



LEEDS
BECKETT
UNIVERSITY

Course Specification

BSc (Hons) Sport and Exercise Nutrition

Course Code: BSEXN

2019/20

leedsbeckett.ac.uk

BSc (Hons) Sport and Exercise Nutrition

Material Information Summary for 2019/20 Entrants

Confirmed at 5th October 2018

General Information

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| Award | Bachelor of Science (with Honours) Sport and Exercise Nutrition |
| Contained Awards | Bachelor of Science Sport and Exercise Nutrition Diploma of Higher Education Sport and Exercise Nutrition Certificate of Higher Education Sport and Exercise Nutrition |
| Awarding Body | Leeds Beckett University |
| Level of Qualification & Credits | Level 6 of the Framework for Higher Education Qualifications, with 120 credit points at each of Levels 4, 5 and 6 of the UK Credit Framework for Higher Education (360 credits in total) |

Course Lengths & Standard Timescales

The standard start date for Leeds Beckett University induction week is reproduced below and relates to the majority of students starting a course in September 2019. A proportion of courses have alternate start dates which are displayed on the online prospectus and additionally will be notified to the students concerned via the offer letter. Non-September starters will also have their start dates confirmed in their offer letters.

- 3 years (full time, campus based)
Starts 23rd September 2019/ Ends June 2022
- 6 years (part time, campus based)
Starts 23rd September 2019/ Ends June 2025

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|------------------------|---|
| Part Time Study | PT delivery is usually at half the intensity of the FT equivalent course, although there may be flexibility to increase your pace of study to shorten the overall course duration. Some modules may be delivered in a different sequence to that advertised within this Course Specification but the modules offered within each level are as advertised. Please note that the work placement option is not available to PT students. |
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| Location(s) of Delivery | Headingley Campus, Leeds (plus location of work placement, if applicable) |
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|---------------------------|--|
| Entry Requirements | Admissions criteria are confirmed in your offer letter. Details of how the University recognises prior learning and supports credit transfer are located here: http://www.leedsbeckett.ac.uk/studenthub/recognition-of-prior-learning/ |
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Course Fees

Course fees and additional course costs are confirmed in your offer letter

Timetable Information

Timetables will be made available to students during induction week via:

- i) The Student Outlook Calendar
- ii) The Student Portal
- iii) The Leeds Beckett app

Any difficulties relating to timetabled sessions can be discussed with your Course Administrator.

Policies, Standards and Regulations

<http://www.leedsbeckett.ac.uk/public-information/>

There are no additional or non-standard regulations which relate to your course

Key Contacts

Your Course Director

Dr Lauren Duckworth

Your Academic Advisor

Your Academic Advisor will be allocated to you at induction.

Your Course Administrator

Your Course Administrator can be contacted by emailing schoolofsportadmin@leedsbeckett.ac.uk

Placement Information

Summary

Leeds Beckett is dedicated to improving the employability of our students and one of the ways in which we do this is to support our students to gain valuable work experience through work-based placements. Our placement teams have developed strong links with companies, many of whom repeatedly recruit our students into excellent placement roles and the teams are dedicated to supporting students through every stage of the placement process. More information about the many benefits of undertaking a work placement, along with details about how to contact our placement teams may be found [here](http://www.leedsbeckett.ac.uk/studenthub/placement-information/):
<http://www.leedsbeckett.ac.uk/studenthub/placement-information/>

Length

120 hours undertaken at Level 5

Location

Not specified.

Professional Accreditation or Recognition Associated with the Course

Professional Body

There is currently no professional accreditation or recognition associated with the course.

How is Accreditation/ Recognition Achieved?

N/A

Course Accreditation/ Recognition Period

N/A

Course Overview

Aims

The BSc (Hons.) Sport and Exercise Nutrition programme is aimed at providing students with a desire to learn how to develop nutrition strategies in sport, exercise and health settings whilst developing the knowledge competency requirements of the SENr. The programme balances the development of evidence-based knowledge and practical skills with the aim of producing graduates who can contribute constructively in a range of contexts. In addition to developing skills and knowledge that are specific to Sport and Exercise Nutrition, students are expected to gain competencies desired by employers, particularly the ability to find and process information and to be able to communicate effectively in both written and verbal formats. The opportunity to focus the degree to reflect personal and professional interests exists through the core Employability in Sport & Exercise Nutrition module in the second year, and an elective module choice in the final year of study. Through the latter, students can deepen their knowledge in the domains of Sport Performance and/or Exercise and Health.

The course is delivered by staff with a diverse range of practical, research, teaching and industry experience within the fields of sport performance, exercise and health. Our expertise includes: the practical application of sports dietetics in elite and extreme environments, rugby science, stress in sport, cardiac rehabilitation, doping in sport, obesity management, healthy ageing, bone health and exercise metabolism.

Our current partners include; Leeds Rhinos, Yorkshire Carnegie Rugby, Yorkshire County Cricket, England Athletics, British Triathlon, Ministry of Defence, Leeds City Council, Leeds Heartwatch and MoreLife. Engagement with these partners further develops our deep appreciation of the employment roles and responsibilities of practitioners working in Sport and Exercise Nutrition and allows us to provide excellent employability development opportunities within the programme.

The overall aim of the programme is, through direct experience and critical appraisal of research, to develop knowledge, critical understanding and applied practical skills in Sport and Exercise Nutrition practice. Students will explore the application of Sport and Exercise Nutrition in the contexts of sports performance and exercise and health, developing an appreciation of the multidisciplinary nature of Sport and Exercise Nutrition. In addition, the programme will equip students with employability skills and self-awareness to support their continuing personal and professional development.

Course Learning Outcomes

At the end of the course, students will be able:

- 1 Develop knowledge and understanding of the multi-disciplinary basis of Sport and Exercise Nutrition and be able to critically apply the scientific disciplines of Nutrition, Physiology and Psychology.
- 2 Critically evaluate contemporary research in Nutrition, Physiology and Psychology by successfully evaluating and reflecting on limitations of existing research.
- 3 Develop a set of advanced skills and understand the application of these skills commensurate with working as a professional in sport and exercise nutrition, including the ability to operate specialist equipment and digital applications.
- 4 Understand and utilise a scientific process to question and problem solve issues relevant to

experiences in sport and exercise nutrition.

- 5 Analyse empirical data and critically evaluate evidence to produce verifiable conclusions.
- 6 Develop a set of professional skills necessary for making enterprising decisions in global and diverse employment settings and to take responsibility for one's own continuous professional development.

Teaching and Learning Activities

Summary

Students will be engaged through a variety of teaching and learning approaches whilst studying the BSc (Hons) Sport and Exercise Nutrition programme. Challenging and authentic tasks will be used to stretch the students' capabilities in real-world learning and assessment, resulting in a deeper approach to learning. Each module on the degree will consist of 20 credits (with the exception of the L6 Final Year Project, 40 credits) which equates to 200 notional learning hours. The learning on each module will consist of 48 hours contact time (equivalent to four hours per week) within each module.

The following learning and teaching strategies will be used across the modules on the programme (please refer to the individual Module Specification documents to see where the different learning activities take place):

- Students will attend interactive key concept lectures where they will be expected to contribute having done some preparatory study in advance.
- Students will attend seminar and workshops where they will be expected to contribute having done some preparatory study in advance.
- Students will participate in online or face-to-face tutorials where they will work in small groups to engage with learning activities.
- Students will engage and contribute to laboratory/practical sessions.
- Students will organise and conduct laboratory and field data collection, analysis and interpretation.
- Students will work independently to research the relevant literature, predominantly using electronic databases and search engines.
- Students will complete directed activities/ formative assessments which will inform the content of scheduled sessions, providing opportunities for feedback. This may include guided readings, self-diagnostic testing, discussion boards, etc.
- Students will participate in practical workshops to experience/develop the skills required for collecting valid and reliable scientific data.
- Students will participate in group work and assessments, developing the relevant skills required by graduate employers.

Your Modules

(Correct for students progressing through the programme within standard timescales. Students who are required to undertake repeat study may be taught alternate modules which meet the overall course learning outcomes. Details of module delivery will be provided in your timetable).

Level 4 Core Modules (2019/20 for FT students and 2019/20 and 2020/21 for standard PT students)

- Physiology of the Human Body

- Nutrition and Biochemistry for Sport and Exercise
- Personal Professional and Academic Development
- Human Behaviour in Sport and Exercise
- Food and Nutrition Science
- The Sport and Exercise Scientist in Action

Level 5 Core Modules (2020/21 for FT students and 2021/22 and 2022/23 for standard PT students)

- Psychology of Sport and Exercise
- Food and Nutrition for Health, Sport and Exercise
- Physiological Responses to Exercise
- Practical Skills for Sport and Exercise Nutrition
- Research Methods for Sport and Exercise Science
- Employability in Sport and Exercise Nutrition

Level 6 Core Modules (2021/22 for FT students and 2023/24 and 2024/25 for standard PT students)

Students will complete the following three core modules (2 credits each) and the Final Year project (40 credits)

- Nutrition for the Prevention and Treatment of Disease
- Performance Nutrition
- Professional Practice in Sport and Exercise Nutrition
- Final Year Project

Level 6 Option Modules (delivery years as per Level 6 core modules above)

The following option modules are indicative of a typical year. There may be some variance in the availability of option modules.

Students will be able to choose *one* optional module:

- Applied Physiology of Sport Performance
- Clinical Exercise Physiology
- Psychological Applications of Physical Activity and Health
- Applied Sport Psychology

- Performance in Extreme Environments
- Obesity Management
- Cardiac Rehabilitation
- Contemporary Health Issues and Physical Activity Rehabilitation

Assessment Balance and Scheduled Learning and Teaching Activities by Level

The assessment balance and overall workload associated with this course are calculated from core modules and a sample of option module choices undertaken by a typical student. They have been reviewed and confirmed as representative by the Course Director.

A standard module equates to 200 notional learning hours, which may be comprised of teaching, learning and assessment, placement activities and independent study. Sandwich placement years spent out of the University are not be included in the calculation unless they are credit bearing and attributed to a level of the course. Modules may have more than 1 component of assessment.

| Assessment Balance | Level 4 | Level 5 | Level 6 |
|-----------------------------------|-----------|-----------|-----------|
| Examination | 30% | 30% | 20% |
| Coursework | 45% | 40% | 60% |
| Practical | 25% | 30% | 20% |
| Overall Workload | | | |
| Teaching, Learning and Assessment | 300 hours | 334 hours | 240 hours |
| Independent Study | 900 hours | 866 hours | 960 hours |
| Placement | - | 120 hours | - |

Learning Support

If you have a question or a problem relating to your course, your Course Administrator is there to help you. Course Administrators works closely with academic staff and can make referrals to teaching staff or to specialist professional services as appropriate. They can give you a confirmation of attendance letter, and a transcript. You may also like to contact your Course Rep or the Students' Union Advice team for additional support with course-related questions.

If you have any questions about life at our University in general, call into or contact the Student Hub on either campus to speak to our Student Experience Team. This team, consisting of recent graduates and permanent staff, are available to support you throughout your time here. They will make sure you have access to and are aware of the support, specialist services, and opportunities our University provides. There is a Student Hub on the ground floor of the Rose Bowl at City Campus and one in Campus Central at Headingley. You can also find the team in the Gateway in the Leslie Silver Building at City Campus. The telephone number is 0113 812 3000, and the e-mail address is StudentHub@leedsbeckett.ac.uk.

Within MyBeckett you will see two tabs (Support and Opportunities) where you can find online information and resources for yourselves. The **Support** tab gives you access to details of services available to give you academic and personal support. These include Library Services, the Students' Union, Money advice, Disability advice and support, Wellbeing, International Student Services and Accommodation. There is also an A-Z of Support Services, and access to online appointments/registration.

The **Opportunities** tab is the place to explore the options you have for jobs, work placements, volunteering, and a wide range of other opportunities. For example, you can find out here how to get help with your CV, prepare for an interview, get a part-time job or voluntary role, take part in an international project, or join societies closer to home.