



Course Specification

Postgraduate Diploma Sport and Exercise Nutrition

Course Code: PGDSN

2026/27

Postgraduate Diploma Sport and Exercise Nutrition (PGDSN)

Applicant Facing Course Specification for 2026/27 Entrants

Confirmed at 11/2025

General Information

Award	Postgraduate Diploma Sport and Exercise Nutrition
Contained Awards	Postgraduate Certificate Sport and Exercise Nutrition
Awarding Body	Leeds Beckett University
Level of qualification and credits	Level 7 of the Framework for Higher Education Qualifications, with 120 credit points at Level 7 of the Higher Education Credit Framework for England.
Course lengths and standard timescales	• 12 months (full time, campus based) • 24 months (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 from that defined within this information set but the modules offered within each level are consistent. Please note that a work placement option is not generally available to PT students.
Location(s) of delivery	The majority of teaching will be at Headingley campus but on occasion may be at City campus.
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 are confirmed in your offer letter. A breakdown of any additional costs is included on the online prospectus entry for this course. Fees enquiries may be directed to Fees@leedsbeckett.ac.uk.

Policies, Standards and Regulations

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

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.

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.

Timetable

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.

Key Contacts

Your course director Dr Lauren Duckworth

Your Course Leader Dr Meghan Brown

Your course administrator SchoolOfSportPGAdmin@leedsbeckett.ac.uk

Course Overview

The philosophy of the Postgraduate Diploma in Sport and Exercise Nutrition 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-related contexts across performance sport, physical activity, exercise and health with clear vocational and professional significance. Therefore, the content of the Postgraduate Diploma 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.

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.
7	Adopt a reflective approach to the understanding of key methodological and pedagogic debates in research relevant to sport and exercise nutrition.
8	Understand how research methods and techniques generate different kinds of knowledge and be able to apply and use appropriate research skills relevant to the study of sport and exercise nutrition.

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 Dip 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. 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. 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 7 – Full Time

Compulsory modules

Module title	Credits	Semester/ period	teaching
Physiology & Biochemistry for Performance	20	Semester 1	
Sport & Exercise Nutrition	20	Semester 1	
Research Process	20	Semester 1	
Measurement & Evaluation in Sport & Exercise Nutrition	20	Semester 2	
Ergogenic Practices & Nutritional Manipulation in Sport & Exercise	20	Semester 2	
Professional Practice	20	Semester 1 & 2	
Number of credits of compulsory modules	120		

Level 7 – Part Time

Compulsory modules

Module title	Credits	Semester/ period teaching
Physiology & Biochemistry for Performance	20	Semester 1 – Year 1
Sport & Exercise Nutrition	20	Semester 1 – Year 1
Ergogenic Practices & Nutritional Manipulation in Sport & Exercise	20	Semester 2 – Year 1
Research Process	20	Semester 1 – Year 2
Measurement & Evaluation in Sport & Exercise Nutrition	20	Semester 2 – Year 2
Professional Practice	20	Semester 1 & 2 – Year 2
Number of credits of compulsory modules	120	

The full-time and part-time study patterns 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.

Assessment and Scheduled Learning and Teaching Activities

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 7

This course is assessed predominantly by coursework with some examinations and practical assessment.

Workload

Overall Workload	Level 7
Teaching, learning and assessment	216 hours
Independent study	984 hours