

Course Specification

BSc (Hons) Nutrition

Course code: BSCNU

2024/25

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BSc (Hons) Nutrition (BSCNU)

Applicant Course Specification for 2024/25 Undergraduate Entrants

Confirmed at November 2023

General Information

Award	Bachelor of Science with Honours Nutrition
Contained Awards (non-professional)	Bachelor of Science with Honours Nutrition Studies (Level 6) Bachelor of Science Nutrition Studies (Level 6) Diploma of Higher Education Nutrition Studies (Level 5) Certificate of Higher Education Nutrition Studies (Level 4)
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 are: <ul style="list-style-type: none">• 3 years, full time, campus based or <ul style="list-style-type: none">• 4 years, full time, campus based with sandwich placement option
Location of Delivery	The majority of teaching will be at City campus but on occasion may be at Headingley campus, plus location of optional work placement
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: 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 .

Timetable Information

Timetables for semester one are made available to students during induction week via:

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

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

Policies, Standards and Regulations

<https://www.leedsbeckett.ac.uk/our-university/public-information/academic-regulations/>

The course follows the Academic Regulations except where noted below to comply with the requirements of the Association for Nutrition (AfN).

Fitness to Practise

The course is authorised to use the University Fitness to Practise Policy and Procedure. Details can be found [here](#). Students are expected to act in a professional manner at all times in line with the Policy.

Assessments and passing modules

All components of assessment and all modules must be passed at the threshold pass mark of 40% for progression from level 4 and level 5 and to achieve the level 6 target award. No compensation is allowed between components of assessment in a module.

Contained awards – all non-professional

- Bachelor of Science with Honours Nutrition Studies (Level 6)
- Bachelor of Science Nutrition Studies (Level 6)
- Diploma of Higher Education Nutrition Studies (Level 5)
- Certificate of Higher Education Nutrition Studies (Level 4)

The contained awards follow the standard Academic Regulations.

Students who do not meet the AfN requirements for progression from level 4 or level 5 or for the target award at level 6, but who do meet the standard Academic Regulations requirements for progression and award for an honours degree, can achieve the contained award of BSc (Hons) Nutrition Studies.

Academic Calendar

To accommodate placements (optional), the course may follow a non-standard academic calendar.

Key Contacts

Course Director	Kate Austin
Academic Advisor	Confirmed at induction
Course Administrator	Claire McCann c.mccann@leedsbeckett.ac.uk

Sandwich and Other Work Placement Information

Summary

<https://www.leedsbeckett.ac.uk/student-information/careers-and-opportunities/placements/>

Students can choose to undertake placements if they wish.

Length

Placements are incorporated into the course as follows:

- **Nutrition Work Placement** (optional): equivalent of 20-30 days on completion of level 5 and prior to completing level 6. Students on the full-time route have the opportunity to undertake up to 6 weeks of placement, with some flexibility of the length, and this usually occurs at the end of their second year of study.
- **Nutrition Extended Placement** (sandwich course, optional): 40 weeks usually between level 5 and level 6. Students on the sandwich route undertake a minimum of 40 weeks of placement during their third year of the course.

Location

Students have the option of being placed in the UK or overseas. Further information on the allocation process is provided by the Personal and Professional Development module leader prior to option choices being made.

Professional Accreditation Associated with the Course

Professional Body

The Association for Nutrition (AfN): <https://www.associationfornutrition.org/>

Accreditation/ Recognition Summary

Graduates of AfN Accredited Degree Programmes have the opportunity to apply for Direct Entry to the UK Voluntary Register of Nutritionists UKVRN, at Associate status. Please note that registration is not automatic following graduation and an application must be made to the AfN. Students who successfully complete the target award of BSc (Hons) Nutrition will be accepted onto the register on application. Being registered with the AfN broadens employment opportunity in the field of Nutrition.

Course Overview

Aims

The aims of the programme are to:

- 1 Provide students with a systematic understanding of the evidence-based relationship between food, nutrition and health and apply this knowledge practically for the benefit of groups, communities and populations.
- 2 Develop students' research knowledge and skills. Students will also be able to manage, analyse, interpret and communicate information and statistics about nutrition related health and disease states.
- 3 Facilitate strong communication, presentation and IT skills in order for students to function effectively and efficiently within a varied and multidisciplinary workforce.
- 4 Enable students to engage in continuing professional development and prepare for lifelong learning.

Course Learning Outcomes

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

1. Integrate and synthesise theoretical principles and concepts from the natural and social sciences and apply this knowledge to modify food and nutritional habits of the general public in line with healthy eating principles from national and global perspectives.
2. Demonstrate competency in a variety of practical, interpersonal and information and digital literacy skills relevant to the Nutrition profession.
3. Apply the theoretical knowledge of health promotion/health education strategies and translate the science of public health into nutrition guidelines appropriate for specialist and non-specialist audiences, to empower individuals to make informed choices.
4. Critically describe and discuss public health policy from a national and global perspective and its overarching principles aimed at reducing health inequalities through cross-sectoral inter-professional working.
5. Apply an enquiring, problem solving, reflective and self-evaluate approach and undertake research in the evaluation and improvement of practice thereby embracing an evidence-based approach to practice.
6. Work professionally within legal, professional, cultural and ethical boundaries of the Association for Nutrition, to enable effective communication through varying media and a wide diversity of individuals and groups, and commit to continuing personal and professional development.

Teaching and Learning Activities

Summary

The BSc (Hons) Nutrition course is delivered in person on campus and there is an 80% minimum attendance requirement as stipulated by the accrediting body, the Association for Nutrition.

The course provides varied and applied teaching strategies including lectures, seminars, tutorials, practical classes, group work and independent study. Use of Technology Enhanced Learning is also used to support modules with the majority of assessments being submitted online and a variety of computer programmes such as Myfood24 and PebblePad utilised to enhance the student experience.

Students have the opportunity to develop skills of flexibility, adaptability and group working through seminar, tutorial, problem based learning, practical classes, case studies and practice placements. Students

are encouraged through the structure of the learning experiences within each module to adopt a critical and enquiring approach.

External lecturers also input into module delivery throughout the course through key lectures in particular during Level 6 Current Issues in Nutrition and L6 Competent Professional modules. This is in addition to the placement learning integrated into the course (placements are optional). Staff from the wider University are also embedded within the course delivery team as appropriate. Social Scientists contribute to Level 4 Food and Society, Level 5 Genetics and Lifestyle Related Conditions and Level 6 Nutrition In Practice modules, Microbiologists have a significant input in Level 4 Food and Food Science and Level 5 Food Science and Microbiology modules, and Biochemists and Physiologists are module leaders for the Level 4 Nutritional Biochemistry, Level 5 Human Metabolism and Level 4 Human Physiology modules.

Your Modules

This information is correct for students progressing through the programme within standard timescales. 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. All modules are core.

Semester 1	Semester 2
Level 4	
Human Physiology (20 credits)	Nutritional Biochemistry (10 credits)
Food and Food Science (20 credits)	Food and Society (20 credits)
Personal Development for Nutritionists (20 credits)	Personal Development for Nutritionists continues
Nutrition (30 credits)	Nutrition continues
Level 5	
Human Metabolism (10 credits)	Food Science and Microbiology (10 credits)
Genetics and Lifestyle Related Conditions (20 credits)	Nutrition and Physical Activity (20 credits)
Community and Public Health Nutrition (20 credits)	Community and Public Health Nutrition continues
Professional Development for Nutritionists (20 credits)	Professional Development for Nutritionists continues
Research Methodology, Statistics and Evaluation (20 credits)	Research Methodology, Statistics and Evaluation continues
Level 6	
Sports Nutrition (20 credits)	Nutrition in Practice (20 credits)
Current Issues in Nutrition (20 credits)	Competent Professional (20 credits)
Research Project (40 credits)	Research Project continues

Optional Placements after completing Level 5
Nutrition Work Placement or Nutrition Extended Placement (sandwich) (no credits)

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. A standard module equates to 200 notional learning hours, comprising teaching, learning and assessment,

any embedded placement activities and independent study. Some modules have more than one component of assessment.

Assessment

Level 4 is assessed by a broadly even mix of coursework and examinations, with some practical assessments.

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

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

Workload

Overall Workload in hours	Level 4	Level 5	Level 6
Teaching, Learning and Assessment	270	272	180
Independent Study	930	928	1020
Placement (<i>placement hours are optional</i>)	-	-	-
Total	1200	1200	1200

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 Representative 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 there are two tabs, Support and Opportunities, where you can find online information and resources.

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.