

**Course Handbook**  
**BSc (Hons) Nutrition and Exercise Sciences**  
**2019-2020**  
**Course Leader: Dr Stephanie Anne Dillon**  
**School of Sport & Wellbeing**



Please read this Handbook in conjunction with the University's Student Handbook.

All course materials, including lecture notes and other additional materials related to your course and provided to you, whether electronically or in hard copy, as part of your study, are the property of (or licensed to) UCLan and **MUST** not be distributed, sold, published, made available to others or copied other than for your personal study use unless you have gained written permission to do so from the Dean of School. This applies to the materials in their entirety and to any part of the materials.

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## 1. Welcome to the course

I would like to welcome you to the School of Sport and Wellbeing and the Academic Team of Sport, Exercise and Nutritional Sciences (SENS). More significantly, welcome to the BSc (Hons) Nutrition and Exercise Sciences. To those students who are returning to the University, I hope that you have had a good break and are looking forward to the programme of study that awaits you.

This course brings together the three distinct disciplines of Exercise Science and Nutrition (based in the School of Sport and Wellbeing), and Health Studies (based in the School of Health Sciences). We think this is an exciting area in which to study, bringing together the three disciplines to form an interesting, relevant course that produces sought-after graduates. Students will extend their knowledge and skills in a range of activities through integrated theory and practical experiences. A research project in the final year allows students to integrate their knowledge and skills in an area of specific interest.

We hope that you'll enjoy your studies. We want this to be a positive learning experience for you. There will be some hard work, but we hope that you'll find it interesting and challenging and that you'll have the chance to enjoy yourself along the way. The purpose of this handbook is twofold. First, it aims to address many of the administrative questions that you may have during the early stages of the course. This may relate to enrolment or registering for the appropriate number of modules. Secondly, it addresses many academic issues including the modules that are available during each stage of the course. This handbook should be used alongside other university guides and should be kept in a safe place.

The handbook has been structured and laid out in a number of sections. This is to ensure that the information is clear and accessible.

From past experiences, the first few weeks are a source of fun for students and we are very pleased to see our students enjoy their studies and personal time. The first few weeks can also be confusing. As a team of academics and administrators, we are here to help. Simply call into the course administrative services situated in Greenbank Building room 006 where one of the School Administrators will assist, or alternatively see your Course Leader or Personal Tutor.

The School is very proud of its BSc (Hons) Nutrition and Exercise Sciences course and a team of dedicated and enthusiastic staff will be in charge of teaching. In return we expect the highest levels of motivation and commitment from our students.

I would like to take this opportunity to wish you the very best in your studies.

Dr Steph Dillon

Telephone: 01772 893516      Room Darwin DB202      Email: SDillon@uclan.ac.uk

## Programme Specification Template

### 1.1 Rationale, aims and learning outcomes of the course



The BSc (Hons) Nutrition and Exercise Sciences has been designed to provide an intellectually stimulating and vocationally relevant programme for students interested in nutrition and exercise sciences and health. Sedentary lifestyles and poor nutrition can cause diseases that place an enormous burden on the individual and the whole society. The importance of achieving and maintaining a good level of health and nutrient intake is receiving greater recognition from employers, the government and the general public. To deal with these problems, there is growing emphasis placed on the fitness and preventative medicine sectors. Graduates who are specifically trained in methods to prevent and treat disease with exercise and nutritional intervention programmes are becoming more popular in these sectors. Nutrition and Exercise Sciences equips students with the knowledge and skills required for promoting the health of the general public, clients with risk factors or patients who already suffer from a disease. As its title suggests this is a truly multi-disciplinary course, with all areas taught by specialists in that field and the availability of the two pathways will also allow students the option to specialise in nutrition and food science or health-related fitness. This programme will produce graduates with in-depth knowledge in all facets of the degree.

We hope that you'll enjoy your studies. We want this to be a positive learning experience for you. There will be some hard work, but we hope that you'll find it interesting and challenging and that you'll have the chance to enjoy yourself along the way.

#### Aims

- To develop knowledgeable and skilful science graduates, specialising in the area of Nutrition and Exercise Sciences as it relates to health and wellbeing..
- To develop skills related to the research and practitioner aspects of the vocation thereby developing the Employability and Enterprise of graduates.
- To enhance the understanding of sustainability issues relating to the area of Nutrition and Exercise Sciences with particular regard to the health and wellness of clients, and wider benefits to society.
- To develop multidisciplinary students who appreciate the complex relationships between exercise, nutrition and health.
- To enable students to critically appraise and reflect upon their practice, using an evidence based approach, and maintain an on-going commitment to their own development and that of their chosen profession.

#### Learning Outcomes

##### A. Knowledge and Understanding

- A1. Understand the scientific basis of exercise and nutrition and how it relates to health and disease.
- A2. Recognise the need for a multi-disciplinary approach to the study of nutrition and exercise science using an evidence-based approach underpinned by academic and professional practice.
- A3. Acquire, interpret and critically analyse information appropriate to exercise and

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nutritional sciences.

### B. Subject-specific skills

- B1. Plan, design and execute practical scientific activities using appropriate techniques and procedures.
- B2. Plan, design, execute and communicate a sustained piece of independent intellectual work using appropriate media.
- B3. Undertake practical work with due regard for health and safety, ethics and risk assessment.
- B4. Derive a critical awareness of the sustainability issues which underpin best practice in nutrition and health-related fitness provision.
- B5. Adopt & maintain professional behaviour in line with relevant professional standards.

### C. Thinking Skills

- C1. Critically assess and evaluate evidence related to nutritional and exercise sciences.
- C2. Interpret experimental data related to the discipline area of exercise and nutritional sciences.
- C3. Apply knowledge of nutrition and exercise sciences to the solution of familiar and unfamiliar problems
- C4. Develop a reasoned argument and challenge assumptions about the discipline area .

### D. Other skills relevant to employability and personal development

- D.1 Use intellectual skills to enhance knowledge and understanding (recognise and apply subject-specific principles; formulate and test hypotheses; apply subject knowledge to address problems; critically analyse, synthesise and summarise relevant information).
- D.2 Use practical skills to enhance subject knowledge and understanding (design and implement investigations; record and analyse data appropriately; carry out appropriate investigations in a responsible, safe and ethical manner).
- D.3 Use numeracy, C & IT to enhance subject knowledge and understanding (use a variety of information sources; communicate using a variety of formats and approaches; cite and reference work appropriately; prepare, process, interpret and present data appropriately; use computers to solve problems; use electronic sources as a source of information and to communicate).
- D.4 Use interpersonal and teamwork skills to enhance subject knowledge and understanding (identify individual and collective goals and responsibilities; use negotiating skills; evaluate performance as an individual and team member; appreciate the interdisciplinary/multidisciplinary nature of the subject area).

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**Use self-management and professional development skills to enhance subject knowledge and understanding (skills involved include working independently; effective time management and organisation skills; identifying, working towards and achieving targets; and developing an adaptable, flexible and effective approach to study and work).**

## 1.2 Course Team

Dr Stephanie Dillon, Principal Lecturer & Academic Lead	Darwin Building 202 ☎ 3516 💻 <a href="mailto:sdillon@uclan.ac.uk">sdillon@uclan.ac.uk</a>
Dr Rob Allan, Lecturer	Darwin Building 223 ☎ 4913 💻 <a href="mailto:RAllan1@uclan.ac.uk">RAllan1@uclan.ac.uk</a>
Dr Bojlul Bahar, Senior Lecturer	Darwin Building 204 ☎ 4914 💻 <a href="mailto:bbahar@uclan.ac.uk">bbahar@uclan.ac.uk</a>
Ian Bentley, Lecturer	Darwin Building 203 ☎ 3511 💻 <a href="mailto:ibentley1@uclan.ac.uk">ibentley1@uclan.ac.uk</a>
Dr Francesca Champ, Lecturer	Darwin Building 223 ☎ 2927 💻 <a href="mailto:fmchamp@uclan.ac.uk">fmchamp@uclan.ac.uk</a>
Ben Dickinson, Lecturer	Darwin Building 226 ☎ 4561 💻 <a href="mailto:bdickinson3@uclan.ac.uk">bdickinson3@uclan.ac.uk</a>
Dr Chris Edmundson, Senior Lecturer	Darwin Building 203 ☎ 3317 💻 <a href="mailto:ciedmundson@uclan.ac.uk">ciedmundson@uclan.ac.uk</a>
Dr Dave Fewtrell, Senior Lecturer	Darwin Building 204 ☎ 3329 💻 <a href="mailto:djfewtrell@uclan.ac.uk">djfewtrell@uclan.ac.uk</a>
Rob Graydon, Lecturer	Darwin Building 226 ☎ 💻 <a href="mailto:rwgraydon@uclan.ac.uk">rwgraydon@uclan.ac.uk</a>
Dr Sarah Hobbs, Reader	Darwin Building 201 ☎ 3328 💻 <a href="mailto:sjhobbs1@uclan.ac.uk">sjhobbs1@uclan.ac.uk</a>
Dr Howard Hurst, Senior Lecturer	Darwin Building 223 ☎ 3911 💻 <a href="mailto:hthurst@uclan.ac.uk">hthurst@uclan.ac.uk</a>
Professor Nicola Lowe	Darwin Building 230 ☎ 3599 💻 <a href="mailto:nmlowe@uclan.ac.uk">nmlowe@uclan.ac.uk</a>
April Melia, Lecturer	Darwin Building 226 ☎ 2483 💻 <a href="mailto:aamelia@uclan.ac.uk">aamelia@uclan.ac.uk</a>
Suruchi Pradhan, Teaching Assistant	Darwin Building 329 ☎ 3751 💻 <a href="mailto:spradhan1@uclan.ac.uk">spradhan1@uclan.ac.uk</a>
Dr Brigit Ramsingh, Lecturer	Darwin Building 201 ☎ 6370

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	 <a href="mailto:bramsingh@uclan.ac.uk">bramsingh@uclan.ac.uk</a>
Linda Ratinckx, Senior Lecturer (School of Health Sciences)	Brook Building 328  3404  <a href="mailto:lratinckx@uclan.ac.uk">lratinckx@uclan.ac.uk</a>
Paul Reid, Senior Lecturer (School of Health Sciences)	Brook Building 328  3411  <a href="mailto:pjreid1@uclan.ac.uk">pjreid1@uclan.ac.uk</a>
Dr Jan Mei Soon, Lecturer	Darwin Building 217  2567  <a href="mailto:jmsoon@uclan.ac.uk">jmsoon@uclan.ac.uk</a>
Dr Jonnie Sinclair, Senior Lecturer	Darwin Building 217  2796  <a href="mailto:jksinclair@uclan.ac.uk">jksinclair@uclan.ac.uk</a>
Dr Mark Stone, Lecturer	Darwin Building 203  5489  <a href="mailto:mstone1@uclan.ac.uk">mstone1@uclan.ac.uk</a>
Professor Carol Wallace	Darwin Building 203  3657  <a href="mailto:cawallace@uclan.ac.uk">cawallace@uclan.ac.uk</a>

### 1.3 Expertise of staff

The team involved in teaching on the programme are well qualified both academically and by their work experience. The team are research-active and you are encouraged to read the mini biographies on the School web page and check out information about their publications. Just [Click Here](#).

### 1.4 Academic Advisor

You will be assigned an Academic Advisor who will provide additional academic support during the year. They will be the first point of call for many of the questions that you might have during the year. Your Academic Advisor will be able to help you with personal development, including developing skills in self-awareness, reflection and action planning.



### 1.5 Administration details

Course Admin Services provides academic administration support for students and staff and are located in the following hubs which open from 8.45am until 5.15pm Monday to Thursday and until 4.00pm on Fridays. The hub can provide general assistance and advice regarding specific processes such as extenuating circumstances, extensions and appeals.

#### Greenbank Building

Sport and Wellbeing

Management

Business

telephone: 01772 891992/891993

email: [GreenbankHub@uclan.ac.uk](mailto:GreenbankHub@uclan.ac.uk)

#### Allen Building

Medicine

Dentistry

telephone: 01772 895566

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email: [AllenHub@uclan.ac.uk](mailto:AllenHub@uclan.ac.uk)

### Harris Building

Lancashire Law School  
 Humanities and the Social Sciences  
 Centre for Excellence in Learning and Teaching  
 telephone: 01772 891996/891997  
 email: [HarrisHub@uclan.ac.uk](mailto:HarrisHub@uclan.ac.uk)

### Foster Building

Forensic and Applied Sciences  
 Pharmacy and Biomedical Sciences  
 Psychology  
 Physical Sciences  
 telephone: 01772 891990/891991  
 email: [FosterHub@uclan.ac.uk](mailto:FosterHub@uclan.ac.uk)

### Computing and Technology Building

Art, Design and Fashion  
 Computing  
 Journalism, Media and Performance  
 Engineering  
 telephone: 01772 891994/891995  
 email: [CandTHub@uclan.ac.uk](mailto:CandTHub@uclan.ac.uk)

### Brook Building

Community, Health and Midwifery  
 Nursing  
 Health Sciences  
 Social Work, Care and Community  
 telephone: 01772 891992/891993  
 email: [BrookHub@uclan.ac.uk](mailto:BrookHub@uclan.ac.uk)

## 1.6 Communication



The University expects you to use your UCLan email address and check regularly for messages from staff. If you send us email messages from other addresses they risk being filtered out as potential spam and discarded unread.

Communicating with your Course Leader, module tutors, academic advisors and other students is a fundamental and important part of studying in a higher education environment. You are encouraged to maintain regular contact with members of the course team and your academic advisor. This is normally the best way to deal with any academic or personal issues and these should be dealt with as soon as they emerge.

You can arrange appointments with all members of staff. All members of staff display their availability on their office door along with instructions on how to arrange appointments. You

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should make sure that you have a clear agenda of what you would like to discuss in order to make sure that appointments are an effective use of time.

### 1.7 External Examiner

The University has appointed an External Examiner to your course who helps to ensure that the standards of your course are comparable to those provided at other higher education institutions in the UK. The name of this person, their position and home institution can be found below. If you wish to make contact with your External Examiner, you should do this through your Course Leader and not directly. The School will also send a sample of student coursework to the external examiner(s) for external moderation purposes, once it has been marked and internally moderated by the course tutors. The sample will include work awarded the highest and lowest marks and awarded marks in the middle range.

The External Examiner for BSc (Hons) Nutrition and Exercise Sciences is Dr Kathleen Mooney, Senior Lecturer at Edge Hill University. External examiner reports will be made available to you electronically via the course area on Blackboard.



## 2. Structure of the course

### 2.1 Overall structure

This section outlines the course structure and important information on the range of modules available.

The course consists of a number of modules. All of these modules are single and have a credit rating of 20, with the exception of the research project which is a double module and equates to 40 credits. The teaching session for some modules is Semester 1 while the teaching session for others is Semester 2. Some modules are taught across both Semesters 1 and 2, and are referred to as year-long modules.

You must ensure that you **register for 6 modules/120 credits in total each year.**

For a part-time mode of study you would expect to register for 80 credits each year. The 40 credit research project would be completed in your final of study.

#### Compulsory Modules

You must register for the compulsory modules that form the dominant part of the programme of study. The teaching, learning and assessments that take place within the compulsory modules form the essential aspects of the programme at each level.

#### Optional Modules

In addition to the compulsory modules, you have the opportunity to select optional modules. You must adhere to the rules surrounding the selection of optional modules at each level. Please note that not all Option modules may run in any one year and may not run if undersubscribed.

To register for modules or make changes to module registrations, you should fill in a **Module Change Form**. This must be signed by you and your Course Leader and submitted by the deadline indicated on the form.

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It is important that your programme of study is correct and you must regularly check all details on your profile (including home and term-time address details) via the student portal. It is your responsibility to ensure that all details are correct and up-to-date!

### Course Structure for BSc (Hons) Nutrition and Exercise Sciences

#### Year 0:

Fundamentals of Sport, Exercise and Nutritional Sciences (60 Credits, Year-long)
Essential Study Skills for Lifelong Learning (20 Credits, Year-long)
Physical Activity And Health Promotion (20 credits, Year-long)
Foundations in Sport and Exercise Injury Management (20 credits, Year-long)

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#### Year 1:

Principles of Physiology and Scientific Enquiry (40 credits, Year-long)
Principles of Biology and Nutrition (40 credits, Year-long)
Planning and Instructing Exercise for Health and Fitness (20 credits, Year-long)
Health and the Social Sciences (20 credits, Semester)

#### Year 2:

Applied Physiology and Scientific Enquiry (40 credits, Year-long)
Nutrition for Life (20 credits, Year-long)
Performance Nutrition (20 credits, Year-long)
Public Health: Needs and Contexts (20 credits, Semester 1)

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Nutrition Strand	Health and Fitness Strand
Food Processing and Preservation (20 credits, Semester 2)	Advanced Principles of Exercise and Training (20 credits, Year-long)

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## YEAR 3:

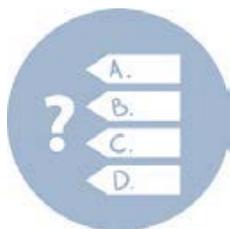
Research OR Consultancy Project (40 credits, Year-long)	
Nutrition and Health (20 credits, Semester 1)	
Nutrition Strand	Health and Fitness Strand
Nutritional Biochemistry	Exercise Referral (20 credits, Year-long)
2 options from:	2 options from:
Food Borne Disease (20 credits, Semester 2)	Training Prescription for the Elite Athlete (20 credits, Year-long)
Food Allergies and Intolerances (20 credits, Semester 1)	Public Health: Delivery and Action (20 credits, Semester 1)
Public Health: Delivery and Action (20 credits, Semester 1)	Psychology of Diet and Exercise (20 credits, Semester 1)
Psychology of Diet and Exercise (20 credits, Semester 1)	Professional Work Experience (20 credits, Year-long)
Professional Work Experience (20 credits, Year-long)	

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**2.2 Modules available**

Each module is a self-contained block of learning with defined aims, learning outcomes and assessment. A standard module is worth 20 credits. It equates to the learning activity expected from one sixth of a full-time undergraduate year. Modules may be developed as half or double modules with credit allocated up to a maximum of 120 credits per module.

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### 2.3 Course requirements

Students must pass all modules. You complete modules each year that provide 120 credits (360 credits in total for an honours degree). All modules are 40 or 20 credits. The Research Project is a 40 credit module. Most of your module choices are compulsory, and must be passed to ensure progression. Please seek advice from the course leader if you have any issues relating to this.

There is considerable scope for work experience as part of your degree. The key avenue for this is the experience 'spine' encompassing research methods/project and work experience modules. Work experience may be more substantive in nature and the avenue for this is to take a sandwich year between years 2 and 3. Whilst we endeavour to acquire contacts for work experience you are actively encouraged to undertake such searches yourself. Work experience is a most valuable and attractive addition to your CV, and is highly regarded by employers. Volunteering programmes will also enable you to generate many hours of work experience. Finally, contact your course tutors for additional details of potential experience avenues.

### 2.3 Module Registration Options

Discussions about your progression through the course normally take place in February each year. It is an opportunity for you to make plans for your study over the next academic year. The course team will tell you about the various modules / combinations available and you will both agree on the most appropriate (and legal) course of study for you. Progression onto the next year of study is important and you can discuss this with the course team at any time during the year.

### 2.4 Study Time

#### 2.4.1 Weekly timetable

A timetable will be available once you have enrolled on the programme, through the student portal.

#### 2.4.2 Expected hours of study

20 credits is a standard module size and equals 200 notional learning hours.

The normal amount of work involved in achieving a successful outcome to your studies is to study for 10 hours per each credit you need to achieve – this includes attendance at UCLan and time spent in private study.

The contact time with module tutors is not the total number of **learning hours**. The contact time is simply the number of **teaching hours** and is a fraction of the total learning hours. The total number of learning hours includes **personal study hours**.

The total number of learning hours depends on the level of study. Students should at all levels expect to engage in no less than **36 hours** of learning and study each week.

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### 2.4.3 Attendance Requirements

You are required to attend all timetabled learning activities for each module. Notification of illness or exceptional requests for leave of absence must be made to your course leader and school office. You can check your own attendance record via myUCLan.

If you are an international student there are additional attendance responsibilities under the Visas and Immigration (UKVI) Points Based System (PBS) - you **MUST** attend your course of study regularly; under PBS, UCLan is obliged to tell UKVI if you withdraw from a course, defer or suspend your studies, or if you fail to attend the course regularly.

If you have not gained the required authorisation for leave of absence, do not respond to communications from the University and if you are absent for four weeks or more, you may be deemed to have withdrawn from the course. If this is the case, then the date of withdrawal will be recorded as the last day of attendance.

## 3. Approaches to teaching and learning

### 3.1 Expertise of staff

The team involved in teaching on the programme are well qualified both academically and by their work experience. The team are research-active and you are encouraged to read the mini biographies on the School web page and check out information about their publications. Just [Click Here](#).

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### 3.2 Learning and teaching methods

The School's strategy in all of its courses is to promote deep and active learning and to achieve an appropriate balance between the accumulation of subject specific knowledge, the understanding of subject-specific concepts, the application of these, and the development of general skills. The overall strategy is for the development of transferable skills to be encouraged within all modules, with increased emphasis on independent and group work as you progress from Level 4 to Level 6. Personal Development Planning (PDP) and employability is encouraged through many modules and the personal tutor system, together with specific sessions related to career planning.

You will be encouraged to learn using a range of teaching methods to accommodate the range of preferred learning styles of the students.

- Lectures are used to introduce you to new areas, define the scope of topics, communicate information, and explain concepts.
- Tutorials are used to develop skills or encourage learning through the application of the concepts covered in lectures.
- Seminars are used to develop communication skills, literature searching, and analysis and evaluation.
- Practical sessions are employed in all courses to provide demonstrations of theory and practice and to develop practical skills.
- Group exercises are effective in developing a range of skills, including communication and working with others.
- Problem-based learning is being used in an increasing number of modules to promote your active participation in determining what you need to learn.
- The final-year project, undertaken by all students, is a substantial piece of work that encourages independence and self-management.

Our electronic learning environment, Blackboard, is being used on all modules to provide a framework for the organisation of module materials, and to support your learning. In a number of modules, the use of Blackboard is more advanced in delivering structured learning and both formative and summative assessments. In line with the School's ethos of developing you as an independent learner, at Level 4 practical sessions tend to be completely directed, whilst at Level 5, and particularly at Level 6, practical exercises frequently extend over several weeks (mini-projects) and are more open-ended to allow the development of independence, group working and problem solving skills.

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You will have an IT induction session during your first week. Learning and Information Services (LIS) offer a range of IT based sessions/tutorials for you to further develop these skills, and the Library Helpdesk is able to offer personal support to resolve IT-related problems. Basic IT skills (word-processing, use of email, use of library databases and simple statistical analysis) are developed during Level 4 modules. From Level 4 all reports are expected to be submitted in a word-processed form. You then further develop IT skills at Level 5 as described below. The School subscribes to a number of electronic journals, textbooks and on-line services, and you are encouraged to utilise these as part of your studies. Students are encouraged to use IT in a variety of ways including email communication and the accessing of important materials on the School's web site or Blackboard.

### How does the work change across the years?

By the end of Level 4 you will have developed an understanding of the key concepts relevant to your programme, and have started to develop a wide range of relevant graduate skills such as oral and written communication, problem solving, data analysis and presentation. To achieve this, factual information is delivered through lectures, and the provision of lectures and support material in electronic form via eLearn. Learning and writing skills are reinforced through the use of regularly set 'short-notes' assignments; these are focused on the subject matter of the relevant modules, and provide an opportunity for staff to give specific feedback on writing skills. The skills modules also focus on the development of teamwork, planning, understanding accuracy and variability, and the generation of scientific hypotheses. All students are able to word-process, use e-mail, and access the University network, as demonstrated by coursework. Effective time-management is encouraged through tutorial exercises.

Modules at Level 5 and 6 are still delivered by a mixture of teaching methods, but with an increased emphasis on input from the student. Class sessions are used more widely for problem-solving and group work. A range of other skills are developed, e.g. oral skills through discussions and oral presentations. Modules use teaching aids as deemed appropriate by the module teams. These may include videos, e.g. showing an experimental technique; software such as diet analysis and statistical packages; and printed material for problems, data manipulation and interpretation, case studies, etc.

Skills in carrying out practical work are fostered through laboratory classes with workbook or practical manuals, with safe working practices described. Mini-projects lasting several weeks help you learn how to design and organise project-type practical work, and to write laboratory reports and interpret other data. This approach is important in developing the skills necessary to undertake the final year project.

The Level 6 modules are designed to provide in-depth study in selected areas. By the end of the course it is expected that you will have developed the appropriate skills to undertake independent study; be able to demonstrate higher level cognitive skills such as evaluating information, and developing clear and consistent arguments; be able to plan, design and undertake investigative work; be able to work effectively as part of a group; to apply theory/knowledge to new situations; formulate and test hypotheses by designing experiments and applying practical techniques; analyse and evaluate data supported by logical and structured argument; and define and develop strategies for solving problems.

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At each level you are expected to spend a significant amount of time in private study. At level 4 this is typically 15-20 hours per week, and reading is mainly of set texts. By levels 5 and 6 as class contact time is reduced, more private study time is expected, with reading of reviews and the primary literature, some being suggested and some found by you.

Communication is developed through discussions and presentations; numeracy and statistics via practical work; IT through coursework; and teamwork through class work in problem-based learning, tutorials, case studies, and problem-solving. Generally class sizes are smaller for Level 6 modules, providing the opportunity for more of a 'seminar' type of approach. There is an increasing expectation that material is prepared in advance of sessions for discussion/presentation, and that wider use is made of the primary literature. The final-year research project at Level 6 allows you to develop and demonstrate your self-organisation and planning.

### 3.3 Study skills

In addition to the supported offered within modules on your programme of study, you are also able to obtain further additional assistance from university wide services. Details can be found here [Study Support](#) and more specifically from WISER [here](#).



### 3.4 Learning resources

#### 3.4.1 Learning Information Services (LIS)

Extensive [resources](#) are available to support your studies provided by LIS – library and IT staff. Take advantage of the free training sessions designed to enable you to gain all the skills you need for your research and study. The library opening times can be found [here](#).

#### 3.4.2 Electronic Resources

LIS provide access to a huge range of electronic resources – e-journals and databases, e-books, images and texts. Module specific reading/learning material will also be made available via Blackboard.

### 3.5 Personal development planning

The development of study skills are supported throughout the programmes in a number of ways, with the most significant of these being through the use of Personal Development Planning (PDP). PDP is inherent within all our programmes so as to equip you with the essential skills required to successfully undertake the course and to develop additional skills which will enhance your future employability. In addition to this bespoke service which we offer within the School, you are also able to obtain further additional assistance from university wide services such as WISER and the Library.



### 3.6 Preparing for your career

Your future is important to us, so to make sure that you achieve your full potential whilst at university and beyond, your course has been designed with employability learning integrated into it. This is not extra to your degree, but an important part of it which will help you to show future employers just how valuable your degree is. These “Employability Essentials” take you on

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a journey of development that will help you to write your own personal story of your time at university:

- To begin with, you will explore your identity, your likes and dislikes, the things that are important to you and what you want to get out of life.
- Later, you will investigate a range of options including jobs and work experience, postgraduate study and self-employment,
- You will then be ready to learn how to successfully tackle the recruitment process.

You will be able to record your journey using Pebble pad, the university's e-portfolio system, which will leave you with a permanent record of all the fantastic things you have achieved during your time at UCLan.

It's your future: take charge of it!

[Careers](#) offers a range of support for you including:-

- career and employability advice and guidance appointments
- support to find work placements, internships, voluntary opportunities, part-time employment and live projects
- workshops, seminars, modules, certificates and events to develop your skills

Daily drop in service available from 09:00-17:00 for CV checks and initial careers information. For more information come along and visit the team (in Foster building near the main entrance) or access our careers and employability resources via the Student Portal.

The courses offered by the school allow for a great deal of flexibility in career choices and past students have gained employment with hundreds of different employers including local authorities, NHS, schools, health and fitness centres, the food industry and sport organisations. Students are well placed for career opportunities in many locations and can undertake periods of work as part of their study within organisations situated all around the world. You should also be aware that should you decide not to pursue a career not directly related to your degree subject you will still have developed the transferable skills needed to embark upon a wider range of career opportunities including retail management, the armed forces, and standard graduate training programmes. The graduate employment rate for the school is consistent with the university average and you will have plenty of opportunity to engage with all types of organisations during your period of study.

### 4. Student Support

[The 'i'](#) is a central Student Information Centre and your first point of contact. You can obtain information on a wide range of topics including Council Tax Exemption Certificates, Bank and Confirmation of Study Letters, Printing and Printer Credit, UCLan Cards, the 'i' shop and Financial Support. Please remember you can also contact your course leader, academic advisor and the staff in your school office who can provide support and/or signpost you to the correct service.



#### 4.1 Academic Advisors

During the first week of a course, you will be assigned to one member of the academic staff to act as your academic advisor. The induction programme will indicate the time during the first week at which the first meeting with your academic advisor takes place.

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You will normally see your academic advisor at least twice per semester and their primary role is to guide you on the academic aspects of your programme. However, if you are encountering personal problems or difficulties, your academic advisor will be able to provide assistance and where appropriate refer you to specialist services within the University such as the Student Counselling Service.

### 4.2 Students with disabilities

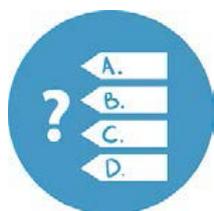
If you have a disability that may affect your studies, please either contact the Disability Advisory Service - [disability@uclan.ac.uk](mailto:disability@uclan.ac.uk) - or let one of the course team know as soon as possible. With your agreement information will be passed on to the Disability Advisory Service. The University will make reasonable adjustments to accommodate your needs and to provide appropriate support for you to complete your study successfully. Where necessary, you will be asked for evidence to help identify appropriate adjustments. There is a school lead for students with disabilities. An assistant in the Greenbank hub will be able to provide contact details for the school lead.

### 4.3 Students' Union

The Students' Union offers thousands of volunteering opportunities ranging from representative to other leadership roles. We also advertise paid work and employ student staff on a variety of roles. You can find out more information on our website:

<http://www.uclansu.co.uk/>

## 5. Assessment



### 5.1 Assessment Strategy

Please note that all modules will be assessed. You are expected to attempt all required assessments for each module for which you are registered, and to do so at the times scheduled unless authorised extensions, special arrangements for disability, or extenuating circumstances allow you to defer your assessment.

Assignments allow you to develop your own arguments and conclusions related to set tasks as there are often many possible solutions to a particular problem. Assessment is largely based on the ability to demonstrate clearly which approach you have taken and why.

The most appropriate method of assessment has been selected in order to meet the specified learning outcomes outlined in the module information pack. Assessment methods used may include:

- Formal essays and reports
- Laboratory reports
- Practical observations and skill competence
- Individual and group presentations
- Seminar papers on nominated topics
- Log books, diaries and portfolios
- Research and Consultancy-based projects
- Multiple choice questionnaires
- Short answer and essay-style seen and unseen exams

The course team have devised the assessment strategy with the needs of the course learning outcomes in mind. All undergraduate work is assessed against specific criteria that relate to a

## Programme Specification Template

nationally set framework of what constitutes undergraduate level work. Module Information Packs will also include both generic and specific assessment criteria for each piece of assessment that will complement the overall criteria.

### 5.2 Notification of assignments and examination arrangements

All of the hand-in deadlines for formal assessments are published in the Module Information Packs at the start of the academic year. It is your responsibility to manage the research, synthesis and production of your assignments throughout the year to ensure you submit within the hand-in deadlines. In class tests will be identified in the module information pack and examinations scheduled during the formal exam weeks will be displayed on your timetable before the exam period. Lead lecture, seminar and practical sessions are designed to support both your assignment submission and any exams and failure to attend any of these sessions may result in module tutors not offering additional individual tutorials. Module information packs will contain details on how and when you are to submit your assignments as well as providing marking criteria.

### 5.3 Referencing

Learning to be an effective student is also about learning to be an effective academic. In other words, it is important to understand the ways that effective academics carry out their work. Referencing is carried out by all academics in a specific way appropriate to their discipline. Students' work becomes professional and demonstrates higher levels of academic attainment if methods and modes of referencing are learnt. If referencing is not learnt and applied, students will be deemed to be incompetent academics at first glance and this generally leads to a loss of substantial marks.

Essentially the purpose of referencing is to ensure that presented work is substantiated with and supported by appropriate theories and evidence. By referencing, presented work for the most part becomes more reliable and valid. As a result, examiners are more likely to reward greater credit to students for their work.

The need to reference occurs at either of two specific moments. If any ideas "that belong to an author" is being expressed, it must be identified as belonging to that author. If any **words** are being written from **the words of the author**, then these must be clearly identified as not the students' but the author. There must be no doubt in the examiners mind as to when **your words and ideas start and finish** and **where the words and ideas of others are included**.

Another key moment is when specific ideas that are being presented in assignments need substantiating and justifying. This can often be done by using the work of others to provide evidence and support for the ideas that are being presented.

Throughout your degree, referencing should, for the most part, occur in the majority of written work (and presentations too). If there is any doubt, students must seek guidance from their module tutors.

Referencing within assignments can take many different forms. The Harvard or APA style of referencing is the style that must be adopted in your academic work unless it has been specified otherwise. The following are some of the more common approaches and techniques within the style.

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A common approach is to directly or explicitly quote the work of other academic(s) or author(s). It is normal for the direct quotation to be placed in quotation marks, followed by the surname of the author(s), the year of the publication and the page number(s) where the quote may be found. Where the extract is longer than three lines of normal text, it is convention to have the quote as a separate paragraph indented from the left and right margins without quotation marks.

An alternative is to make reference to the work of others indirectly. In this case quotations marks are not used and the page number is omitted. When writing scientific reports or papers, essays it is common practice to reference indirectly and this is what will be expected many of your assignments.

The list of references that has been used in compiling the work follows the conclusion to a piece of academic work. Note: This is not called a bibliography. The reference list will include all the references that have been used in the study. In addition, it should NOT include additional reading that has not been referred to or referenced in the study. All entries in the reference list must be in alphabetical order.

The following are examples of how a reference list would appear.

### References

Department of Health (1991) Dietary Reference Values for food energy and nutrients for the United Kingdom. Reports on Health and Social Subjects, 41. HMSO.

Eastwood, M. (2003) Principles of Human Nutrition, Chapter 5. 2nd Edition. Blackwell Publishing.

Gibney, MJ., et al. (2009) Introduction to Human Nutrition, Chapter 7. 2nd Edition. Wiley-Blackwell.

Ministry of Agriculture, Fisheries and Food (MAFF). (1999) Manual of Nutrition. Chapter 9. 10th Edition. The Stationary Office.

Whitehead, R.G. (1992) Dietary reference values, Proceedings of the Nutrition Society, 51, 29-34.

Further information regarding "How to Reference" can be found at [https://www.uclan.ac.uk/students/study/wiser/referencing\\_guides.php](https://www.uclan.ac.uk/students/study/wiser/referencing_guides.php)

It is recommended that you visit this website.

### 5.4 Confidential material

It is possible that during your programme of study you will require access to sensitive information, particularly when working in professional domains. It is essential that you ensure that any participants remain anonymous if they are reported as part of an assignment submission.

Students should be committed to pursue their research activities (project, investigation, enquiry, survey, or any other interaction with people, including the use of data derived from that interaction) in an ethical manner. The practice of ethics is about conducting one's research activity in a disciplined manner within legal and other regulated constraints and with minimal impact on and detriment to others. In the process of research the student should

- safeguard the interests of those involved in or affected by their work

## Programme Specification Template

- report their findings accurately and truthfully
- consider the consequences of their work or its misuse for those they study and other interested parties.

Students are responsible for considering the ethical implications of all research activities and should familiarise themselves with the University's ethical framework available [here](#).

If in doubt about any ethical issues related to their research students should consult their project supervisor for advice.

### 5.5 Cheating, plagiarism, collusion or re-presentation

Please refer to the information included in section 6.6 of the University Student Handbook for full definitions. The University uses an online Assessment Tool called Turnitin. A pseudo-Turnitin assignment will be set up using the School space on Blackboard to allow students to check as many drafts as the system allows before their final submission to the 'official' Turnitin assignment. Students are required to self-submit their own assignment on Turnitin and will be given access to the Originality Reports arising from each submission. In operating Turnitin, Schools will take steps to ensure that the University's requirement for all summative assessment to be marked anonymously is not undermined and therefore Turnitin reports should either be anonymised or considered separately from marking. Turnitin may also be used to assist with plagiarism detection and collusion, where there is suspicion about individual piece(s) of work.

In order to help understand plagiarism, collusion and how to avoid it with effective referencing and appropriate academic writing skills workshops will take place in research methods during the 1<sup>st</sup> year of the programme.

## 6. Classification of Awards

The University publishes the principles underpinning the way in which awards and results are decided in [Academic Regulations](#). Decisions about the overall classification of awards are made by Assessment Boards through the application of the academic and relevant course regulations. In simple terms an undergraduate honours degree classification is based on the highest classification:



### 7. Student Feedback

You can play an important part in the process of improving the quality of this course through the feedback you give.

In addition to the on-going discussion with the course team throughout the year, there are a range of mechanisms for you to feedback about your experience of teaching and learning. We aim to respond to your feedback and let you know of our plans for improvement.

Student feedback has made many differences to this course, examples include the introduction of nutritional science and physiology laboratory sessions at year 1, and the introduction of an optional food processing and preservation module at year 2.

The Students Union can support you in voicing your opinion, provide on-going advice and support, and encourage your involvement in all feedback opportunities. They will be requesting

## Programme Specification Template

that you complete the National Student Survey (during semester 2 for students in their final year of study) or the UCLan Student Survey (all other students).

The Students' Union and University work closely together to ensure that the student voice is heard in all matters of student-life. We encourage students to provide constructive feedback throughout their time at university, through course reps, surveys and any other appropriate means,

Moreover, there will be regular opportunities to provide feedback on a modular level. It is expected that you complete a Module Feedback Questionnaire after each module.

### 7.1 Student Staff Liaison Committee meetings (SSLCs)

Details of the Protocol for the operation of SSLCs is included in section 8.2 of the University Student Handbook. The purpose of a SSLC meeting is to provide the opportunity for course representatives to feedback to staff about the course, the overall student experience and to inform developments which will improve future courses. These meetings are normally scheduled once per semester. The meetings include discussion of items forwarded by course representatives, normally related to the following agenda items (dependent on time of year).

The course team encourage student feedback in all areas and recognise that additional items for discussion may also be raised at the meeting

- Update on actions completed since the last meeting
- Feedback about the previous year – discussion of external examiner's report; outcomes of National /UCLan student surveys.
- Review of enrolment / induction experience;
- Course organisation and management (from each individual year group, and the course overall);
- Experience of modules - teaching, assessment, feedback;
- Experience of academic support which may include e.g. Personal Development Planning, personal tutoring arrangements and The Card;
- Other aspects of University life relevant to student experience e.g. learning resources, IT, library;
- Any other issues raised by students or staff.

Course representatives are normally recruited through the Students Union. Schedules of SSLC meetings are then circulated to the representatives through the UCLan email.

## Programme Specification Template

## 8. Appendices

## 8.1 Programme Specification(s)

UNIVERSITY OF CENTRAL LANCASHIREProgramme Specification

This Programme 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.

*Sources of information on the programme can be found in Section 17*

<b>1. Awarding Institution / Body</b>	University of Central Lancashire
<b>2. Teaching Institution and Location of Delivery</b>	University of Central Lancashire Preston Campus
<b>3. University School/Centre</b>	School of Sport and Wellbeing
<b>4. External Accreditation</b>	None
<b>5. Title of Final Award</b>	BSc (Hons) Nutrition and Exercise Sciences
<b>6. Modes of Attendance offered</b>	Full-time, Part-time, Sandwich, FE.
<b>7. a UCAS Code</b>	B4C0
<b>7. b JACS Code</b>	B400 C600
<b>8. Relevant Subject Benchmarking Group(s)</b>	Subjects Allied to Agriculture, Horticulture, Forestry, Food, Nutrition and Consumer Sciences (2016), Biosciences (2015), Events, Hospitality, Leisure, Sport and Tourism (2016), Health (2016).

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<b>9. Other external influences</b>	Association For Nutrition, Register of Exercise Professionals (REPS), BASES
<b>10. Date of production/revision of this form</b>	June 2018
<b>11. Aims of the Programme</b>	
<ul style="list-style-type: none"> <li>• To develop knowledgeable and skilful science graduates, specialising in the area of Nutrition and Exercise Sciences as it relates to health and wellbeing..</li> </ul>	
<ul style="list-style-type: none"> <li>• To develop skills related to the research and practitioner aspects of the vocation thereby developing the Employability and Enterprise of graduates.</li> </ul>	
<ul style="list-style-type: none"> <li>• To enhance the understanding of sustainability issues relating to the area of Nutrition and Exercise Sciences with particular regard to the health and wellness of clients, and wider benefits to society.</li> </ul>	
<ul style="list-style-type: none"> <li>• To develop multidisciplinary students who appreciate the complex relationships between exercise, nutrition and health.</li> </ul>	
<ul style="list-style-type: none"> <li>• To enable students to critically appraise and reflect upon their practice, using an evidence based approach, and maintain an on-going commitment to their own development and that of their chosen profession.</li> </ul>	

## Programme Specification Template

<b>12. Learning Outcomes, Teaching, Learning and Assessment Methods</b>
<b>A. Knowledge and Understanding</b>
<p><b><u>BSc (Hons) Degree</u></b></p> <p><b>At the end of the course the student will be able to:</b></p> <p>A1. Understand the scientific basis of exercise and nutrition and how it relates to health and disease.</p> <p>A2. Recognise the need for a multi-disciplinary approach to the study of nutrition and exercise science using an evidence-based approach underpinned by academic and professional practice.</p> <p>A3. Acquire, interpret and critically analyse information appropriate to exercise and nutritional sciences.</p>
<b>Teaching and Learning Methods</b>
Modes of delivery include teacher-led lectures, student-led seminars and workshops, laboratory sessions, practical sport activities, and group and individual tutorial sessions.
<b>Assessment methods</b>
Workbooks; short notes; laboratory and field based testing; essays; examinations; reports of various types e.g. practical reports, summaries, data analysis; group and individual presentations, student led practical sessions. eLearn based interactive assessments are also utilised for several modules.
<b>B. Subject-specific skills</b>
<p><b><u>BSc (Hons) Degree</u></b></p> <p><b>At the end of the course the student will be able to:</b></p> <p>B1. Plan, design and execute practical scientific activities using appropriate techniques and procedures.</p> <p>B2. Plan, design, execute and communicate a sustained piece of independent intellectual work using appropriate media.</p> <p>B3. Undertake practical work with due regard for health and safety, ethics and risk assessment.</p> <p>B4. Derive a critical awareness of the sustainability issues which underpin best practice in nutrition and health-related fitness provision.</p>

## Programme Specification Template

B5. Adopt & maintain professional behaviour in line with relevant professional standards.
<b>Teaching and Learning Methods</b>
A variety of methods are used, ranging from traditional lead lectures to seminars, PBL sessions and workshops. These are allied to digital delivery and support using eLearn. Small group laboratory, field and gymnasium sessions will be a part of teaching and learning strategy, though these will depend upon choice of pathway and modules. Student learning is encouraged and supported by digital delivery, eLearn (web-based virtual learning environment), reflective practice and study groups.
<b>Assessment methods</b>
Essays, examinations, laboratory reports, on-line tests. A key component of this programme is the ability perform key skills in laboratory and field based environments. Depending upon choice of route, there is also a requirement to instruct and lead exercise classes/sessions. Some assessment takes the form of practical assessment of skills.
<b>C. Thinking Skills</b>
<b><u>BSc (Hons) Degree</u></b>
<b>At the end of the course the student will be able to:</b>
C1. Critically assess and evaluate evidence related to nutritional and exercise sciences.
C2. Interpret experimental data related to the discipline area of exercise and nutritional sciences.
C3. Apply knowledge of nutrition and exercise sciences to the solution of familiar and unfamiliar problems
C4. Develop a reasoned argument and challenge assumptions about the discipline area
<b>Teaching and Learning Methods</b>
Thinking skills are developed throughout all modules. Students will develop these skills through a combination of review and experimental academic work. The variety of teaching and learning experiences offered will facilitate the students experience greatly. These include labs, workshops, lectures, seminars, personal study and group review.
<b>Assessment methods</b>
Workbooks; essays; reflective diaries, Personal Development Files; research project.; examinations.
<b>D. Other skills relevant to employability and personal development</b>

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**BSc (Hons) Degree****At the end of the course the student will be able to:**

- D.5 Use intellectual skills to enhance knowledge and understanding (recognise and apply subject-specific principles; formulate and test hypotheses; apply subject knowledge to address problems; critically analyse, synthesise and summarise relevant information).
- D.6 Use practical skills to enhance subject knowledge and understanding (design and implement investigations; record and analyse data appropriately; carry out appropriate investigations in a responsible, safe and ethical manner).
- D.7 Use numeracy, C & IT to enhance subject knowledge and understanding (use a variety of information sources; communicate using a variety of formats and approaches; cite and reference work appropriately; prepare, process, interpret and present data appropriately; use computers to solve problems; use electronic sources as a source of information and to communicate).
- D.8 Use interpersonal and teamwork skills to enhance subject knowledge and understanding (identify individual and collective goals and responsibilities; use negotiating skills; evaluate performance as an individual and team member; appreciate the interdisciplinary/multidisciplinary nature of the subject area).
- D.9 Use self-management and professional development skills to enhance subject knowledge and understanding (skills involved include working independently; effective time management and organisation skills; identifying, working towards and achieving targets; and developing an adaptable, flexible and effective approach to study and work).

**Teaching and Learning Methods**

Other skills are developed throughout the programme. Again, the variety of teaching and learning experiences offered will facilitate the students experience greatly. Students will also evidence management and organisation skills through the creation, provision and review of support services, and their unique interpretation and solution to a variety of problems.

**Assessment methods**

Workbooks; essays; group and individual presentations, practical sessions, reflective diaries, Personal Development Files; written reports.

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13. Programme Structures*				14. Awards and Credits*
Level	Module Code	Module Title	Credit rating	
Level 6	XS3900	Double Research Project or Consultancy Project	40	<p><b>Bachelor Honours Degree in Nutrition and Exercise Sciences requires 360 credits including a minimum of 220 at Level 5 or above and 100 at Level 6.</b></p> <p><b>Bachelor Degree in Nutrition and Exercise Sciences requires 320 credits including a minimum of 180 at Level 5 or above and 60 at Level 6.</b></p>
	TL3172	(Compulsory for Hons Degree Award)	40	
	XS3601	Nutrition and Health (Compulsory) For Human Nutrition strand: Nutritional Biochemistry (Compulsory) plus 2 from *	20	
	XS3600	For Health & Fitness strand Exercise Referral (Compulsory) plus 2 from #	20	
	XS3200	Food Allergy and Intolerance*	20	
		Foodborne Disease*	20	
		Public Health: Delivery & Action**	20	
	XS3009	Psychology of Diet and Exercise**	20	
	XS3008	Professional Work Experience 2**	20	
	HS3003	Training Prescription for the Elite Athlete#	20	

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	XS300 3		20	
	XS300 5			
	XS310 3			
	TL3561	Internship (Optional)	120 Notional	
Level 5	XS290 2	Applied Physiology & Scientific Enquiry (Compulsory)	40	<b>Diploma of Higher Education in Nutrition and Exercise Sciences; requires 240 credits including a minimum of 100 at Level 5 or above.</b>
	XS260 0	Nutrition for Life (Compulsory)	20	
	XS260 1	Performance Nutrition (Compulsory)	20	
	HS200 3	Public Health: Needs & Contexts (Compulsory)	20	
		For Human Nutrition strand:		
		Food Processing and Preservation (compulsory)	20	
	XS200 1	For Health & Fitness Strand: Advanced Principles of Exercise & Training (Compulsory)	20	
	XS220 6			

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Level 4	XS190 2	Principles of Physiology & Scientific Enquiry (Compulsory)	40	<b>Certificate of Higher Education in Nutrition and Exercise Sciences requires 120 credits at Level 4 or above.</b>
	XS160 1	Principles of Biology and Nutrition (Compulsory)	40	
		Health and the Social Sciences (Compulsory)	20	
	HS110 0	Planning and Instructing Exercise for Health & Fitness (Compulsory)	20	
	XS120 5			
Exceptionally, students may take up to one 20 credit option at Stage 2 (Level 6) provided that the option contributes to the learning outcomes of the programme. Permission of the Course Leader is required.				
<b>Foundation Entry (Preston campus) only:</b>				
<b>Level</b>	<b>Module Code</b>	<b>Module Title</b>	<b>Credit rating</b>	

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<b>Level 3</b>	XSC102	Fundamentals of Sport, Exercise and Nutritional Sciences	60	Requires completion of 120 credits at Level 3.  Students who exit after successful completion of 120 credits at Level 3 will receive a transcript of the modules and grades
	TLC125	Essential Study Skills for Lifelong Learning	20	
	PUC103	Physical activity and Health Promotion	20	
	PUC104	Foundations in Sports and Exercise Injury Management	20	
<b>15. Personal Development Planning</b>				
<p>A personal development planning programme (PDP) is based around compulsory modules and assessments rather than stand-alone modules. Students are introduced to the idea of PDP and career planning through sessions in induction week, invited talks from a careers advisor and meetings with their personal tutor. Students are asked to reflect (and record their reflections) The students can request meetings with their personal tutors to discuss the reflection. Students are advised to keep a progress file containing the reflections and examples of work. In the 3<sup>rd</sup> year, students are asked to supply to their personal tutor their best examples and reflections showing achievement in a list of skills. Any references are based on the information the student has provided plus module results.</p>				
<b>16. Admissions criteria</b>				
<p>Programme Specifications include minimum entry requirements, including academic qualifications, together with appropriate experience and skills required for entry to study. These criteria may be expressed as a range rather than a specific grade. Amendments to entry requirements may have been made after these documents were published and you should consult the University's website for the most up to date information.</p> <p>Students will be informed of their personal minimum entry criteria in their offer letter.</p>				
<b><u>Foundation entry (Preston campus) only:</u></b>				
<p>Admissions criteria: 80 Points at <b>A2</b> or one of the following  <b>BTEC Extended Diploma:</b> Merit, Pass, Pass  <b>BTEC Diploma:</b> Merit, Merit  <b>Pass Access Course</b> with 80 UCAS Points  <b>International Baccalaureate</b> 24P</p>				

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In addition 5 GCSE's at Grade C including Maths and English or equivalent and **IELTS** 6.0 with no Component lower than 5.5 or equivalent.

Given the nature of this programme, applications from individuals with non-standard qualifications, or relevant work/life experience and who have aspirations for professional careers in the fields of sport science, nutrition and exercise science, strength and conditioning and sports rehabilitation, but lack the requisite academic qualifications, are welcome. Such applications will be reviewed on an individual basis and may require the applicant to be invited to interview.

Applicants who hold the University's minimum entry requirements but have failed to secure the minimum offer for a specified degree within the School of Sport and Wellbeing will normally be accepted onto this programme.

Students with equivalent international overseas qualifications will also be considered.

### **BSc (Hons) degree:**

Admissions criteria: 112 - 128 UCAS points at **A2**; or one of the following:

a **BTEC Extended Diploma**: Distinction, Merit, Merit - Distinction, Distinction, Merit profile

a **BTEC Diploma**: Distinction\* Distinction\*

**Pass access to HE** with 112 Points

**International Baccalaureate** 28 - 30P

In addition, 5 GCSE's at Grade C including Maths and English or equivalent and **IELTS** 6.0 with no Component lower than 5.5 or equivalent.

In addition, students entering onto the Human Nutrition strand should possess 2 Science A levels or equivalent or achieve >60% in XS1601.

Students without qualifications which are on this list may still qualify for entry. Mature students with relevant industrial experience, may qualify for entry. Applications from people with relevant work or life experience and/or non-standard qualifications who can demonstrate the ability to cope with and benefit from degree-level studies are welcome.

Direct entry applicants at level 6 must possess a Foundation Degree in Health, Fitness & Nutrition or a related subject.

### 17. Key sources of information about the programme

- QAA website: <http://www.qaa.ac.uk/en>
- UCAS web site: <https://www.ucas.com/>
- BASES website: <http://www.bases.org.uk/>
- University sources –  
[http://www.uclan.ac.uk/courses/bsc\\_hons\\_nutrition\\_exercise\\_sciences.php](http://www.uclan.ac.uk/courses/bsc_hons_nutrition_exercise_sciences.php)
- [www.exerciseregister.org](http://www.exerciseregister.org) – the website of the Register of Exercise Professionals

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- |  |
|--|
| <ul style="list-style-type: none"><li>• <a href="http://www.unistats.direct.gov.uk">www.unistats.direct.gov.uk</a> – Unistats website; to secure information on the National Student Survey.</li></ul> |
| <ul style="list-style-type: none"><li>• <a href="http://www.Skillsactive.com">www.Skillsactive.com</a> – website of Skills Active</li></ul>  |

## 18. Curriculum Skills Map – BSc (Hons) Nutrition and Exercise Sciences

Please tick in the relevant boxes where individual Programme Learning Outcomes are being assessed

Level	Module Code	Module Title	Compulsory (COMP) or Option (O)	Programme Learning Outcomes																	
				Knowledge and understanding			Subject-specific Skills					Thinking Skills				Other skills relevant to employability and personal development					
				A1	A2	A3	B1	B2	B3	B4	B5	C1	C2	C3	C4	D1	D2	D3	D4	D5	
LEVEL 6	TL3172	Consultancy Project	COMP					✓		✓				✓	✓			✓	✓		
	XS3900	Double Research Project	COMP	✓	✓	✓		✓				✓				✓			✓	✓	
	XS3601	Nutrition and Health	COMP	✓	✓	✓	✓					✓	✓		✓	✓		✓	✓	✓	
	XS3200	Exercise Referral	COMP	✓						✓		✓		✓	✓	✓				✓	
	XS3600	Nutritional Biochemistry	COMP	✓	✓	✓	✓		✓	✓		✓	✓			✓	✓		✓	✓	
	XS3103	Training Prescription for the Elite Athlete	O				✓		✓						✓	✓	✓	✓	✓		
	HS3003	Public Health: Delivery and Action	O	✓		✓							✓	✓					✓		✓
	XS3008	Foodborne disease	O	✓	✓				✓				✓	✓			✓		✓		✓

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LEVEL 5	XS3009	Food Allergy and Intolerance	O	✓	✓	✓	✓		✓		✓	✓			✓		✓		✓	
	XS3005	Professional Work Experience 2	O		✓	✓		✓	✓	✓	✓		✓		✓	✓	✓	✓	✓	
	XS3003	Psychology of Diet and Exercise	O	✓	✓	✓	✓					✓	✓			✓		✓		✓
				A1	A2	A3	B1	B2	B3	B4	B5	C1	C2	C3	C4	D1	D2	D3	D4	D5
	XS2902	Applied Physiology & Scientific Enquiry	COMP	✓		✓	✓		✓	✓	✓	✓	✓	✓		✓	✓			
	XS2601	Performance Nutrition	COMP	✓	✓	✓			✓			✓	✓			✓		✓		✓
	XS2600	Nutrition for Life	COMP		✓	✓	✓		✓		✓	✓	✓				✓			
	HS2003	Public Health: Needs and Contexts	COMP	✓	✓	✓	✓		✓	✓		✓	✓					✓	✓	✓
	XS2001	Food Processing and Preservation	COMP	✓	✓	✓			✓			✓	✓			✓		✓		✓
	XS2206	Advanced Principles of Exercise & Training	COMP	✓	✓		✓				✓	✓		✓	✓				✓	
				A1	A2	A3	B1	B2	B3	B4	B5	C1	C2	C3	C4	D1	D2	D3	D4	D5
LEV EL 4	XS1601	Principles of Biology and Nutrition	COMP			✓	✓				✓	✓	✓			✓	✓		✓	

APPENDIX 21 - CDG

	XS1902	Principles of Physiology & Scientific Enquiry	COMP	✓					✓					✓						
	XS1205	Planning & Instructing Exercise for Health & Fitness	COMP	✓	✓		✓		✓					✓	✓	✓	✓			
	HS1100	Health and the Social Sciences	COMP	✓	✓	✓	✓					✓					✓		✓	
<b>LEVEL 3</b>	XSC102	Fundamentals of Sport, Exercise and Nutritional Sciences	COMP		✓		✓								✓					
	TLC125	Essential Study Skills for Lifelong Learning	COMP												✓	✓				
	PUC103	Physical activity and Health Promotion	COMP							✓	✓	✓					✓	✓	✓	✓
	PUC104	Foundations in Sports and Exercise Injury Management	COMP														✓	✓	✓	✓

## 19. LEARNING OUTCOMES FOR EXIT AWARDS

<b>Learning Outcomes for the Certificate of Higher Education in Nutrition and Exercise Sciences</b>
<b>A. Knowledge and Understanding</b>
A2. Recognise the need for a multi-disciplinary approach to the study of nutrition and exercise science.  A3. Acquire, interpret and analyse information appropriate to nutrition and exercise sciences.
<b>B. Subject-specific skills</b>
B1. Execute practical scientific activities using appropriate techniques and procedures.  B3. Undertake practical work with due regard for health and safety, ethics and risk assessment.  B5. Adopt & maintain professional behaviour in line with relevant professional standards.
<b>C. Thinking Skills</b>
C1. Describe evidence related to nutrition and exercise sciences.  C2. Interpret data related to the discipline area of exercise and nutrition sciences.  C3. Apply knowledge of nutrition and exercise sciences to the solution of familiar problems
<b>D. Other skills relevant to employability and personal development</b>
D.1 Use intellectual skills to enhance knowledge and understanding (recognise and apply subject-specific principles D.2 Use practical skills to enhance subject knowledge and understanding (implement investigations; record and analyse data appropriately; carry out appropriate investigations in a responsible, safe and ethical manner). D.3 Use numeracy, C & IT to enhance subject knowledge and understanding (use a variety of information sources; communicate using a variety of formats and approaches; cite and reference work appropriately; prepare, process, present data appropriately; use computers to solve problems; use electronic sources as a source of information and to communicate). D.4 Use interpersonal and teamwork skills to enhance subject knowledge and understanding D.5 Use self-management to enhance subject knowledge and understanding (skills involved include working independently; effective time management and organisation skills; identifying, working towards and achieving targets; and developing an adaptable, flexible and effective approach to study and work).

## **Learning Outcomes for the Diploma of Higher Education in Nutrition and Exercise Sciences**

### **A. Knowledge and Understanding**

- A1. Understand the scientific basis of exercise and nutrition and how it relates to health.
- A2. Recognise the need for a multi-disciplinary approach to the study of nutrition and exercise science using an evidence-based approach underpinned by academic and professional practice.
- A3. Acquire, interpret and critically analyse information appropriate to nutrition and exercise sciences.

### **B. Subject-specific skills**

- B1. Plan, design and execute practical scientific activities using appropriate techniques and procedures.
- B3. Undertake practical work with due regard for health and safety, ethics and risk assessment.
- B4. Demonstrate an awareness of the sustainability issues that underpin best practice in nutrition and health-related fitness provision.
- B5. Adopt & maintain professional behaviour in line with relevant professional standards.

### **C. Thinking Skills**

- C1. Begin to critically evaluate evidence related to nutritional and exercise sciences.
- C2. Interpret experimental data related to the discipline area of exercise and nutritional sciences.
- C3. Apply knowledge of nutrition and exercise sciences to the solution of familiar and unfamiliar problems
- C4. Develop a reasoned argument and challenge assumptions about the discipline area

### **D. Other skills relevant to employability and personal development**

- D.1 Use intellectual skills to enhance knowledge and understanding (recognise and apply subject-specific principles; formulate and test hypotheses; apply subject knowledge to address problems).
- D.2 Use practical skills to enhance subject knowledge and understanding (design and implement investigations; record and analyse data appropriately; carry out appropriate investigations in a responsible, safe and ethical manner).

- D.3 Use numeracy, C & IT to enhance subject knowledge and understanding (use a variety of information sources; communicate using a variety of formats and approaches; cite and reference work appropriately; prepare, process, interpret and present data appropriately; use computers to solve problems; use electronic sources as a source of information and to communicate).
- D.4 Use interpersonal and teamwork skills to enhance subject knowledge and understanding (identify individual and collective goals and responsibilities; use negotiating skills; evaluate performance as an individual and team member; appreciate the interdisciplinary/multidisciplinary nature of the subject area).
- D.5 Use self-management and professional development skills to enhance subject knowledge and understanding (skills involved include working independently; effective time management and organisation skills; identifying, working towards and achieving targets; and developing an adaptable, flexible and effective approach to study and work).

**Learning Outcomes for the BSc Nutrition and Exercise Sciences (without honours)**

**A. Knowledge and Understanding**

- A1. Understand the scientific basis of exercise and nutrition and how it relates to health and disease.
- A2. Recognise the need for a multi-disciplinary approach to the study of nutrition and exercise science using an evidence-based approach underpinned by academic and professional practice.
- A3. Acquire, interpret and critically analyse information appropriate to exercise and nutritional sciences.

**B. Subject-specific skills**

- B1. Plan, design and execute practical scientific activities using appropriate techniques and procedures.
- B3. Undertake practical work with due regard for health and safety, ethics and risk assessment.
- B4. Derive a critical awareness of the sustainability issues which underpin best practice in nutrition and health-related fitness provision.
- B5. Adopt & maintain professional behaviour in line with relevant professional standards.

**C. Thinking Skills**

- C1. Critically assess and evaluate evidence related to nutritional and exercise sciences.
- C2. Interpret experimental data related to the discipline area of exercise and nutritional sciences.

- C3. Apply knowledge of nutrition and exercise sciences to the solution of familiar and unfamiliar problems
- C4. Develop a reasoned argument and challenge assumptions about the discipline area

**D. Other skills relevant to employability and personal development**

- D.1 Use intellectual skills to enhance knowledge and understanding (recognise and apply subject-specific principles; formulate and test hypotheses; apply subject knowledge to address problems; critically analyse, synthesise and summarise relevant information).
- D.2 Use practical skills to enhance subject knowledge and understanding (design and implement investigations; record and analyse data appropriately; carry out appropriate investigations in a responsible, safe and ethical manner).
- D.3 Use numeracy, C & IT to enhance subject knowledge and understanding (use a variety of information sources; communicate using a variety of formats and approaches; cite and reference work appropriately; prepare, process, interpret and present data appropriately; use computers to solve problems; use electronic sources as a source of information and to communicate).
- D.4 Use interpersonal and teamwork skills to enhance subject knowledge and understanding (identify individual and collective goals and responsibilities; use negotiating skills; evaluate performance as an individual and team member; appreciate the interdisciplinary/multidisciplinary nature of the subject area).
- D.5 Use self-management and professional development skills to enhance subject knowledge and understanding (skills involved include working independently; effective time management and organisation skills; identifying, working towards and achieving targets; and developing an adaptable, flexible and effective approach to study and work).