



LEEDS  
BECKETT  
UNIVERSITY

# Course Specification Postgraduate Certificate Sport and Exercise Nutrition

Course Code: PGCSN

2024/25

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# ***Postgraduate Certificate Sport and Exercise Nutrition (PGCSN)***

## **Applicant Facing Course Specification for 2024/25 Postgraduate Entrants**

**Confirmed at DEC/2023**

### **General Information**

<b>Award</b>	Postgraduate Certificate Sport and Exercise Nutrition
<b>Awarding Body</b>	Leeds Beckett University
<b>Level of Qualification and Credits</b>	Level 7 of the Framework for Higher Education Qualifications, with 60 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 is confirmed below: <ul style="list-style-type: none"><li>• 1 year (part time, campus based)</li><li>• 2 years (part time, campus based)</li></ul>
<b>Part Time Study</b>	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.
<b>Location(s) of Delivery</b>	The teaching on your course will take place at Headingley campus
<b>Entry Requirements</b>	Admissions criteria are confirmed in your offer letter.  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 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](http://www.leedsbeckett.ac.uk/academicregulations))

Standard University Regulations apply to this course, with one exception:

Exemption to Academic Regulation 2.3 'Standard Minimum Entry Requirements'; course entry requirements include IELTS 6.5 with no skills below 6.0, or an equivalent qualification.

## **Key Contacts**

<b>Your Course Director</b>	Dr Lauren Duckworth
<b>Your Course Leader</b>	Dr Meghan Brown
<b>Your Academic Advisor</b>	Dr Meghan Brown, Louise Sutton, Dr Lauren Duckworth
<b>Your Course Administrator</b>	<a href="mailto:SchoolOfSportPGAdmin@leedsbeckett.ac.uk">SchoolOfSportPGAdmin@leedsbeckett.ac.uk</a>

## **Professional Accreditation or Recognition Associated with the Course**

### **Professional Body**

Accredited by the Sport and Exercise Nutrition Register (SENR).

### **Accreditation/ Recognition Summary**

Leeds Beckett University recognises the importance of the key professional framework for Sport and Exercise Nutrition, the Sport and Exercise Nutrition Register (SENR). The course has been designed with this in mind, and graduates of the programme will be able to apply for Graduate registration upon completion of the full MSc course. For graduates of the PG Cert for Healthcare Professionals, those studying on this course will gain a thorough understanding of the evidenced-based theoretical underpinning and ability to formulate advice that is appropriate and relevant to an individual or group, in order to facilitate registration on to the SENR alongside their current knowledge and training.

The programme is designed to meet the accreditation requirements for the SENR Postgraduate accreditation.

## **Course Overview**

This Postgraduate Certificate in Sport and Exercise Nutrition at Leeds Beckett University is the first to be accredited by the Sport and Exercise Nutrition Register (SENR), the UK's register for qualified Sport and Exercise Nutritionists. The philosophy of the course is to focus the student in the study of nutrition relevant

for sport and exercise, which is academically challenging, vocationally relevant and underpinned by evidence-based practice. Furthermore, it aims to meet professional standards set by industry governing organisations including the SENR, the British Association of Sport & Exercise Sciences, and the Nutrition Society.

Sport and Exercise Nutrition requires an understanding of the physiological and biochemical responses to physical activity and exercise, and of the special circumstances that occur during training and competition in sports. Students studying on this course will therefore gain a thorough understanding of the multi-disciplinary aspects of sport and exercise nutrition, whereby all modules are core to the course in order to facilitate future graduate registration on to the SENR. We will provide opportunities for the development of professional skills relevant to a host of work across performance sport, physical activity, exercise and health with clear vocational and professional significance. Therefore, the content of the Postgraduate Certificate in Sport and Exercise Nutrition has been carefully designed to provide quality assured professional training to meet the needs of the market and to foster life-long learning in participants.

Our Postgraduate Certificate in Sport and Exercise Nutrition course is delivered across our semesterised delivery within an academic year. We also offer the same module delivery over 4 weekends (January-September), aimed at Healthcare Practitioners. This adapted delivery course for professionals provides registered Dietitians/Nutritionists who wish to gain the required knowledge and competencies to join the Sport and Exercise Nutrition register, and work in Sports Nutrition, the opportunity to study our accredited course. Applicants should either be a practising Dietitian/Nutritionist, or have equivalent experience or training from within the work environment. This course is delivered over 4 weekend throughout the year in blocks of teaching.

Upon completion of the PG Cert, there are opportunities to extend to a Diploma/Masters qualification following further study.

## **Aims**

This is a post-graduate programme for students who are developing their undergraduate and/or professional experience and who have a desire to study Sport and Exercise Nutrition at a higher level. The course is designed to:

- Develop knowledge and understanding of the principles and applications of sport and exercise nutrition and their application to vocational/professional practice.
- Provide an opportunity to critically assess a broad range of theories, methodologies and research findings in sport and exercise nutrition.
- Develop a critical understanding of how to apply theories, strategies and methodologies in appropriate ways.
- Enable the student to develop empirical rigour in identifying solutions to complex problems.
- Develop the appreciation of inter-related scientific concepts that promote understanding of problems and issues in the study of sport and exercise nutrition.
- Provide a forum for the development of research skills and professional competencies in the field of sport and exercise nutrition.

This programme of postgraduate study will provide students with a training of high academic quality and application to the workplace.

## Course Learning Outcomes

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

1	Understand and utilise the distinctive insights and limitations of the nutrition discipline relevant to exercise and sport.
2	Analyse and critically evaluate pertinent research evidence.
3	Take a reflective approach and apply established principles and methodologies to diverse problems and issues relevant to sport and exercise nutrition.
4	To consider and critically reflect upon both traditional and contemporary approaches to research, theory and practice relevant to sport and exercise nutrition.
5	Synthesise theoretical debates and complex issues and apply to professional practices and vocational contexts.
6	Deal with complex issues relevant to the area of sport and exercise nutrition both systematically and creatively, make sound judgment and competently communicating or presenting their conclusions to specialist and non-specialist audiences.

## Teaching and Learning Activities

### Summary

The learning and teaching on this programme places the student at the centre of the experience by fostering an inclusive, supportive, caring and challenging environment. The teaching and learning approaches adopted within modules are designed to sensitise students to contemporary issues in Sport and Exercise Nutrition and challenge their own assumptions and practices in those contexts. The blend of teaching and learning methods in modules will involve a combination of face-to-face facilitated learning - key lectures on substantive areas, complimented by seminars and practicals (staff and student led), online learning (on and offsite), and self-study through directed reading and independent study tasks. This will differ by module and across the different levels of the postgraduate programme. The main emphasis is face-to-face learning in small seminar groups.

### Learning and Teaching Approaches

Students will be engaged through a variety of teaching and learning approaches whilst studying the PG Cert 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 which equates to 200 notional learning hours. The learning on each module will consist of 36 hours contact time within each module, with a considerable focus on student self-directed activity independent study.

Learning and teaching approaches will be continually improved using feedback from mid and end of module evaluations, peer review, focus groups, enhancement and development days and module development days. This will ensure that the students' learning experience is continually enhanced by supporting the professional development needs of the academic members of staff who will facilitate the learning experience.

The following learning and teaching strategies will be used across the modules:

- Students will attend interactive lectures where they will be expected to contribute having done some preparatory reading in advance
- Students will participate in 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, and be involved in the analysis and interpretation of data
- 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 prior to completion of assessed work.

The blend of learning approaches will involve a combination of face-to-face facilitated learning, online learning and self-study which will differ by module and across levels. Modules (20-credits) are delivered over a 12-week semester, with students expected to attend on campus each week, at least a 1-hour large group session and at least a 2-hour smaller group seminar/practical session. Recorded lectures and directed activity will be provided around these study hours. Each module will therefore provide 36 hours of taught content, with students expected to dedicate at least 164 hours of independent study across each semester for each module.

## 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.

Level 7			
Semester 1	Core (Y/N)	Semester 2	Core (Y/N)
Physiology & Biochemistry for Performance	Y	Measurement & Evaluation in Sport & Exercise Nutrition	Y
Sport & Exercise Nutrition	Y		

The part-time study pattern outlined above reflects a recommended course study structure. However, it is recognised that for some students undertaking part-time study, more flexibility will be needed in terms of number of modules completed each year as well as the order of modules studied.

The Postgraduate Certificate in Sport and Exercise Nutrition for Healthcare Practitioners is delivered over 4 weekends (January, March, May and July) with final assessment submissions in September.

## Assessment Balance and Scheduled Learning and Teaching Activities

The assessment balance and overall workload associated with this course are calculated from core modules studied. They have been reviewed and confirmed as representative by the Course Director.

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

On this course students will be assessed through a mix of coursework and examinations.

### Workload

Overall Workload	
Teaching, Learning and Assessment	108 hours
Independent Study	492 hours
Placement	-

### 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](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 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.