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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*Contents*
1. Welcome to the course

I would like to welcome you to the School and Health Sciences and the Division of Sport, Nutritional and Clinical Sciences. More significantly, welcome to the MSc in 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 will develop your expertise in applied Nutrition and exercise Sciences. The course allows specialisation in one area or the ability to integrate specialism’s. The courses focus on the scientific basis of nutrition & exercise testing and interpretation within a variety of contemporary settings. We think this is an exciting area in which to study, forming an interesting, vocationally relevant course that produces sought-after graduates.

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 go to the School office in Greenbank Room 006 where one of the School Administrators will assist, or see your Course Leader or Personal Tutor.

The School is very proud of its MSc suite of programmes 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.

1.1 Rationale, aims and learning outcomes of the course

To facilitate the achievement of UCLan’s medium term strategy curriculum theme of Employability and Enterprise the proposed programmes will seek to develop not just the academic, but also the professional practice of graduates. Hybrid vocational avenues such as strength and conditioning coach, cardiac rehabilitation specialist, nutritional scientists and health promotion specialists are becoming more noticeable in many nutrition & exercise science settings. The lack of a clear focus has led to a wide variety of undergraduate and postgraduate courses; all assimilated under the broad term ‘sport and exercise sciences’. The proposed courses have been designed to attend to the underpinning scientific rationale with regard to contemporary laboratory and field based nutrition and exercise testing and application. This ethos is underpinned by a strong vocational context whereby the use of such technologies, and attendant feedback/application mechanisms, can be used to provide the
skills needed for work in contemporary nutrition and exercise science environments. Within the School of Sport & Health Sciences, the division of Sport, Nutrition & Clinical Sciences, provides the first ‘host’ for postgraduate level study of Nutrition & Exercise Sciences at UCLan. The division of Sport Nutrition & Clinical Sciences not only provide a central hub for research excellence but will also attend to the development of consultancy and knowledge transfer thereby influencing the applied nature of both undergraduate and postgraduate course delivery.

Students studying the physiology and biomechanics disciplines will receive training and insight into the use of advanced methodologies to generate impactful data for athletes and exercisers in a variety of contexts. The broader Nutrition & Exercise Science programme will allow students to study a wider variety of said methodologies. Graduates will be well equipped to enter practice through the use of a unique combination of academic study allied to research/sports science support experience. Embedding such vocational outputs will ensure an attractive and contemporary curriculum and context. The course has embraced guidance and benchmarks from the British Association for Sport and Exercise Sciences (BASES) and the American College of Sports Medicine (ACSM) and Association for Nutrition to ensure a truly international feel to the advice and guidance provided.

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.

1.2 Course Team

<table>
<thead>
<tr>
<th>Name</th>
<th>Darwin Building</th>
<th>Phone</th>
<th>Email</th>
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</tr>
</tbody>
</table>

I would encourage you to look at each staff member’s research profile on researchgate – the links for each member of staff are given below.

Stephanie Dillon
https://www.researchgate.net/profile/Stephanie_Dillon

Chris Edmundson
https://www.researchgate.net/profile/Cj_Edmundson

Sarah Jane Hobbs
https://www.researchgate.net/profile/Sarah_Hobbs2

Howard Hurst
https://www.researchgate.net/profile/Howard_Hurst

Jonathan Sinclair
https://www.researchgate.net/profile/Jonathan_Sinclair2

Ian Bentley
https://www.researchgate.net/profile/Ian_Bentley2

Brigit Ramsingh
https://www.researchgate.net/researcher/2050811650_Brigit_Ramsingh

Robert Graydon

Nicola Lowe
https://www.researchgate.net/profile/Nicola_Lowe

Carol Wallace
https://www.researchgate.net/profile/Carol_Wallace2

Jan Mei Soon
1.3 Expertise of staff
The above staff are all involved in the teaching and supervision of students enrolled onto the MSc in Nutrition & Exercise Science. We are proud that the Division of Sport, Nutrition, & Clinical Sciences is home to some of the world’s leading researchers in the field of nutrition and exercise sciences.

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, providing insight and direction to enable you to realise your potential.

1.5 Administration details
Campus 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.

Brook Building
Sport & Health Sciences
telephone: 01772 891992/891993
email: 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.

Your Course Academic team will communicate with you via your UCLan email – it is vital that you check this regularly for updates relating to your course. Other information will be available for you on Blackboard site.
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. External Examiner reports will be made available to you electronically. 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.

External examiner: Dr Laurence Protheroe, Senior Lecturer in Sport & Exercise Sciences, Hartpury University

2. Structure of the course
2.1 Overall structure
This section outlines the course structure and important information on the range of modules at each level is provided.

The information on the modular structure provided in this section is only a summary and for more information on courses, academic regulations and conducts for students go to The Student Guide to University regulations by clicking here

The course consists of a number of modules. All of these modules have a credit rating of 20, 40 or 60. 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. Some modules are also taught into the summer period, semester 3. This includes your research project.

You must ensure that you register for 180 credits in total.

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 myUCLan. Please follow this link.

It is your responsibility to ensure that all details are correct and up-to-date!
Before we move on a quick explanation of some of the jargon you will encounter.

**Module**  A unit of study with its own title, learning outcomes and assessment schedule, for which one grade is awarded at the end. Students take 180 credits in total. However, the term "module" is used to refer to separate units of study and also to their value. This will be a mix of half, single and double modules. Much of this handbook is about explaining which nine modules (180 credits) you need to do.

**Semester**  The academic year is split into three semesters. Semester 1 starts in September with induction week. Examinations (if any) are held at the end of the semester. Semester 2 starts in late January. Examinations are held at the end of the semester. Modules may be 1 semester or may run across two semesters, and are referred to as 'year-long', with examination at the end of Semester 2. Semester 3 runs between May and August. Semester dates and examination weeks are included on the University Academic Calendar, on the web.

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### Course structure MSc Nutrition & Exercise Science

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<th>COMPULSORY MODULES</th>
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<td><strong>Semester 1</strong></td>
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<tr>
<td>XS4000 Research methods for Sport, Exercise &amp; Nutritional Sciences (40 credits)</td>
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<tr>
<td>XS4303 Advanced practitioner skills in sport &amp; exercise physiology (30 credits)</td>
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#### 2.2 Modules available

**XS4000 Research methods for Sport, Exercise & Nutritional Sciences**

This module aims to provide guidance and experience in:

- research paradigms.
- research study design and implementation.
- the use of a wide range of statistical analysis relevant to sport and exercise science.
- the peer review process of scientific communication.
• presenting work in both paper and non-paper based formats.
• appraising empirical studies and meta-analyses.
• the use of electronic and paper-based literature sources, in written presentation and citation skills.

**XS4303 Advanced practitioner skills in sport & exercise physiology**

This module aims to provide guidance and experience in:

- the development of high level testing and interpretation skills commensurate with sport and exercise physiology.
- the suitability of using several laboratory based measurement techniques used in sport and exercise physiology.
- the reading and interpretation of primary research sources.
- the ability to apply methodologies in the research or sports science support/health-related fitness screening context.

**XS4603 Advances in Sports Nutrition**

In this module you will

- develop a good theoretical understanding of current sports nutrition.
- general principles, concepts and underpinning theory in sports nutrition necessary for the development of nutritional strategies for those engaged in recreational through to elite sport.
- develop understanding of the skills and experience necessary to translate sports nutrition principles into practical scenario’s.

**XS4900 Research Project for Sport, Exercise & Nutritional Sciences**

In this module you will,

- further develop the student’s ability to formulate hypotheses and through the process of effective decision making employ relevant experimental strategies.
- engender a spirit of enquiry in both the practical and theoretical aspects of research.
- apply the knowledge gained in the academic programme to a research programme.
- expand your ability to critically evaluate experimental methods and analyse data.
- present research data both orally and in the form of a written report.
- communicate effectively via reports and presentations to transmit ideas and conclusions.

**XS4601 Contemporary Issues in Nutrition**

In this module you will

- identify, investigate and critically evaluate a current issue in nutrition by applying selected theory and research techniques developed during the course to the chosen area.
- systematically search, select and critically evaluate literature and material relevant to the chosen issue topic.
- identify research gaps in the chosen area and determine priority research questions with reference to current nutritional science and research.
• communicate effectively a comprehensive outline of the factors relating to the chosen topic in a logical and coherent manner.

2.3 Course requirements
You must pass all modules. You complete modules that provide 180 credits. All modules are 20, 30, 40 or 60 credits. There are no restricted combinations related to optional/elective module choice on this programme.

2.4 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.

2.5 Study Time
2.5.1 Weekly timetable
A timetable will be available once you have enrolled onto the programme, through the Student Portal.

2.5.2 Expected hours of study
The normal amount of work involved in achieving a successful outcome to your studies is to study for 200 hours for every 20 credits of modular value, this includes attendance at UCLan and time spent in private study.

During the course it is normal to follow a typical full-time working week with extra time needed for the assignments. Remember: It is students’ responsibility to manage their time effectively. Note that time is “perishable” and lost time can never be regained.

2.5.3 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: sstoabsence@uclan.ac.uk, you will then receive an automated response with an absence form that you must complete.

International Students
It is your responsibility under the UK Border Agency (UKBA), Points Based System (PBS) – that you MUST attend your course of study regularly; under PBS, UCLan is obliged to tell UKBA if you withdraw from a course, defer or suspend your studies, or if you fail to attend the course regularly. Your attendance will be monitored closely.

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.
The School of Sport & Health Sciences will monitor your attendance on a weekly basis to ensure that you are continuing to fully engage in your programme of study, if your attendance is poor than you will be referred and asked to attend a meeting with your course team, it is important that you respond to any correspondence regarding this.

You will be able to check your own attendance record through your myUCLan.

Each time you are asked to enter your details on SAM you must remember that the University has a responsibility to keep information up to date and that you must only enter your own details on the system. To enter any other names would result in inaccurate records and be dishonest. Any student who is found to make false entries can be disciplined under the student guide to regulations.

3. Approaches to teaching and learning
3.1 Learning and teaching methods
The teaching and learning strategy of the MSc Nutrition & Exercise Sciences is designed to assist you in developing your skills in this subject area allowing you to become an independent learner and practitioner in this area. As each student learns in a different way the course offers a range of delivery mechanisms designed to suit all learners. The variety of delivery modalities which include practical and laboratory sessions, statistical analysis workshops, field based nutritional support sessions alongside traditional lecture, workshop and seminar-based teaching are intended to give you an assortment of learning experiences, just as you will work in an assortment of scenarios/ mediums. Within your future career as sport and exercise nutritionist, there are a number of skills that you will need to be proficient in to be successful: these include presenting information in verbal and written formats in both formal and informal manners in addition to inferential numeracy and statistical skills aligned to problem solving and justifying your decisions. The teaching and learning approaches taken by the course team are designed to support you in developing these aforementioned skills and give you opportunity throughout the programme to become confident and proficient in using them. The University’s BlackBoard online learning environment will support you in your learning, on it you will find module materials and resources, it is therefore vital that you regularly use this resource.

3.2 Study skills
Study Skills - ‘Ask Your Librarian’

https://www.uclan.ac.uk/students/support/study/it_library_trainer.php

You can book a one to one session with a subject Librarian via Starfish. These sessions will help with questions such as “My lecturer says I need a wider variety of sources in my references, what do I do?”

“I need to find research articles, where do I start?”

“How do I find the Journal of ...?”

“How do I use RefWorks?”

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.

WISER [http://www.uclan.ac.uk/students/study/wiser/index.php](http://www.uclan.ac.uk/students/study/wiser/index.php)

### 3.3 Learning resources

#### 3.3.1 Learning and Information Services (LIS)

The best place to start when exploring the Library resources available to you is;
- Your ‘Subject Guide’ can be found in the Library Resources
- Your ‘My Library’ tab in the Student Portal
- Library search

#### 3.3.2 Electronic Resources

LIS provide access to a huge range of electronic resources – e-journals and databases, e-books, images and texts.

Furthermore, interactive learning packages will be made available on Blackboard to support your studies.

LIS has recently subscribed to an exciting new interactive e-learning resource offering in-depth modules on four core study skills:-

- Writing skills
- Reading and Note-Making
- Critical Thinking Skills
- Referencing and Plagiarism.

### 3.4 Personal development planning

The programme provides an intellectually rigorous programme of academic study and enables students to demonstrate a depth of understanding in issues central to hospitality management both theoretically and practically. The modules on personal development enable students to develop professional and personal skills in order to enhance future career prospects. Students will evaluate their core skills and assess their personal, academic and professional competencies with the view of developing appropriate strategies to enhance these in the context of a service sector environment- PDP resources.
3.5 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 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 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 10.30am-3pm 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, schools, health and fitness centres, cinemas, visitor attractions, hotels, sport organisations, tourism companies and football clubs. 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. Many of our past graduates have also embarked upon teaching as a career and have been able to enhance their chances of entry into this area by undertaking specific modules of particular relevance to teaching. 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
Information on the support available is at: https://www.uclan.ac.uk/students/

Initial student support and guidance should come from your academic advisor, however further support is available from student coach Joseph Pryle (JPryle1@uclan.ac.uk).

4.1 Academic Advisors
Your Academic advisor will want to meet with you at least twice per year so please book this using Starfish. They are here to work with you to help you understand your assignment feedback and help you reflect and action plan in order to improve your performance within and across academic years.

They will be able to help you plan for your intended future careers and encourage you to take up additional qualifications and opportunities that are available. They will help you collect evidence to create and dress CV’s

Your Academic advisor will work with you to create an individualised learning/development plan that will see you becoming active, global citizens as per the UCLan Medium Term Strategy.

4.2 Students with disabilities
Arrangements are made for students who have a disability/learning difficulty for which valid supporting evidence can be made available. Contact the Disability Adviser for advice and information, disability@uclan.ac.uk

Disability leads for the School of Sport & Health Sciences are: Susan Anderson / Sean Kilmurray

4.3 Students' Union One Stop Shop
The Opportunities Centre is the Union's One Stop Shop to find employment or volunteering whilst you study. With thousands of jobs and voluntary positions advertised, agency work through the Bridge and information on over 2000 volunteer positions within the Union.

5. Assessment
5.1 Assessment Strategy
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 include:

- Formal essays and reports
- Practical observations and skill competence
- Individual and group presentations
- Seminar papers on nominated topics
• Log books, diaries and portfolio of practical work
• Industry based project

The course team have devised the assessment strategy with the needs of the sport industry in mind. The emphasis towards group work and presentational skills reflect the need and abilities of the industry more adequately than conventional examinations you would be expected therefore to have a professional approach to a wide range of assessment situations.

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. Lead lectures, seminars and applied practical’s are designed to support your assignment submission and failure to attend any of these sessions may result in module tutors not offering additional individual tutorials.

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 masters, 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 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.

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.
Further information regarding “How to Reference” can be found at http://www.uclan.ac.uk/students/wiser/referencing_guides.php It is strongly 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
• report their findings accurately and truthfully
• consider the consequences of their work or its misuse for those they study and other interested parties.

5.5 Cheating, plagiarism, collusion or re-presentation
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 your 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. You will be required give a declaration indicating that individual work submitted for an assessment is your own.

If you attempt to influence the standard of the award you obtain through cheating, plagiarism or collusion, it will be considered as a serious academic and disciplinary offence - section 6.6 of the University Student Handbook for full definitions.

5.6 How do I know that my assessed work had been marked fairly?
Assessment is an integral part of the course. Module staff work closely together to design assessments, agree the marking criteria and approve final versions of assessments to ensure
that these are appropriate. The criteria for assessment will be communicated to you clearly during the module teaching.

All module staff engage in development and training in assessment, marking and feedback. Once the assessments have been completed the module team will discuss the assessment methods and marking criteria, prior to starting to mark, so that there is a common understanding of what is expected of students. All assessed modules have moderation built into the marking process. Moderation involves sampling students’ assessed work to make sure that the learning outcomes and agreed marking criteria have been interpreted and applied in the same way. This ensures that you and your fellow students are treated equitably and that the academic standards are applied consistently. During the marking process the module leader will co-ordinate moderation to ensure that at least 10% of assessed work (or a minimum of three pieces) has been reviewed by other markers and any concerns about consistency or accuracy addressed with the whole module team. Your work may or may not be part of this sample, but the processes for developing assessments and marking criteria as well as moderation mean that you can be confident that teaching staff are marking assessments to the same criteria. Module teams may then use feedback from moderation to improve clarity about the nature and purpose of future assessment, or to make changes if required.

Modules are also moderated externally. The module leader will arrange for the external examiner to receive a sample of work for review and comment. External examiners cannot change individual grades, but can act as ‘critical friends’ and confirm that marking standards are in line with other, similar courses in the sector. If, on reviewing the sample, external examiners feel that the marking criteria have not been applied consistently the work of the whole cohort will be reviewed.

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.

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

Student feedback informs the curriculum and its diversity offered within our teaching, learning and assessment strategy. For example, a new research methods module was written specifically for sport exercise and nutritional science students in response to student concerns about the generic research methods module encompassing sport, tourism and hospitality being too wide ranging.

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,

The Union’s Student Affairs Committee (SAC), and members of Students’ Council each have particular representative responsibilities, and are involved with decision making committees as high as the University Board. Therefore, it is very important students engage with the democratic processes of the Students’ Union and elect the students they see as most able to represent them.

Moreover, there will be regular opportunities to provide feedback on a modular level. It is expected that you complete a Module Evaluation 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.

Your Course Leader will facilitate the meetings using and provide a record of the meeting with any decisions and / or responses made and / or actions taken as a result of the discussions held. 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 Student Liaison Officer, Students Union and the Course Leader. Schedules of SSLC meetings are then circulated to the representatives through the UCLan email. Minutes from the meetings are circulated to all course leaders and course representatives who will then distribute to the whole course cohort.

8.0 Appendices
UNIVERSITY OF CENTRAL LANCASHIRE

Programme 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

<table>
<thead>
<tr>
<th>1. Awarding Institution / Body</th>
<th>University of Central Lancashire</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. Teaching Institution and Location of Delivery</td>
<td>University of Central Lancashire, Main Campus</td>
</tr>
<tr>
<td>3. University Department/Centre</td>
<td>School of Sport and Health Sciences</td>
</tr>
<tr>
<td>4. External Accreditation</td>
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</tr>
<tr>
<td>5. Title of Final Award</td>
<td>MSc Nutrition &amp; Exercise Sciences</td>
</tr>
<tr>
<td>6. Modes of Attendance offered</td>
<td>Full time/Part Time</td>
</tr>
<tr>
<td>7. a UCAS Code</td>
<td>UCAS N/A</td>
</tr>
<tr>
<td>b. JACS Code</td>
<td>B400, B600</td>
</tr>
</tbody>
</table>
8. **Relevant Subject Benchmarking Group(s)**


9. **Other external influences**

SENr, BASES, Association for Nutrition

10. **Date of production/revision of this form**

April 2018 / Revised March 2020

11. **Aims of the Programme**

i. To develop a critical approach to theories and methods in the area of Nutrition & exercise sciences, driven by Research-Informed Teaching and learning practices. Ultimately this will generate very high quality postgraduate students specialising in the area of Nutrition and Exercise Sciences.

ii. To provide a learning environment enabling the development of independent study, collaboration with others in team settings, a broad International perspective and an awareness of Sustainability issues relating to the promotion of health and wellness.

iii. To show competence in the design and execution of scientific research.

iv. To support the personal development of students, in relation to career prospects and contribution in the workplace, thereby supporting Employability and Enterprise.

12. **Learning Outcomes, Teaching, Learning and Assessment Methods**

**A. Knowledge and Understanding**

A1. Demonstrate an advanced, in-depth knowledge and critical application of contemporary issues/theories in relation to the concepts of exercise, nutrition and health-related fitness, from both a national and international perspective.

A2. Apply advances in nutritional/ exercise theory/knowledge to new situations in both laboratory and applied environments.

A3. Debate the key philosophical and ethical issues involved in the study of nutrition and exercise sciences.
A4. Integrate research activity and contemporary developments in the discipline of nutrition and exercise sciences.

**Teaching and Learning Methods**

Modes of delivery include teacher-led lectures, student-led seminars and workshops, laboratory sessions, practical sport activities, and group and individual tutorial sessions. It is expected that small group field-based sessions will be a part of teaching and learning. Student learning is encouraged and supported by e-Learn (web-based virtual learning environment), reflective practice and study groups.

**Assessment methods**

Workbooks; short notes; laboratory and field based testing; essays; examinations; reports of various types e.g. practical reports, summaries, data analysis; individual presentations, student led practical sessions. e-Learn based interactive summaries are also utilised for several modules.

**B. Subject-specific skills**

B1. Examine the essential health, safety and ethical aspects to be considered when undertaking applied Nutrition and exercise science investigations.

B2. Manipulate, interpret and report conclusions related to a range of statistical and applied problems in the context of the nutrition and exercise science disciplines.

B3. Evaluate appropriate laboratory equipment to enable Nutrition and exercise science investigations to take place.

B4. Integrate, apply specialist knowledge, advanced scientific and professional skills in the context of Nutrition and exercise sciences.

**Teaching and Learning Methods**

Modes of delivery include lectures, practical laboratory experiences, field-based scientific work, seminars and workshops. Student learning is encouraged and supported by e-Learn (web-based virtual learning environment), reflective practice and study groups.
## Assessment methods

Practical reports, summaries, data analysis; individual presentations, student led practical sessions/demonstrations; examinations.

## C. Thinking Skills

C1. Use and integrate discipline specific theories, concepts and principles in nutrition and exercise sciences.

C2. Evaluate critically a range of data and information derived either experimentally or from within scientific literature/data banks, and supported by logical and structured argument.

C3. Analyse contemporary, theoretical and methodological issues in relation to current research literature, including appraisal of design analysis and interpretation of results.

C4. Apply knowledge and understanding to address familiar and unfamiliar problems.

## Teaching and Learning Methods

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.

## Assessment methods

Workbooks; essays; reflective diaries, Personal Development Files; research project.; examinations.

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

D1. Express skills in self-management and professional development skills
D2. Exhibit interpersonal and teamwork skills

D3. Use IT effectively for information retrieval, data analysis, communication and presentations

D4. Apply knowledge/theory to new situations such as the formulation of hypotheses and innovative experimental design.

**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; individual presentations, practical sessions, reflective diaries, Personal Development Files; written reports.

<table>
<thead>
<tr>
<th>13. Programme Structures*</th>
<th>14. Awards and Credits*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Level</strong></td>
<td><strong>Module Code</strong></td>
</tr>
<tr>
<td>Level 7</td>
<td>XS4900</td>
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<td></td>
<td>XS4000</td>
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### Course Offerings

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>XS4303</td>
<td>Advanced practitioner skills in sport &amp; exercise physiology</td>
<td>30</td>
</tr>
<tr>
<td>XS4603</td>
<td>Advances in Sports Nutrition</td>
<td>30</td>
</tr>
<tr>
<td>XS4601</td>
<td>Contemporary Issues in Nutrition</td>
<td>20</td>
</tr>
</tbody>
</table>

### Program Details

- **Postgraduate Diploma in Nutrition & Exercise Sciences**
  - Requires 120 credits at Level 7

- **Postgraduate Certificate in Nutrition & Exercise Sciences**
  - Requires 60 credits at Level 7

### 15. Personal Development Planning

Personal Development Planning (PDP) is a core learning process for all levels of higher education, work-based learning and continuing professional development. The University is committed to PDP being a part of every course at all levels. PDP at postgraduate level is about students continuing to develop, for example, skills of reflection on their academic, personal and professional development, and self-awareness of their skills and attitudes. PDP is about students improving their learning and performance by taking responsibility for their development, and developing independent learning skills. It is important, therefore, for students to identify their strengths and weaknesses, set goal and action plans for developing, and compile their own records of learning experiences and achievements. A further aspect of PDP is related to students reviewing their progress and managing their future career development and lifelong learning.
Students will be briefed and given written guidelines to support their PDP. The guidelines include, for example, self-assessment exercises, planning tasks, and examples of record keeping. Students are encouraged to use the information to engage in PDP at course and/or module level. Web resources at the University (e.g. careers service, help and support sites) are also given. Students can access further information and exercises on PDP at www.uclan.ac.uk/ldu/resources/pdp

### 16. Admissions criteria

1) A minimum of a lower second class (2:2) honours degree of a UK university or its equivalent in a discipline associated with Nutrition and/or Sport & Exercise Sciences. Students should have studied a substantial amount of Nutrition and/or Sport & Exercise Sciences and research methods during undergraduate studies.

2) A qualification or experience deemed to be equivalent to the above.

Those applicants seeking entry with appropriate experiences will be required to demonstrate the suitability of this experience both on application and at interview.

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

- [www.uclan.ac.uk](http://www.uclan.ac.uk) - Main UCLan website.
- [http://www.uclan.ac.uk/schools/ssto/about_the_school/sport/cases/index.php](http://www.uclan.ac.uk/schools/ssto/about_the_school/sport/cases/index.php)
- [www.uclan.ac.uk/sport](http://www.uclan.ac.uk/sport) – UCLan Sport
- Fact sheet
- Prospectus
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<tr>
<td></td>
<td><strong><a href="http://www.bases.co.uk">www.bases.co.uk</a></strong> – course finder of the British Association of Nutrition Sciences</td>
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<tr>
<td></td>
<td>Outside the University – QAA website, including the Unit 25 benchmarks statements; UCAS handbooks and website; National Occupational Standards</td>
</tr>
</tbody>
</table>
**Note:** Mapping to other external frameworks, e.g. professional/statutory bodies, will be included within Student Course Handbooks

## 18. Curriculum Skills Map – MSc Nutrition & Exercise Sciences

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

<table>
<thead>
<tr>
<th>Level</th>
<th>Module Code</th>
<th>Module Title</th>
<th>Core (C), Compulsory (COMP) or Option (O)</th>
<th>Knowledge and understanding</th>
<th>Subject-specific Skills</th>
<th>Thinking Skills</th>
<th>Other skills relevant to employability and personal development</th>
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</thead>
<tbody>
<tr>
<td>LEVEL 7</td>
<td>XS4900</td>
<td>Research project for sport exercise &amp; nutritional scientists</td>
<td>COMP</td>
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<tr>
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<tr>
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19. LEARNING OUTCOMES FOR EXIT AWARDS

1. Learning outcomes for the award of Postgraduate Certificate Nutrition & Exercise Sciences

A. Knowledge and Understanding

A1. Demonstrate an advanced, in-depth knowledge and critical application of contemporary issues/theories in relation to the concepts of exercise, nutrition and health-related fitness, from both a national and international perspective.

A3. Debate the key philosophical and ethical issues involved in the study of nutrition and exercise sciences.

A4. Integrate research activity and contemporary developments in the discipline of nutrition and exercise sciences.

B. Subject-specific skills

B1. Examine the essential health, safety and ethical aspects to be considered when undertaking applied Nutrition and exercise science investigations.

B2. Manipulate, interpret and report conclusions related to a range of statistical and applied problems in the context of the nutrition and exercise science disciplines.

B3. Evaluate appropriate laboratory equipment to enable Nutrition and exercise science investigations to take place.

B4. Integrate, apply specialist knowledge, advanced scientific and professional skills in the context of Nutrition and exercise sciences.

C. Thinking Skills

C1. Use and integrate discipline specific theories, concepts and principles in nutrition and exercise sciences.

C3. Analyse contemporary, theoretical and methodological issues in relation to current research literature, including appraisal of design analysis and interpretation of results.

D. Other skills relevant to employability and personal development

D1. Express skills in self-management and professional development skills

D2. Exhibit interpersonal and teamwork skills
D3. Use IT effectively for information retrieval, data analysis, communication and presentations

D4. Apply knowledge/theory to new situations such as the formulation of hypotheses and innovative experimental design.

2. Learning outcomes for the award of Postgraduate Diploma Nutrition & Exercise Sciences

<table>
<thead>
<tr>
<th>A. Knowledge and Understanding</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1. Demonstrate an advanced, in-depth knowledge and critical application of contemporary issues/theories in relation to the concepts of exercise, nutrition and health-related fitness, from both a national and international perspective.</td>
</tr>
<tr>
<td>A2. Apply advances in nutritional/exercise theory/knowledge to new situations in both laboratory and applied environments.</td>
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<tr>
<td>A3. Debate the key philosophical and ethical issues involved in the study of nutrition and exercise sciences.</td>
</tr>
<tr>
<td>A4. Integrate research activity and contemporary developments in the discipline of nutrition and exercise sciences.</td>
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</table>

<table>
<thead>
<tr>
<th>B. Subject-specific skills</th>
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</thead>
<tbody>
<tr>
<td>B1. Examine the essential health, safety and ethical aspects to be considered when undertaking applied Nutrition and exercise science investigations.</td>
</tr>
<tr>
<td>B2. Manipulate, interpret and report conclusions related to a range of statistical and applied problems in the context of the nutrition and exercise science disciplines.</td>
</tr>
<tr>
<td>B3. Evaluate appropriate laboratory equipment to enable Nutrition and exercise science investigations to take place.</td>
</tr>
<tr>
<td>B4. Integrate, apply specialist knowledge, advanced scientific and professional skills in the context of Nutrition and exercise sciences.</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>C. Thinking Skills</th>
</tr>
</thead>
<tbody>
<tr>
<td>C1. Use and integrate discipline specific theories, concepts and principles in nutrition and exercise sciences.</td>
</tr>
<tr>
<td>C2. Evaluate critically a range of data and information derived either experimentally or from within scientific literature / data banks, and supported by logical and structured argument.</td>
</tr>
<tr>
<td>C3. Analyse contemporary, theoretical and methodological issues in relation to current research literature, including appraisal of design analysis and interpretation of results.</td>
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</table>

<table>
<thead>
<tr>
<th><strong>D. Other skills relevant to employability and personal development</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>D1. Express skills in self-management and professional development skills</td>
</tr>
<tr>
<td>D2. Exhibit interpersonal and teamwork skills</td>
</tr>
<tr>
<td>D3. Use IT effectively for information retrieval, data analysis, communication and presentations</td>
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<tr>
<td>D4. Apply knowledge/theory to new situations such as the formulation of hypotheses and innovative experimental design.</td>
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</table>