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# Course

# Specification

# MSc Nutrition in Practice

**Course Code: MSCNP**

**Campus and Distance Learning**

**2024/25**

[leedsbeckett.ac.uk](https://leedsbeckett.ac.uk)

# MSc Nutrition in Practice (MSCNP)

## Applicant Course Specification for 2024/25 Postgraduate Entrants

Confirmed at November 2023

### General Information

<b>Award</b>	Master of Science Nutrition in Practice
<b>Contained Awards</b>	Postgraduate Diploma Nutrition Studies Postgraduate Certificate Nutrition Studies
<b>Awarding Body</b>	Leeds Beckett University
<b>Level of Qualification and Credits</b>	Level 7 of the Framework for Higher Education Qualifications, with 180 credit points at Level 7 of the Higher Education Credit Framework for England.
<b>Course Lengths and Standard Timescales</b>	Start dates will be notified to students via their offer letter. The length and mode of delivery of the course are: <ul style="list-style-type: none"><li>• 1 year, full-time, campus based</li><li>• 2 years, part-time, campus based</li><li>• 2 years, part-time, distance learning</li></ul>
<b>Part Time Study</b>	Part-time delivery is usually at half the intensity of the full-time equivalent course. Some modules may be delivered in a different sequence from that defined within this specification.
<b>Locations of Delivery</b>	The majority of teaching will be at City campus but on occasion may be at Headingley campus.  Distance Learning option for part time students.
<b>Entry Requirements</b>	Admissions criteria are confirmed in your offer letter. Details of how the University recognises prior learning and supports credit transfer are located here: <a href="https://www.leedsbeckett.ac.uk/student-information/course-information/recognition-of-prior-learning/">https://www.leedsbeckett.ac.uk/student-information/course-information/recognition-of-prior-learning/</a>  Admissions enquiries may be directed to: <a href="mailto:AdmissionsEnquiries@leedsbeckett.ac.uk">AdmissionsEnquiries@leedsbeckett.ac.uk</a> .
<b>Course Fees</b>	Course fees and any additional course costs are confirmed in your offer letter. Fees enquiries may be directed to <a href="mailto:Fees@leedsbeckett.ac.uk">Fees@leedsbeckett.ac.uk</a> .

## 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.

For students on the distance learning route, online materials are provided for you to work through in your own time.

## 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.

### 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.

### Pre-requisite module

Students must successfully complete Research Methods for Nutrition 20 credit module prior to undertaking the Research and Practice Development 40 credit module. Formal recognition and confirmation of the marks awarded for the Research Methods for Nutrition module will be confirmed by the Examination Board. If the Research Methods for Nutrition module is failed, there would normally be an opportunity to repeat the module at the end of the level (after year 1 for full-time students and after year 2 for part-time students). If the module is then passed, students will be able to commence the Research and Practice Development module.

### Progression to optional placement

Students must successfully complete the Nutrition Advances in Practice module (20 credits) and Lifestyle Disease and Social Context module (20 credits) in order to be eligible for placement. Formal recognition and confirmation of the marks awarded for the aforementioned modules are confirmed at the Examination Board at the end of semester 1 of a student's first year. The earliest students will be eligible to go on placement would be June following Semester 2 of the first year (full-time) or second year (part-time). Students must also successfully complete the relevant mandatory training in advance of placement.

### Contained awards

The credits for the contained awards are taken from across the course. These awards are not accredited by the Association for Nutrition.

## Your Key Contacts

<b>Course Director</b>	Kate Austin
<b>Academic Advisor</b>	Confirmed at induction
<b>Course Administrator</b>	Claire McCann <a href="mailto:c.mccann@leedsbeckett.ac.uk">c.mccann@leedsbeckett.ac.uk</a>

## Work Placement Information

### Summary

Students can choose to undertake an optional four weeks placement. This placement opportunity demonstrates our commitment to support students in identifying relevant work and preparing them for postgraduate careers. While there is no academic credit awarded for the optional placement module it enables those students without relevant work experience the opportunity to gain practice placement experience. Those students who undertake the optional placement will also have the opportunity to reflect on what they have learnt in their e-portfolio for the 'Professional and Collaborative Practice' module.

### Length

Four weeks (June–September) placement full-time. However, placements are flexible in order to ensure students gain the most out of their placement experience and students might choose to do the equivalent of 20-days placement over a longer period of time provided this does not interfere with scheduled teaching and/or assessment at the University.

### Location

Students have the opportunity to undertake an optional four weeks placement in a nutrition-related environment (e.g., food industry, research, clinical practice, public health). Practice Placements are approved, quality assured and allocated within arrangements established by the Health and Social Care Practice Learning Team. Placement is optional and successful completion of a placement is not required in order to achieve the target award. Students wishing to take up the opportunity of a work placement can do so in a variety of settings: primary care, secondary care, industry, public health and local authority settings across the UK and abroad. Placements can be offered both face to face and virtually.

## Professional Accreditation or Recognition Associated with the Course

### Professional Body

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

### Accreditation/ Recognition Summary

The MSc Nutrition in Practice course is accredited by the Association for Nutrition (AfN) that holds the UK Voluntary Register of Nutritionists (UKVRN), the only register of qualified nutritionists recognised by Public Health England and NHS Careers.

## **Course Overview**

### **Aims**

The aims of the programme are:

- 1 To enable students to systematically analyse and evaluate the evidence-based relationship between food, nutrition and health, applying knowledge creatively to benefit groups, communities and populations.
- 2 To develop skills in the analysis, interpretation and presentation of nutritional data, accounting for social and economic determinants, current and future healthcare policy.
- 3 To critically appraise a breadth of research design and apply knowledge in the formulation, implementation and evaluation of original nutritional research.
- 4 To develop the professional skills of leadership, collaboration and communication required to effect nutritional change within health and food industry settings.

### **Course Learning Outcomes**

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

- 1 Integrate, analyse and synthesise knowledge, theories and concepts from a range of disciplines in the analysis of food and nutrition, to determine 'best practice' in Nutrition according to the evidence and apply this knowledge to emerging, complex scenarios.
- 2 Apply problem-solving approaches, critical evaluation, reflective and creative skills in the interpretation and evaluation of existing nutrition related interventions, and demonstrate originality and creativity in developing novel nutrition interventions.
- 3 Demonstrate effective communication techniques for a range of lay and professional audiences, through application of communication/behaviour change techniques with developed presentation, facilitation and report writing skills, being flexible and reactive to unpredictable situations.
- 4 Demonstrate the ability to analyse nutritional intakes, trends, and behaviours, evaluating complex data according to health, social and economic determinants, using relevant IT skills and statistical methods.
- 5 Analyse, evaluate and synthesise a range of quantitative and qualitative research methodologies, applying your knowledge in evaluating the strength of the research base and in the design of original research which contributes to the evidence base.
- 6 Demonstrate self-direction in establishing a professional approach to learning, through analysis, reflection, and evaluation of your development, and apply learning within the context of leadership, collaborative and cross-sector working.

## Teaching and Learning Activities

### Summary

Teaching is delivered in person for students studying the standard delivery mode of this course. Teaching takes place in multi-purpose rooms with additional specialised facilities for technical, clinical and interpersonal skills development. In addition, the course has access to a purpose built catering laboratory.

Teaching approaches include: interactive online lectures, video demonstrations, practical work, student-led online discussions, case studies, problem solving exercises, reflective learning technique and group work. Problem solving exercises and case studies enable students to integrate their knowledge and increase their interest in the subject matter. Oral communication and the ability to work effectively in groups are developed by assignments such as group presentations and seminars.

### Distance learning

Students studying distance learning mode will access asynchronous online teaching materials.

For students accessing the course via distance learning, there is an expectation that students will use their own kitchen to carry out practical sessions associated with the modules. In terms of distance learning students can evidence having engaged with these activities through photo or video evidence. As the entire course is delivered via the virtual learning environment, it is used to present all module content. A typical module consists of a module home page, module introduction, student virtual meeting space, teaching units and assessment section. Within each teaching unit there is 'core' content provided for the students:

- Unit introduction - overview, learning outcomes, for the unit and a study timetable
- Online lecture presentation (interactive presentation with audio) and videos
- Core reading - Specific chapters or articles (available as e-texts via the Library)
- Formative activities – examples include: video, short answer questions, discussion activities, quizzes, reflective journals, further reading
- Student meeting space via collaborate online platform

### 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 and the placement is optional.

Full time, campus delivery		
Semester 1	Semester 2	Semester 3
Nutrition Advances in Practice (20 credits)	Nutritional Epidemiology (20 credits)	Nutrition Work Placement: 4-week placement (optional) <i>June - Sept</i>
Lifestyle Disease and Social Context (20 credits)	Enterprise in Public Health Nutrition (20 credits)	
Research Methods for Nutrition (20 credits)	Food Systems and Policy (20 credits)	
Professional and Collaborative Practice (20 credits)	Professional and Collaborative Practice continues	
	Research and Practice Development (40 credits)	Research and Practice Development continues

<b>Part-time, Year 1, Campus and Distance Learning deliveries</b>	
<b>Semester 1</b>	<b>Semester 2</b>
Nutrition Advances in Practice (20 credits)	Nutritional Epidemiology (20 credits)
Research Methods for Nutrition (20 credits)	Enterprise in Public Health Nutrition (20 credits)
Professional and Collaborative Practice (20 credits)	Professional and Collaborative Practice continues

<b>Part-time, Year 2, Campus and Distance Learning deliveries</b>		
<b>Semester 1</b>	<b>Semester 2</b>	<b>Semester 3</b>
Lifestyle Disease and Social Context (20 credits)	Food Systems and Policy (20 credits)	Nutrition Work Placement: 4-week placement (optional) <i>June - Sept</i>
Professional and Collaborative Practice continues	Professional and Collaborative Practice continues	
	Research and Practice Development (40 credits)	Research and Practice Development continues

## Assessment Balance and Scheduled Learning and Teaching Activities

The assessment balance and overall workload associated with this course are calculated from core modules. A standard 20 credit module equates to 200 notional learning hours, comprising teaching, learning and assessment, any embedded placement activities and independent study. Modules may have more than one component of assessment.

### Assessment

Modules are assessed mainly by coursework with also a dissertation and an examination.

**Please note** the examination for all students (campus based and distance learning) in the Nutrition Advances in Practice module is undertaken online in year one at a set time and date and students will be given details as soon as possible as to when this will take place.

### Workload

<b>Overall workload</b>	<b>Hours</b>
Teaching and Learning	240
Independent Study and Assessment	1560
Placement	(150 optional)
<b>Total</b>	<b>1800</b>

## **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](mailto: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.

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.