

# Postgraduate Certificate (PG Cert) in Sport and Exercise Nutrition for Health Care Practitioners



## Length of course:

The course will begin in January and finish in September of each year.

Each of the three modules will be delivered in blocks of teaching, with considerable time given to independent study. This course has been designed to suit those in full or part-time work.

## Teaching and assessment:

The Postgraduate Certificate requires successful completion of 60 credits, which equates to three core modules:

*Sport and Exercise Nutrition, Physiology and Biochemistry for Performance and Measurement and Evaluation in Sport and Exercise Nutrition.*

These modules will be taught over 1 x 3 day weekend (Fri-Sun: January 2017) and 3 x 2 day weekends (Sat-Sun: March, May and July 2017) over the course of 8 months. Each module will be supported by our Virtual Learning Environment which will contain all delivered material, resources, core reading as well as discussion forums managed by the programme leaders. Each module will include formative assessments to gain feedback, as well as summative assessments which will be incorporated into the weekend delivery. These include exams, essays, portfolios, case studies and online presentations

Modules will be delivered through classroom and laboratory-based teaching, designed to support theory and allow health care practitioners to inform their practise. Modules will be taught by specialist staff including Registered SENr practitioners as well as key guest speakers working within the field of sport and exercise nutrition.



**SENr**  
The Sport and Exercise Nutrition Register  
Accredited Programme

## Overview

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 sport. It is becoming increasingly recognised by athletes, coaches and professional bodies, that nutrition plays a major role in achieving success in both the maintenance of health and sport performance. As such, there is a high demand from sporting teams, professional bodies and health councils to have appropriately qualified personnel and continued professional development aligned to the professional body of Sport and Exercise Nutrition.

Leeds Beckett University were the first institution to gain accreditation by the Sport and Exercise Nutrition Register (SENr), creating a highly valuable learning experience with clear vocational and professional significance. Those studying on this course will therefore 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.

## Are we the right course for you?

This course is aimed at providing a postgraduate qualification for registered Dietitians/Nutritionists who wish to gain the required knowledge and competencies to join the register, and work in Sports Nutrition.

## Opportunities

The PG Cert will support practitioners in Dietetics/Nutrition to apply for registration for the SENr. Upon completion of the PG Cert, there are opportunities to extend to a Diploma/Masters qualification following further study.

## Entry requirements:

Applicants should have an appropriate first degree and either be a practising Dietitian/Nutritionist or have equivalent experience or training from within the work environment.

For more details contact Dr Lauren Duckworth at [l.duckworth@leedsbeckett.ac.uk](mailto:l.duckworth@leedsbeckett.ac.uk) or on 01138126288.

To apply, please visit <https://applyonline.leedsbeckett.ac.uk/main/> and input the programme code PGCSE.

**We recommend booking early as places are limited.**