

Programme Specification

Part 1: Basic Data			
Primary Programme Title	MSc Sport and Exercise Nutrition		
Target Award Titles	Mode and Typical Duration of Study	Professional Accrediting Body Links	Study Abroad / Exchange / Credit Recognition
MSc Sport and Exercise Nutrition	Full time, 1 years Part time, 2 years	None	None
Interim Award Titles	Postgraduate Diploma in Sport and Exercise Nutrition Postgraduate Diploma in Sport Studies Postgraduate Certificate in Sport and Exercise Nutrition Postgraduate Certificate in Sport Studies Postgraduate Award in Sport Studies		
Teaching Delivery Method	On-site		
Awarding Institution	Hartpury University		
Teaching Institution	Hartpury University		
Delivery Location	Hartpury		
Department Responsible for Programme	Sport		
Unit-E Code	MSTSSSENX		
Entry Criteria Information	Applicants will have achieved entry criteria appropriate for the stage of entry, which can be found through the Hartpury website (www.hartpury.ac.uk).		
Most Recent Validation Date	14 July 2025	Due for Re-validation By	01 September 2031
Amendment Approval Date	V1.1- 01 May 2026	Approved With Effect From	V1.1 - 01 September 2026
Professional Accrediting Body Approval Date		Date For Re-accreditation	
Version	1.1		

Part 2: Programme Overview

MSc Sport and Exercise Nutrition graduates possess the specialist skills and competencies needed to enter a successful career as a sport and exercise nutritionist, or to pursue further research in this subject area. The programme has been designed to align to key professional body competencies, ensuring that graduates meet industry standards and are well-prepared to enter the workforce with qualifications and skills that are valued by employers. Graduates have a thorough understanding of the evidenced-based theoretical underpinning of Sport and Exercise Nutrition practice. In addition to technical knowledge, graduates exhibit proficiency in a range of practical nutrition skills, having gained the competencies to work with clients confidently and effectively and ensuring that they are able to thrive in diverse professional settings. Graduates have engaged in a professional practice placement module to support the critical application skills and knowledge with a diverse range of external clients, including athletes from high-performance sport within our on-site Hartpury Sport Academy, as well as the wider health, fitness, and exercise communities.

Part 3: Programme Structure

This structure diagram demonstrates the student journey from enrolment through to graduation for a typical **full time student on the primary programme**, including:

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

Please note:

*PAB – these modules are subject to additional and variant regulations as part of an accreditation by a professional accrediting body

+ core modules marked + are not eligible for compensation

¹ these modules are accredited by a professional awarding body, but are not subject to variant regulations

^{AV} these modules are subject to additional and variant regulations but are not accredited

	Core Modules	Optional Modules	Target and Interim Awards
Stage 1	HSPVWV-15-7 Contemporary Topics in Sport and Exercise Nutrition HSPVWH-15-7 + Exercise Metabolism and Biochemistry HSPXN3-15-7 High Performing Environments HSPVVP-15-7 + Nutrition for Sport and Exercise HANVL5-60-7 + Postgraduate Dissertation HSPVW5-15-7 + Practical Sports Nutrition HSPVWM-30-7 + Professional Practice in Sport and Exercise Nutrition HANXKT-15-7 + The Research Process	None	<u>Postgraduate Award in Sport Studies</u> <u>Postgraduate Certificate in Sport Studies</u> <u>Postgraduate Certificate in Sport and Exercise Nutrition</u> Must include Nutrition for Sport and Exercise, Exercise Metabolism and Biochemistry, Practical Sports Nutrition, and Contemporary Topics in Sport and Exercise Nutrition. <u>Postgraduate Diploma in Sport Studies</u> <u>Postgraduate Diploma in Sport and Exercise Nutrition</u> Must include all core modules except Postgraduate Dissertation. <u>MSc Sport and Exercise Nutrition</u>

Part time:

The part time student journey from entry through to graduation is individually negotiated with the student.

Part 4: Programme Learning Outcomes

Modules in bold are core modules and modules not emboldened are optional modules.

A denotes a module that assesses a learning outcome, and B denotes a module aligned with a learning outcome.

	Nutrition for Sport and Exercise	Practical Sports Nutrition	Exercise Metabolism and Biochemistry	Contemporary Topics in Sport and Exercise Nutrition	High Performing Environments	Professional Practice in Sport and Exercise Nutrition	The Research Process	Postgraduate Dissertation
Learning Outcomes:								
A) Knowledge and understanding of:								
1. the theory and application of dietary assessment methods, and analysis of nutrient patterns of the general population and subgroups of the population, including both qualitative and quantitative dietary and nutritional data.		A	B	B		A		
2. nutrition science and recommendations and its role in promoting human health and preventing nutrition-related disease.	A		B	A		A		
3. the human body, its systems and its functions, along with the mechanisms for the integration of metabolism at molecular, cellular and whole-body levels.	B		A					
4. the theoretical basis for the metabolic effects, efficacy, health, safety, and legal aspects of ergogenic aids and supplements.	A		B					

5. the underpinning fundamental methodological principles commonly used in sport and exercise nutrition research.							A	B
B) Intellectual Skills								
1. Critically evaluate current research and contemporary practice in sport and exercise nutrition to draw appropriate conclusions and synthesise evidence-based recommendations.	A	A	A	A	B	A	A	A
2. Critically justify the design of nutritional recommendations based on data and evidence, where required, to solve complex problems within different sport and exercise nutrition contexts.	A	A		A		A		
3. Critically evaluate the scientific basis for the measurement and estimation of individual nutritional requirements, and, when formulating practical advice, take into consideration clients' characteristics including ethnicity, culture, values, beliefs, motivations and psychosocial concerns.		B		A		A		
C) Performance and Practice								
1. Critically evaluate and competently demonstrate expertise in a range of sport and exercise nutrition practical techniques and a range of performance-based assessments.		A				B		
2. Understand the nature of different sports, and critically appraise the role of the sport and exercise nutritionist within the interdisciplinary support team.	B				A	A		
3. Independently conceive, design, manage, and deliver a sustained research project within the field of sport and exercise nutrition, using appropriate research methods.							B	A
4. Communicate the findings of a research project to diverse audiences through different mechanisms.							B	A
D) Setting, Personal and Enabling Skills								
1. Reflect on experience and practice, and take responsibility for learning, professional development and personal wellbeing.					B	A		A
2. Work within the boundaries of professional competence, adhering to ethical standards, legal requirements, confidentiality, and modes of effective communication, while promoting practices that are socially responsible and sustainable.				B	B	A		
3. Demonstrate a wide range of transferable skills to appropriately prepare for employment (e.g. problem solving, numerical techniques, independent learning and working).	B	B	B	B	B	A	B	A
4. Effectively integrate digital tools (eg artificial intelligence and mobile applications) into nutrition practice to enhance client assessment, dietary planning, and personalised nutrition interventions.		B		B		A		
5. Communicate effectively with a wide range of individuals, using a variety of appropriate methods, showing self-awareness and sensitivity to diversity and inclusivity.	B	B		A	B	A		

Part 5: Learning, Teaching and Assessment

Learning, Teaching and Assessment Journey:

This programme will be delivered through a series of taught and practice-based learning sessions primarily delivered by our Sport and Exercise Nutrition Register (SENR)-registered academic staff. The practical sessions will involve laboratory, field-based and nutrition kitchen-related work, to allow students the opportunity to apply theory to practice and to develop a wide range of practical skills and competencies required of a sport and exercise nutritionist. The taught theory sessions will create opportunities for critical evaluation of the key principles of sport and exercise nutrition, exercise metabolism, and biochemistry, ensuring that graduates have a strong scientific knowledge to underpin their applied practice. The completion of a professional practice placement module will support the critical application of skills and knowledge with external clients, including athletes from high-performance sport, as well as the wider health, fitness and exercise communities. This is designed to bring together all the skills, knowledge, and experiences that students will obtain throughout their programme, and ensures that students are able to justify and reflect upon their own evidence-based practice. Throughout the programme, students will develop an awareness of current scientific research and methodological principles commonly used in sport and exercise nutrition research. They will be required to design, manage, and deliver a sustained piece of independent research through the Postgraduate Dissertation module.

This programme seeks to ensure that all students benefit from a high-quality, impactful, applied, and vocationally relevant academic curriculum. Emphasis will be placed upon how theory applies to practice, so that learning engenders a practical focus towards sport, exercise and health nutrition contexts. Additionally, the programme will also adopt evidence-based practices and seek to create an inclusive, innovative learning environment, encouraging reflective and critical thinking skills, enabling students to become confident and autonomous learners. Students will develop high-level academic and practical competencies, so that they are readily employable and well-equipped for lifelong learning.

Implementation of, and exposure to, these core themes will contribute to the development of a set of associated attributes that aid students to become independent and collaborative learners who are prepared for employment, and create adaptable and critical thinkers who are reflective in their planning and action-taking. The realisation of these attributes will help students to maximise their experiences during the programme, providing appropriate skills to facilitate progression into work and establish a positive foundation beneficial throughout the rest of their lives. To achieve these objectives, students will be presented with learning opportunities that are both varied and challenging, and assessment strategies will be contextualised to reinforce the links between theory and practice.

Aligned to this, students will be assessed using a range of methods including written tests, coursework assignments, oral presentations, case studies, and practical assessments, ensuring that methods are inclusive whilst creating opportunities for students to develop a wide range of key skills that will be vital for a career in the industry. Formative assessment opportunities exist within all modules to help students prepare for their summative assessments. Following completion of any summative assessment, students will receive written and / or verbal feedback on how they have performed, as well as guidance on how they should improve for future assessment and applied practice.

Part 5: Learning, Teaching and Assessment

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

Students registered on this programme will have access to the Hartpury University support services.

The distinctive module used by the Programme Examination Board to inform recommending differential awards for students when considering borderline performance profiles will be:

Professional Practice in Sport and Exercise Nutrition

Professional Accrediting Body documents to which this programme is mapped and or aligned:

The Sport and Exercise Nutrition Register (SENR) Postgraduate Accreditation Handbook

Assessment Map									
		Type of Assessment*							
		Coursework	Report	Portfolio	Written Examination	Written Test	Practical Skills Examination	Practical Skills Assessment	Oral Assessment
Core Modules Stage 1	Nutrition for Sport and Exercise			A (100) Coursework Portfolio					
	Practical Sports Nutrition							A (100) Practical Skills Assessment	
	Exercise Metabolism and Biochemistry		B (60) Written Report			A (40) In-Class Test Series			
	Contemporary Topics in Sport and Exercise Nutrition		A (50) Case Study Report						B (50) Oral Presentation
	Professional Practice in Sport and Exercise Nutrition			A (75) Coursework Portfolio					B (25) Oral Assessment
	High Performing Environments								A (100) Oral Presentation with Questions
	The Research Process	A (75) Coursework		B (25) Coursework Portfolio					
	Postgraduate Dissertation		A1 (75) Project Report						A2 (15) Poster Defence A3 (10) Oral Presentation
*Indicative assessment types for new students enrolling on this programme after the date this specification takes effect (Part 1) are shown in terms of either Coursework, Written Examination, or Practical Examination as indicated by the colour coding above. 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 they take 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 (www.hartpury.ac.uk).									

Approved Programme Amendment Log

Primary Programme Title:	MSc Sport and Exercise Nutrition
Programme Code:	MSTSSSENX
Initial Approval Date:	14 July 2025

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

Current version number: 1.0	
Outline Change Details: Part 5: Assessment Map updated to reflect module amendment – core module The Research Process Component B weighting changed from 90:10 to 75:25, in line with module amendment.	
Do the changes presented alter the mapping against the Hartpury University Curriculum Framework (delete as appropriate)? No	
If yes, please provide the details of the changes:	
Material Alteration: No	
Rationale: To ensure accuracy following module amendment: increasing the weighting for the portfolio will enable more effective scaffolding and feedback early in student learning journeys to support their ability and confidence in progressing through this and other modules.	
Change requested by: Kate Wilkinson 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: Kate Wilkinson	Date: 1 st March 2026
Name of Head of Department: Gareth Knox I confirm that this change does not require additional resources beyond the scope of those already present or planned for by the department	
Signature: G J Knox	Date: 01/05/2026
Approval Committee and Date:	CSP action 2026 05 01 (from CSP circulation 2026 03 23)
Change approved with effect from:	01 September 2026
Resulting new version number:	1.1

Outline Change Details: New programme.	
Approval Committee and Date:	CVC Deputy Chair's action (SD) 2025 07 14 (from CVC 2025 06 16)
Change approved with effect from:	01 September 2026
Resulting new version number:	1.0