



LEEDS
BECKETT
UNIVERSITY

Course Specification

**BSc (Hons) Sport
and Exercise
Nutrition**

Course Code: BSEXN

2022/23

BSc (Hons) Sport and Exercise Nutrition (BSEXN)

Applicant Facing Course Specification for 2022/23 Undergraduate Entrants

Confirmed at 31/01/2022

This is the date the information has been confirmed as correct by the Course Director

General Information

Award	Bachelor of Science (with Honours) Sport and Exercise Nutrition
Contained Awards	Bachelor of Science Sport and Exercise Nutrition Diploma of Higher Education Sport and Exercise Nutrition Certificate of Higher Education Sport and Exercise Nutrition
Awarding Body	Leeds Beckett University
Level of Qualification and Credits	Level 6 of the Framework for Higher Education Qualifications, with 120 credit points at each of Levels 4, 5 and 6 of the UK Credit Framework for Higher Education (360 credits in total).
Course Lengths and Standard Timescales	Start dates will be notified to students via their offer letter. The length and mode of delivery of the course is confirmed below: <ul style="list-style-type: none">• 3 years (full time, campus based)• 6 years (part time, campus based)
Part Time Study	PT delivery is usually at half the intensity of the FT equivalent course, although there may be flexibility to increase your pace of study to shorten the overall course duration. Some modules may be delivered in a different sequence to that defined within this information set but the modules offered within each level are consistent. Please note that the work placement option is not generally available to PT students.
Location(s) of Delivery	Headingly, Leeds (plus location of work placement, if applicable)
Entry Requirements	Admissions criteria are confirmed in your offer letter. Details of how the University recognises prior learning and supports credit transfer are located here: https://www.leedsbeckett.ac.uk/student-information/course-information/recognition-of-prior-learning/
	Admissions enquiries may be directed to: AdmissionsEnquiries@leedsbeckett.ac.uk .

Course Fees	Course fees and any additional course costs are confirmed in your offer letter. Fees enquiries may be directed to Fees@leedsbeckett.ac.uk .
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Timetable Information

Timetables for Semester 1 will be made available to students during induction week via:

- i) The Student Portal (MyBeckett)
- ii) The Leeds Beckett app

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

Policies, Standards and Regulations (www.leedsbeckett.ac.uk/academicregulations)

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

Key Contacts

Your Course Director	Dr Emily Williams
Your Academic Advisor	Your Academic Advisor will be allocated to you at induction.
Your Course Administrator	Your Course Administrator can be contacted on schoolorfsportadmin@leedsbeckett.ac.uk

Sandwich or Other 'In Year' Work Placement Information

Summary

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

Length

120 hours undertaken at Level 5

Location

Not specified

Professional Accreditation or Recognition Associated with the Course

Professional Body

The course is endorsed by the Sport and Exercise Nutrition register (SENr).

Accreditation/ Recognition Summary

N/A

Course Overview

Aims

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

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

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

The overall aim of the programme is, through direct experience and critical appraisal of research, to develop knowledge, critical understanding and applied practical skills in Sport and Exercise Nutrition practice. Students will explore the application of Sport and Exercise Nutrition in the contexts of sports performance

and exercise and health, developing an appreciation of the multidisciplinary nature of Sport and Exercise Nutrition. In addition, the programme will equip students with employability skills and self-awareness to support their continuing personal and professional development.

Course Learning Outcomes

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

1. Develop knowledge and understanding of the multi-disciplinary basis of Sport and Exercise Nutrition and be able to critically apply the scientific disciplines of Nutrition, Physiology and Psychology.
2. Critically evaluate contemporary research in Nutrition, Physiology and Psychology by successfully evaluating and reflecting on limitations of existing research.
3. Develop a set of advanced skills and understand the application of these skills commensurate with working as a professional in sport and exercise nutrition, including the ability to operate specialist equipment and digital applications.
4. Understand and utilise a scientific process to question and problem solve issues relevant to experiences in sport and exercise nutrition.
5. Analyse empirical data and critically evaluate evidence to produce verifiable conclusions.
6. Develop a set of professional skills necessary for making enterprising decisions in global and diverse employment settings and to take responsibility for one's own continuous professional development.

Teaching and Learning Activities

Summary

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

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

- Students will attend interactive key concept lectures where they will be expected to contribute having done some preparatory study in advance.
- Students will attend seminar and workshops where they will be expected to contribute having done some preparatory study in advance.
- Students will participate in online or face-to-face tutorials where they will work in small groups to engage with learning activities.
- Students will engage and contribute to laboratory/practical sessions.
- Students will organise and conduct laboratory and field data collection, analysis and interpretation.
- Students will work independently to research the relevant literature, predominantly using electronic databases and search engines.

- Students will complete directed activities/ formative assessments which will inform the content of scheduled sessions, providing opportunities for feedback. This may include guided readings, self-diagnostic testing, discussion boards, etc.
- Students will participate in practical workshops to experience/develop the skills required for collecting valid and reliable scientific data.
- Students will participate in group work and assessments, developing the relevant skills required by graduate employers.

Your Modules

This information is correct for students progressing through the programme within standard timescales. Option modules listed are indicative of a typical year. There may be some variance in the availability of option modules. Students who are required to undertake repeat study may be taught alternate modules which meet the overall course learning outcomes. Details of module delivery will be provided in your timetable.

Level 4			
Semester 1	Core (Y/N)	Semester 2	Core (Y/N)
Physiology of the Human Body	Y	Human Behaviour in Sport and Exercise	Y
Nutrition and Biochemistry for Sport and Exercise	Y	Food and Nutrition Science	Y
Personal Professional and Academic Development	Y	The Sport and Exercise Scientist in Action	Y

Level 5			
Semester 1	Core (Y/N)	Semester 2	Core (Y/N)
Psychology of Sport and Exercise	Y	Physiological Responses to Exercise	Y
Food and Nutrition for Health, Sport and Exercise	Y	Practical Skills for Sport and Exercise Nutrition	Y
Research Methods for Sport and Exercise Science			Y
Employability in Sport and Exercise Nutrition			Y

Level 6			
Semester 1	Core (Y/N)	Semester 2	Core (Y/N)
Nutrition for the Prevention and Treatment of Disease	Y	Professional Practice in Sport and Exercise Nutrition	Y

Performance Nutrition	Y	Performance in Extreme Environments	N
Applied Physiology of Sport Performance	N	Obesity Management	N
Clinical Exercise Physiology	N	Cardiac Rehabilitation	N
Psychological Applications of Physical Activity and Health	N	Contemporary Health Issue and Physical Activity	N
Applied Sport Psychology	N		
Final Year Project			Y

NB – All option modules are indicative.

Part Time

Part time students will be supported by the course team to determine an appropriate selection of modules from the level for each year of study.

Assessment Balance and Scheduled Learning and Teaching Activities by Level

The assessment balance and overall workload associated with this course are calculated from core modules and typical option module choices undertaken by students on the course. They have been reviewed and confirmed as representative by the Course Director but applicants should note that the specific option choices students make may influence both assessment and workload balance.

A standard module equates to 200 notional learning hours, which may be comprised of teaching, learning and assessment, any embedded placement activities and independent study. Modules may have more than one component of assessment.

Assessment

Level 4 is assessed by coursework, with some practical and examination assessments.

Level 5 is assessed by coursework, with some practical and examination assessments.

Level 6 is assessed by coursework, with some examinations and practical assessment.

Workload

Overall Workload	Level 4	Level 5	Level 6
Teaching, Learning and Assessment	300 hours	334 hours	240 hours
Independent Study	900 hours	866 hours	960 hours

Overall Workload	Level 4	Level 5	Level 6
Placement	-	120 hours	-

Learning Support

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

Student Services

If you have any questions about life at University, call into our Student Services Centre at either campus or contact Student Advice directly. This team, consisting of trained officers and advisers are available to support you throughout your time here. They will make sure you have access to and are aware of the support, specialist services, and opportunities our University provides. They also work on a wide range of projects throughout the year all designed to enhance your student experience and ensure you make the most of your time with us. Student Advice are located in the Student Services Centre in the Leslie Silver Building at City Campus and on the ground floor of the Priestley Building at Headingley Campus. The team can also be contacted via email at studentadvice@leedsbeckett.ac.uk, telephone on 0113 812 3000, or by accessing our online chat link, available on the student homepage.

Support and Opportunities

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

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