

Programme Specification

Part 1: Basic Data			
Awarding Institution	Hartpury University		
Teaching Institution	Hartpury University		
Delivery Location	Hartpury		
Study abroad / Exchange / Credit recognition	None		
Department responsible for programme	Sport		
Programme Title	BSc (Hons) Sport and Exercise Nutrition		
Professional Statutory or Regulatory Body Links	None		
Highest Award Title	BSc (Hons) Sport and Exercise Nutrition BSc (Hons) Sport and Exercise Nutrition with Integrated Placement Year		
Default Award Title	None		
Interim Award Titles	Certificate in Sport Studies Certificate of Higher Education Sport Studies Diploma of Higher Education Sport Studies BSc Sport Studies BSc Sport Studies with Integrated Placement Year BSc Sport and Exercise Nutrition BSc Sport and Exercise Nutrition with Integrated Placement		
Mode(s) of Study	Full Time / Part Time		
Codes	UCAS: Year 1: C613 Foundation Year: CF13	UNIT-E: BSHSSENX	
Relevant QAA Subject Benchmark Statements	Events, Hospitality, Leisure, Sport and Tourism Agriculture, Horticulture, Forestry, Food, Nutrition and Consumer Sciences		
Most recent Validation Date	V6.0- 31 August 2018 V7.0 – 27 February 2019	Due for re-validation by:	01 September 2024
Amendment Approval Date	V2.0- 01 September 2017 V4.0- 02 May 2018 V6.0- 31 August 2018 V7.0 – 27 February 2019	Amended with effect from	V7.0 - 01 Sept 2019
Version	7.0		

Part 2: Educational Aims of the Programme

The BSc (Hons) Sport and Exercise Nutrition programme is written in line with the scientific knowledge competences detailed in the Sport and Exercise Nutrition Register (SENr). The course will provide students with knowledge and understanding of the physiological, biochemical and nutritional responses to the physical activity and exercise involved in various forms of sport, and of the special circumstances that occur during training and competition. The course will also enable students to develop practical competences in preparation for a career in the sports nutrition industry.

The programme is designed to become more challenging across the years. At Level 4, students will be introduced to sports nutrition, exercise physiology and strength and conditioning. They are introduced to laboratory skills and practicals in order to prepare them for the applied study of exercise physiology and sports nutrition at Level 5 and 6. At Level 5 the curriculum develops to deliver specialist modules in sports nutrition, exercise physiology and health science. Students will have a wide variety of learning opportunities including laboratory investigation into the human physiological and metabolic responses to exercise using a variety of equipment and dietary software. Students will discover the importance of sound research skills, data collection and analysis techniques. Throughout Level 5 the emphasis will be on the development of a range of practical competencies. Students will have access to a bespoke performance nutrition kitchen at Level 5 and 6.

These competences will then be employed at Level 6 with a focus on specialist interventions. The programme evolves to include an increasing level of depth and complexity, requiring synthesis and critical evaluation of material as students become more independent. Students will be expected to engage in, and contribute to, current debates within Sport and Exercise Nutrition.

An optional integrated placement year is available to students at the end of Level 5. This placement will be organised by the student in consultation with the programme manager and guidance tutor and must be within an organisation that is relevant to the programme of study. Examples of work placement opportunities include commercial sport nutrition companies, local and national sports teams, academic institutions and fitness establishments.

Programme requirements for the purposes of the Higher Education Achievement Record (HEAR)

BSc (Hons) Sport and Exercise Nutrition graduates will understand processes and practices central to professions across sport and exercise nutrition including exercise physiology, strength conditioning and health science. Graduates will apply theoretical, practical and research-based knowledge and skills to meet the needs of athletes and employers whether at the level of basic health or high level sporting performance, as practitioners, educators, researchers and teachers. Graduates will have the skills to pursue further postgraduate training and a career in sport and exercise nutrition, leading towards Sport and Exercise Nutritionist accreditation. Graduates will be able to assist athletes in their pursuit of excellence.

Part 3: Programme Structure

This structure diagram demonstrates the student journey from Enrolment through to Graduation for a typical **full time student**, including:

- level and credit requirements
- award requirements that are in addition to those described in the Hartpury Academic Regulations
- module diet, including compulsory, core and optional modules

	Core/ Compulsory Modules	Optional Modules	Awards
Foundation Year	Academic Skills in Practice (HANV8B-30-3) Foundation Biological Principles (HANV8E-30-3) Foundation Skills Development (HANV8A-30-3) Foundation Sports Science (HANV8F-15-3) Reviewing Literature (HANV8C-15-3)	Not applicable.	HE FD Cert

	Core/ Compulsory Modules	Optional Modules	Awards
Year 1	Introduction to Exercise Physiology (HSPXL7-15-4) Introduction to Functional Anatomy and Sports Biomechanics (HSPXL8-30-4) Introduction to Sports and Exercise Psychology (HSPXLE-15-4) Introduction to Sports Nutrition (HSPV5A-15-4) Principles of Strength and Conditioning (HSPXM3-15-4) The Sport and Exercise Professional (HSPVC4-30-4)	Not applicable.	Cert Sport Studies Cert HE Sport Studies

	Core/ Compulsory Modules	Optional Modules	Awards
Year 2	Applied Skills for Sport and Exercise Nutritionists (HSPV59-15-5) Ergogenic Practices and Nutritional Manipulation (HSPV9U-15-5) Exercise Physiology (HSPXSB-15-5) Health Related Exercise (HSPXS5-15-5) The Sport and Exercise Scientist (HSPV5Y-30-5)	Students are normally required to select 15 credits from the optional modules listed below: Independent Report (HANRX-15-5) New Venture Creation (HSPXTX-15-5) Sport Psychology (HSPXRV-15-5) Strength and Conditioning in Practice (HSPVB6-15-5)	DipHE Sport Studies

Year Work Placement: Year Work Placement (HANVK6-15-5)

	Core/ Compulsory Modules	Optional Modules	Awards
Year 3	<p>Advanced Sports Nutrition (HSPV57-15-6)</p> <p>Applied Sport and Exercise Physiology (HSPV3T-15-6)</p> <p>Professional Practice in Sports Nutrition (HSPV58-15-6)</p> <p>Sports Nutrition for Elite Athletes (HSPV56-15-6)</p> <p>Undergraduate Dissertation (HANV3R-45-6)</p>	<p>Students are normally required to select 15 credits from the optional modules listed below:</p> <p>High Performing Teams (HSPVA7-15-6)</p> <p>Special Populations (HSPV55-15-6)</p> <p>Sport Psychology in Action (HSPV4A-15-6)</p>	<p><u>BSc Sport Studies</u></p> <p><u>BSc Sport Studies (IP)</u> This must include the Year Work Placement module</p> <p><u>BSc Sport and Exercise Nutrition</u> This must include all compulsory modules except Undergraduate Dissertation</p> <p><u>BSc Sport and Exercise Nutrition (IP)</u> This must include all compulsory modules except the Undergraduate Dissertation. Must also include the Year Work Placement module.</p> <p><u>BSc (Hons) Sport and Exercise Nutrition</u> This must include all compulsory modules.</p> <p><u>BSc (Hons) Sport and Exercise Nutrition (IP)</u> This must include all compulsory modules and the Year Work Placement module.</p>

Part time:

The part time student journey from Entry through to Graduation is individually negotiated with the student.

Part 4: Learning Outcomes of the Programme

The award route provides opportunities for students to develop and demonstrate knowledge and understanding, qualities, skills and other attributes in the following areas:

<i>Learning Outcomes:</i>	Introduction to Functional Anatomy and Sports Biomechanics	Introduction to Exercise Physiology	Principles of Strength and Conditioning	Introduction to Sports Nutrition	The Sport and Exercise Professional	Introduction to Sports & Exercise Psychology	The Sport and Exercise Scientist	Exercise Physiology	Applied Skills for Sport and Exercise Nutritionists	Health Related Exercise	Ergogenic Practices and Nutritional Manipulation	Sports Psychology	Strength and Conditioning in Practice	New Venture Creation	Independent Report	Year Work Placement	Undergraduate Dissertation	Applied Sport and Exercise Physiology	Sport Nutrition for Elite Athletes	Advanced Sports Nutrition	Professional Practice in Sports Nutrition	Special Populations	High Performing Teams	Sport Psychology in Action
(A) Knowledge and understanding of:																								
1. The theoretical basis underpinning sport and exercise including the disciplines of anatomy, exercise physiology, sports psychology, sport biomechanics, sports conditioning and health science.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
2. Understand the role nutrition has in promoting human health				✓					✓		✓				✓	✓			✓	✓	✓			✓
3. Demonstrate an understanding of the basic and advanced concepts within sports nutrition including expected nutritional habits of athletes from a broad range of sports				✓					✓		✓				✓	✓			✓	✓	✓			✓
4. Know and understand the nature of different sports to ensure a multi-disciplinary approach to sports nutrition support.				✓					✓		✓				✓	✓			✓	✓	✓			✓

Part 4: Learning Outcomes of the Programme

implement discipline specific evidence-based problem-solving strategies.																						
3. Critical appraisal of current practice and research with the purpose of synthesising information from a range of sources.				✓				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4. Professional and graduate skills enhanced through industry knowledge, and a reflective philosophy when analysing personal and professional effectiveness.	✓	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Part 5: Student Learning and Student Support

Teaching and learning strategies to enable learning outcomes to be achieved and demonstrated

There is a policy for a minimum average requirement of 15 hours / week in year one and 12 hours / week contact time over the course of the full undergraduate programme. This contact time encompasses a range of face: face activities as described below. In addition a range of other learning activities will be embedded within the programme which, together with the contact time, will enable learning outcomes to be achieved and demonstrated.

On the BSc (Hons) Sport and Exercise Nutrition programme teaching is a mix of scheduled, independent and work based learning.

Scheduled Learning

Will include lectures, seminars, tutorials, project supervision, demonstration, practical classes/ workshops; external visits. Scheduled sessions may vary slightly depending on the module choices made.

Independent Learning

May include hours engaged with essential reading, case study preparation, assignment preparation and completion etc. These sessions constitute an average time per level as indicated in the table below.

Placement Learning

Students will have the opportunity to engage in an integrated placement year between level two and level three if they so wish and will be supported in identifying potential opportunities.

Virtual Learning Environment (VLE)

This specification is supported by a VLE where students will be able to find all necessary module information. Direct links to information sources will also be provided from within VLE.

Careers

To support learners' career preparations, careers personnel are available, and the students can access online resources. Tutors will also offer subject specific careers advice through module sessions or individual tutorials. Careers fairs are arranged periodically to allow students to engage directly with employers from the industry sector.

Description of the teaching resources provided for students

Two all-weather 3G sports pitches, grass pitches, sports halls, human performance laboratory, performance nutrition kitchen and the training facilities (power gym, cardiovascular gym, tennis court) within the institutions Academy of Sport are fully utilised to support the teaching and learning experience.

In addition to traditional classroom settings, students engage in laboratory and performance nutrition kitchen sessions to encourage the contextualisation of learning to real-world sports nutrition practice. Students will use industry standard software within the bespoke Sport and Exercise Nutrition modules.

Students with specific learning requirements will be supported through the HE Learning Support Service which works with the individual student to facilitate them accessing support through government schemes, provides them with study advice to maximise their chances of success and where necessary guides them through applying for alternative means of assessment.

Description of any Distinctive Features

The BSc (Hons) Sport and Exercise Nutrition programme will enable students to develop expert knowledge and practical skills. Students will have the opportunity to study with students from cognate programmes, as well as developing key practice-based skills in bespoke modules. The course is firmly rooted in practice. In the early stages of their studies (particularly at Level 4) students will work in a closely supervised environment on the campus in small groups. Students will progress to working more autonomously (by Level 6) in more challenging environments that may include practice experience away from the campus.

There is an external driver from employers for graduates to have gained appropriate work experience and to have developed relevant skills alongside their studies. To support this, the course has developed a series of sport and exercise nutrition internships and placement opportunities.

Students will be exposed to the range of sports participants from high performance to recreational participants, in a range of sport and exercise disciplines. Students on the programme will benefit from having an Elite Sports Academy on site. Students could potentially work alongside the strength and conditioning coaches, sport psychologists, lifestyle support managers, sports therapists and sports masseurs in supporting the various sports teams which include rowing, modern pentathlon, football, netball, golf and rugby amongst others.

Students gain first-hand experience of understanding athletes' lifestyle and training demands. Students are equipped for this interaction with athletes through the programme via peer and mentor observations.

Provision has also been made for students to be able to engage in an industry-related, additional credit-bearing, and integrated placement year. Students wishing to do this would complete it between Level 5 and 6. Students will be required to reflect on their practical experiences and take responsibility for their own learning. Students will have the opportunity to make links and network with relevant professional bodies and their representatives through continuing professional development activities that will be offered at the institution.

Hartpury have also introduced workshops for all students on the Sport and Exercise Nutrition course who want to gain applied experience. They are delivered through applied practitioner workshops, which cover working in Sport and Exercise Nutrition, interviewing skills, dietary analysis, dietary interpretation and intervention, professional conduct and standards. At Level 5 students also have the opportunity to gain a Level 2 Food Safety and Handling Qualification.

Students are prepared for the multi-disciplinary nature of working in sport through professional practice module at Level 6. They are exposed to, and encouraged to work by the SENr Code of Conduct whilst engaging with athletes throughout the applied work experience into their dissertation project. Students are required to map their competencies against the SENr framework on commencement of the programme and at key time points throughout. This is used to inform and direct personal and professional development supported through the programme. Students undertake a final audit of their competencies against the framework and submit this as part of an assessment.

It is important to highlight that the BSc (Hons) Sport and Exercise Nutrition is not yet accredited by the Sport and Exercise Nutrition Register (SENR), however the programme has been closely mapped to the SENr framework. Graduates are able to join the SENr graduate register once they have completed a SENr accredited postgraduate course.

Part 6: Assessment

This programme will be assessed according to the approved Academic Regulations.

Part 6: Assessment

Assessment Strategy

Assessment strategy to enable the learning outcomes to be achieved and demonstrated:

Individuals learn through different methods, hence a range of teaching and assessment techniques are used throughout the programme. Theoretical lectures, practicals, seminars and guest speakers from within the industry enhance the student's academic knowledge, whilst giving the student the opportunity to practice and develop applied skills needed within the industry. To support the different learning approaches a range of assessment methods are used. Intellectual skills, transferable skills, the application of knowledge and understanding are assessed through a variety of formative and summative methods in accordance with Sport and Exercise Nutrition Register (SENr). The assessment design for the programme incorporates as many vocationally relevant assessments as possible, which includes written examinations / coursework, practical skills assessments and oral presentations. Where students are introduced to a new assessment type they will be supported formatively. The Sports Nutrition specific modules are strongly focused on the practical skills which are fundamental to the applied work of a Sport and Exercise Nutritionist. These range from producing nutrition education materials that are visually appealing and readily understood by a target audience, completing one on one consultations with athletes, to synthesising nutrient and energy requirements into menus tailored to athletes' needs.

Assessment Map

The programme encompasses a range of **assessment methods** and these are detailed in the following assessment map:

		Type of Assessment*									
		Unseen Written Exam	Open Book Written Exam	In-class Written Test	Practical Exam	Practical Skills Assessment	Oral assessment and/or presentation	Written Assignment	Report/Project	Dissertation	Portfolio
Compulsory Modules Foundation Year	Foundation Skills Development	A (25)				B (75)					
	Academic Skills in Practice						A (25)		B (75)		
	Reviewing Literature							A (100)			
	Foundation Biological Principals				A (50)						B (50)
	Foundation Sports Science			B (50)			A (50)				
Compulsory Modules Level 4	Introduction to Functional Anatomy and Sports Biomechanics					B (50)	A (50)				
	Introduction to Exercise Physiology	A (100)									
	Principles of Strength and Conditioning				A (100)						
	Introduction to Sports Nutrition	A (60)				A (40)					
	The Sport and Exercise Professional					B (75)	A (25)				
	Introduction to Sports and Exercise Psychology	A (50)						B (50)			
Compulsory Modules Level 5	The Sport and Exercise Scientist					B (75)	A (25)				
	Exercise Physiology	A (50)							B (50)		

Part 6: Assessment

	Applied Skills for Sport and Exercise Nutritionists					A (100)				
	Ergogenic Practices and Nutritional Manipulation	A (60)						B (40)		
	Health Related Exercise	A (50)								B (50)
Optional Modules Level 5	Sports Psychology									A (100)
	New Venture Creation					A (100)				
	Independent Report		A (25)						B (75)	
	Strength and Conditioning in Practice							A (100)		
Optional Year	Year Work Placement									A (100)
Compulsory Modules Level 6	Undergraduate Dissertation							A (100)		
	Sports Nutrition for Elite Athletes	A (60)				B (40)				
	Advanced Sports Nutrition					A (100)				
	Professional Practice in Sports Nutrition						A (30)	B (70)		
	Applied Sport and Exercise Physiology					A (100)				
Optional Modules Level 6	Special Populations							A (100)		
	Sport Psychology in Action							A (100)		
	High Performing Teams		A (100)							

*Assessment should be shown in terms of either **Written Exams**, **Practical exams**, or **Coursework** as indicated by the colour coding above.

Part 7: Entry Requirements

Applicants will have achieved entry criteria appropriate for the year of entry, which can be found through the Hartpury website (www.hartpury.ac.uk).

Applicants must provide evidence which demonstrates that they can benefit from study on this programme and are likely to achieve the required standard.

We also welcome applicants from a diverse range of backgrounds who do not have the entry requirements outlined above. Applicants will be considered on the basis of evidence of personal, professional and educational experience which indicates an applicant's ability to meet the demands of an undergraduate degree programme. Applicants with non-standard entry criteria may be reviewed on an individual basis. This may take the form of an individual interview with members of the programme team and possibly the completion of a set task such as a written assignment.

Where appropriate experience or learning has been gained prior to enrolment on the programme, Hartpury will consider applications for advanced entry, e.g. into year two or three of a programme. More details on how to apply for this can be found through the Hartpury website.

Applicants whose first language is not English must also gain a minimum IELTS score of 6.0 prior to entry onto the programme.

This specification provides a concise summary of the main features of the programme and the learning outcomes that a typical student might reasonably be expected to achieve and demonstrate if he/she takes full advantage of the learning opportunities that are provided. More detailed information on the learning outcomes, content and teaching, learning and assessment methods of individual modules can be found through Hartpury's website.

Programme Amendment Log

Programme Title:	BSc (Hons) Sport and Exercise Nutrition
Programme Code:	BSHSSENX
Initial Approval Date:	01 September 2017

Changes: *Most recent at the top of the page*

<p>Current version number: 6.0</p> <p>Outline Change Details and rationale</p> <p>Part 1 "applied" removed from interim award titles</p> <p>Part 2: Educational Aims of the Programme</p> <ol style="list-style-type: none"> 1. Have taken the below out at the start as it does not add anything <p>"The BSc (Hons) Sport and Exercise Nutrition will apply the science of nutrition to exercise and sport performance. It will examine the effects of diet and dietary components on athletic performance, and how exercise affects the metabolism of nutrients in the body as well as the body's requirements for nutrients"</p> <ol style="list-style-type: none"> 2. I have changed any Level 1,2 and 3 to 4, 5 and 6. 3. Have taken strength and conditioning out of the below sentence as it is no longer a core module at Level 5 <p>"At Level 5 the curriculum develops to deliver specialist modules in sports nutrition, exercise physiology and health science"</p> <ol style="list-style-type: none"> 4. Adding in this sentence to highlight the development of new facility since last PCR <p>Students will have access to a bespoke performance nutrition kitchen</p> <p>Part 3: Programme Structure for BSc (Hons) Sport and Exercise Nutrition</p> <ol style="list-style-type: none"> 1. Year one (Level 4) updated: <p>New Module: The Sport and Exercise Professional 30 credits Principles of Strength and Conditioning (non S and C module) 15 credits</p> <p>Taken Out: Skill Acquisition 15 credits Academic Skills for Sport 15 credits Principles of Strength and Conditioning 15 credits</p> <ol style="list-style-type: none"> 2. Year Two (Level 5) amended: <p>New Modules in: The Sport and Exercise Scientist 30 credits Ergogenic Practices and Nutritional Manipulation 15 credits Strength and Conditioning in practice 15 Credits</p> <p>Out: Applied Strength and Conditioning 30 credits Undergraduate Research Process 15 credits</p>

Sport Psychology now is an optional module as opposed to compulsory

3. Year Three (Level 6) amended:

In

High Performing Teams 15 credits (optional module)

Out

Sport Science for Coaches 15 credits

Part 4: Learning Outcomes of the Programme

A) Knowledge and understanding of:

A4 - Changed the word interdisciplinary to multi-disciplinary

A5 – new learning outcome

(C) Subject/Professional/Practical Skills

C5 – new learning outcome

REMOVE learning outcome B6:

Critically self-reflect upon learning experiences and apply learned experience to guide continual professional development

Part 5: Student Learning and Student Support

Description of the teaching resources provided for students

Changed to:

Two all-weather 3G sports pitches, grass pitches, sports halls, human performance laboratory, performance nutrition kitchen and the training facilities (power gym, cardiovascular gym, tennis court) within the institutions Academy of Sport are fully utilised to support the teaching and learning experience.

Students engage in laboratory and performance nutrition kitchen sessions to encourage the contextualisation of learning to real-world sports nutrition practice. Students will use industry standard software within the bespoke Sport and Exercise Nutrition modules.

Students with specific learning requirements will be supported through the HE Learning Support Service which works with the individual student to facilitate them accessing support through government schemes, provides them with study advice to maximise their chances of success and where necessary guides them through applying for alternative means of assessment.

Description of any distinctive features

Text added:

There is an external driver from employers for graduates to have gained appropriate work experience and to have developed relevant skills alongside their studies. To support this, the course has developed a series of sport and exercise nutrition internships and placement opportunities.

Student gain first-hand experience of understanding athletes' lifestyle and training demands. Students are equipped for this interaction with athletes through the programme via peer and mentor observations.

Hartpury have also introduced additional workshops for all students on the Sport and Exercise Nutrition course who want to gain applied experience. They are delivered through applied practitioner workshops, which cover working in Sport and Exercise Nutrition, interviewing skills, dietary analysis, dietary interpretation and intervention, professional conduct and standards. At Level 5 students also have the opportunity to gain a Level 2 Food Safety and Handling Qualification.

Part 6 Assessment Map

Updated to reflect new modules

Assessment strategy has been updated with more specific information

Assessment Matrix revised to reflect module changes detailed in part 3.

Part 7

Re-written to reflect current practice

Part 8: removed in line with current template

Material Alteration: Yes and is accompanied by the relevant course information sheets.

Rationale:

Change requested by: Andrew Dodson

- I can confirm that student representatives have been consulted about this change
- I can confirm that colleagues impacted by this change have been consulted
- I have retained evidence of these consultations, which will be summarized within the Programme Enhancement Report

Signature: Andrew Dobson



Date: 19.1.19

Name of Head of Department: Sarah Lee

- I confirm that this change does not require additional resources beyond the scope of those already present or planned for by the department

Signature:



Date: 21.01.19

Approval Committee and Date:	CVC 2019 02 27
Change approved with effect from:	1 September 2019 (for 2019 intake)
Resulting new version number:	7.0

Version 6.0 (2017+)

Rationale: After the successful application for University Title, amendments were required to all specifications.	
Material Alteration: Yes and Course Information Sheet amended appropriately: Not required	
Outline Change Details: 1. Part 1: Basic Data requires the Awarding Body to be amended from Hartpury College to Hartpury University. 2. Award Titles amended to replace (SW) with (IP).	
Change requested by:	Academic Registrar
CVC approval date:	31 August 2018
Change approved with effect from:	01 September 2018

New version number:	6.0
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Version 4 (2017+) Periodic Curriculum Review

Outline Change Details: Update of valid to/from dates.	
Rationale: The Sport Periodic Curriculum Review (PCR) on 2 nd May 2018 confirmed revalidation of the programme.	
Change requested by:	PCR 02 May 2018
PCR approval date:	02 May 2018
Change approved with effect from:	01 September 2018

Version 2

Outline Change Details: Addition of foundation year	
Rationale: As above.	
Change requested by:	
CVC approval date:	01 September 2017
Change approved with effect from:	01 September 2017