Intellectual property issues	
CC1l - Ability to plan, conduct, analyse and report on investigations into an aspect of nutrition in a responsible, safe and ethical manner CC1n - Ability to obtain, record, collate, analyse, interpret and report nutrition-related data using appropriate qualitative and quantitative research and statistical methods in the field and/or laboratory and/or intervention studies, working individually or in a group, as is most appropriate for the discipline under study CC1o - Prepare, process, interpret and present data, using appropriate qualitative and quantitative techniques, statistical programmes, spreadsheets and programs for presenting data visually CC1p - Health research methods, dietary nutrition methodologies and nutritional epidemiology CC5g - Intellectual property issues CC5f - The relevance of the research governance framework	Project Design for Research
CC1m - Ability to carry out sample selection and to ensure validity, accuracy, calibration, precision, replicability and highlight uncertainty during collection in accordance with the basic principles of good clinical practice CC1n - Ability to obtain, record, collate, analyse, interpret and report nutrition-related data using appropriate qualitative and quantitative research and statistical methods in the field and/or laboratory and/or intervention studies, working individually or in a group, as is most appropriate for the discipline under study	Research Dissertation

SENr competencies mapping against Sports Nutrition module

SENr competencies:	
Know and understand the nature of the different sports to ensure an interdisciplinary approach to nutrition support. Understanding should include the: <ul style="list-style-type: none"> <input type="checkbox"/> Physiological and biochemical demands of participation in sport and exercise, training practices, physical demands and rules of sports. <input type="checkbox"/> Lifestyles of athletes and exercise participants. <input type="checkbox"/> The psychological impact of training for and competing in sport and exercise. <input type="checkbox"/> The nutritional implications of the physiological demands of training for and competing in sport and exercise. A.2.2.2 Know and understand the theoretical basis for, and methods of investigation of, the metabolic effects, the efficacy, health, safety, and legal aspects of ergogenic aids of all kinds including pharmacologically active agents, sports foods, sports drinks, and supplements. A2.2.3 Appreciate the ambitions, values, beliefs, motivations and psychosocial concerns of athletes and exercise participants.	Applied Sports Nutrition

13.4 Mapping of Masters Programme across the academic year

Module	Sept	Oct	Nov	Dec	Jan	Feb	March	April	May	June	July	Aug
Research and project Design ADV715	2 taught days	2 taught days		Submission								
Research Dissertation ADV716	Submission				2 taught days				2 taught days			
Nutritional Epidemiology HNUT707	Delivery of module				Submission							
Public Health Nutrition HNUT705						Delivery of module		Submission				
Applied Sports Nutrition HNUT703					Delivery of module			Submission	Submission			
Nutrition Science HNUT706	Delivery of module			Submission		Submission						
Applied Nutrition HNUT702	Delivery of module								Submission			

13.3 Exit award PgCert Advanced Professional Development Intended Learning Outcomes

Students who do not achieve both of the core modules, HNUT702 and HNUT706 to achieve a named award may be eligible to be awarded a PgCert Advanced Professional Development should their combination of 60 credits achieve all of the ILOs listed below.

Knowledge and understanding

On successful completion graduates should have developed:

	HNUT706	HNUT702	HNUT703	HNUT707	HNUT705	ADV715
	Nutritional Science	Applied Nutrition	Applied Sports Nutrition	Nutritional Epidemiology	Public Health Nutrition	Research Project
1.A deep, comprehensive and systematic understanding in key aspects of professional practice;			✓		✓	
2.An understanding of international, national and local policies and guidelines informing their practice area;	✓	✓			✓	
3.An ability to apply knowledge and skills to their individual area of practice	✓	✓	✓	✓	✓	✓

Cognitive and intellectual skills

On successful completion graduates should have developed ability to:

	HNUT706	HNUT702	HNUT703	HNUT707	HNUT705	ADV715
1.Relate their advanced knowledge base, skills and professional behaviour to their own professional practice area;		✓	✓		✓	
2.Use personal reflection to analyse self and own actions, through a critical thinking, problem solving, enquiry based approach;		✓	✓			
3.Critically discuss the competencies and components required for safe, efficient and ethical health and social care practice;		✓	✓	✓	✓	✓

Key and transferable skills

On successful completion graduates should have developed the ability to:

	HNUT706	HNUT702	HNUT703	HNUT707	HNUT705	ADV715
Critically evaluate relevant information in their professional practice in order to determine timely interventions and appropriate care pathways					✓	
Critically apply contemporary policy and guidelines in relation to their professional practice			✓		✓	
Systematically and critically review databases using appropriate search terms;	✓	✓		✓		✓

Employment related skills

On successful completion graduates should have developed:

	HNUT706	HNUT702	HNUT703	HNUT707	HNUT705	ADV715
1. Advanced communication skills required to liaise with the healthcare team involved in the their own professional practice		✓	✓			
2. An ability to systematically review the evidence base within their own professional practice	✓	✓	✓	✓	✓	✓
3. A problem solving approach to their area of professional practice based on critical reflection, appraisal and application of evidence		✓	✓		✓	

Practical skills

On successful completion graduates should have developed the ability to:

	HNUT706	HNUT702	HNUT703	HNUT707	HNUT705	ADV715
1. Demonstrate advanced communication skills and application of these within a health and social care environment;		✓	✓		✓	
2. Use critical personal reflection to problem solve the critical application of skills in a problem solving approach		✓	✓			
3. Effectively maintain their own development, through identifying, evaluating and maintaining capabilities and qualities to support effective working within their role	✓	✓	✓	✓	✓	