

Nottingham Trent University Course Specification

Basic Course Information

1.	Awarding Institution:	Nottingham Trent University.
2.	School/Campus:	School Science and Technology / Clifton campus
3.	Final Award, Course Title and Modes of Study:	BSc (H) Exercise, Nutrition and Health, FT, SW
4.	Normal Duration:	3 years FT; 4 Years SW
5.	UCAS Code:	CB64 350P

6. Overview and general educational aims of the course

This Course addresses the ever-increasing need for practitioners with an in-depth understanding of exercise and nutrition coupled with the transferable skills and innovative thinking to enable them to champion adequate exercise/physical activity and a balanced diet as part of a healthy lifestyle.

The overarching aim of this course is to:

- Equip students with the knowledge, skills, qualities and attributes to be effective health practitioners who can apply nutrition and exercise sciences to health improvement

Specifically, the course aims to:

- Provide a holistic approach to health;
- Develop fundamental scientific knowledge of exercise science and nutrition science, with an ability to utilise this knowledge to enhance health and wellbeing, reduce disease risk, and manage pre-existing disease.
- Apply theory into practice to create behaviour changes through effective communication skills;
- Focus on employability, professional skills, real-world experience with input from professional practitioners;
- Produce graduates who can compete successfully in the jobs market;
- Integrate industry-recognised qualifications as part of the learning experience.

The Course has a strong hands-on practical approach to learning along with the provision of a range of real-life experiences. These novel learning experiences are complemented by the latest e-technologies and more traditional approaches that you would expect from a university education. During the Course, students will experience a mixture of lectures, seminars and workshops, which will underpin:

- Putting theory into practice in practical laboratory classes, healthy eating sessions, exercise prescription practical's, client diet and fitness assessments and health promotion campaigns;
- Opportunities to use industry standard software tools to solve problems;
- Guest lectures and workshops from health practitioners
- Working individually and as part of a team on real-life projects;
- A work placement, during which you will practice and develop your skills in the health sector;
- The undertaking of a project in your final year which may involve you working with external health stakeholders and gaining further, valuable, professional experience.

The Course operates within the cluster of Sport Courses offered within the Department of Sport Science. Many of the staff who will teach you throughout the Course are leading experts and practitioners with national and international reputations in their fields. You will also be working alongside staff from NTU's Health Promotion team with the aim of promoting the health and wellbeing of students and staff at NTU. By working with these professionals, you will have a chance to develop the skills and attributes which are fundamental to the modern-

day health practitioner. Other key components of this Course which will make you highly attractive to potential employers are:

- Opportunities to gain vocational and professional qualifications such as Register of Exercise Professionals (REPS) level 3 award in Exercise Referral and Food Hygiene;
- Opportunities to generate your own competencies portfolio with support and guidance to help you to develop a range of vocationally crucial transferable skills;
- Opportunities to create, implement and evaluate health promotion initiatives;
- Many opportunities to prepare and deliver presentations.

The BSc (H) Exercise, Nutrition and Health course will empower you with the knowledge, skills and practical experience needed to begin a successful career in the health sector. Working with our exceptional team, supported by our large network of health practitioners, you will:

- Be able to use exercise and nutrition to promote health and wellbeing and manage disease;
- Develop a strong theoretical knowledge base and a wide range of industry-specific and transferable skills.
- Develop the communication skills and understanding to implement behaviour change across the lifespan

You will have opportunities to work alongside our large network of health practitioners who will interact with you in a number of ways including guest lectures and careers seminars, providing work placement, research project and volunteering opportunities, taking part in our innovative health Promotion Forum (which students form the core membership of), and providing real life briefs for assessments. We have listened to what they have told us they want from our graduates and integrated these skills, knowledge and attributes into the heart of the Course. We believe that this will make you more employable in a competitive jobs market.

Throughout the course there are several opportunities to gain work-like experiences. As an example, the core Level 6 module "Applied Topics in Exercise, Nutrition and Health", students put theory into practice through a series of case studies which will include both exercise/physical activity and nutrition (often developed from real-life scenarios provided by health practitioners). These scenarios will range from working on a one-to-one basis to improve the health of a client to devising health promotion initiatives for populations. This challenging module requires students to bring together the knowledge and skills that they have acquired across all modules (e.g. communication skills, knowledge of the development of health promotion initiatives, knowledge of dietary assessment and nutritional requirements, physical activity/exercise referral methods and recommendations). This module involves a synoptic assessment in which students will be encouraged to reflect on their own personal and professional development throughout the degree course. Furthermore, the optional Level 5 modules "Applied Sport and Exercise Physiology", "Practical Applications in Sport Psychology" and "Exercise and Health Physiology" use case studies designed to encourage students to apply their learning to real-life scenarios.

To be an effective change agent who is able to improve peoples' health, you must have good communication skills. Our communication experts will work with you to develop these in areas such as creating rapport, interpreting body language and using the written word and images in health promotion.

Those of you who are following a vocational pathway can also opt for a supported sandwich placement year in the public or private sectors. This not only allows you a chance to experience, in a supported environment, the world of work and your

chosen profession, but it also results in the award of a Diploma in Professional Practice upon successful completion of the year.

Throughout the Course, the importance of anti-discriminatory behaviour and equal opportunities when working in the health sector is emphasised. You will be given opportunities to gain the knowledge and develop the attitudes needed to integrate these into your professional practice.

This Course matters. This subject matters.

Because Nothing is More Important Than Our Health.

7. **Course outcomes**

Course outcomes describe what you should know and be able to do by the end of your course if you take advantage of the opportunities for learning that we provide.

Knowledge and understanding

By the end of the course you should be able to:

CLO1 Translate core scientific principles and concepts of nutrition and exercise sciences into practice to develop and/or evaluate initiatives, strategies and policies which aim to improve human health – **Knowledge** – (B), (S)

CLO2 Integrate anti-discriminatory practice, equal opportunities and other ethical considerations during the design and implementation of health promotion strategies – **Knowledge** – (B), (S), (H)

CLO3 Demonstrate specialist knowledge in their chosen optional subjects – **Knowledge** – (B)

CLO4 Critically evaluate a range of literature relating to exercise, nutrition and health – **Intellectual Skills** – (B), (S), (H)

CLO5 Design, plan, and report on scientific investigations – **Intellectual Skills** – (B), (S), (H)

1 B refers to Quality Assurance Agency Benchmark Statement for Biosciences

2 S refers to Quality Assurance Agency Benchmark Statement for Hospitality, Leisure, Sport and Tourism

3 H refers to Quality Assurance Agency Benchmark Statement for Health Studies

Skills, qualities and attributes

By the end of the course you should be able to:

CLO6 Professionally, competently, and safely undertake practical methodologies relevant to exercise, nutrition and health – **Practical Skills** – (B), (S)

CLO7 Source, interpret and effectively communicate information concerning exercise, nutrition, and health at a level appropriate to their audience – **Transferable Skills** – (B), (H), (S)

CLO8 Work effectively both independently and in groups – **Transferable Skills** – (B), (H), (S)

CLO9 Utilise reflective practice as part of their academic, personal and professional development – **Transferable Skills** – (B), (H)

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8. **Teaching and learning methods**

During the Course, you will experience a wide range of teaching methods and varied learning environments. As you may expect, lectures are used as a means to convey aspects of theory to your cohort so that central information can be presented and offered for discussion, review and evaluation. Seminars offer you opportunities to delve deeper into specific aspects of the Course within smaller groups so that you can discuss particular areas of interest and, potentially, controversy. Delivery of the BSc (H) Exercise, Nutrition and Health course is enhanced through external guest speakers from a variety of health promotion specialists and from industry. In addition to traditional learning methods, activities include case-studies, role plays and student visits. We value student-centred approaches and encourage you to play an active role in your learning, progressing from mainly supported learning scenarios in your first year to independent learning in many of your final year modules.

Many of the areas covered in the Course will have currency and immediate industry relevance and may have direct relevance to many of the external partners with whom we operate. In response to this, you may be given 'live-briefs' so that you can propose realistic solutions to real problems. We envisage that some of the ideas, concepts and solutions offered by our students will be taken up and implemented by health stakeholders. Interaction with external organisations, which to date have included Nottingham City Council, Nottinghamshire County Council, The Platform for Health and Wellbeing, Jamie Oliver's Ministry of Food (Rotherham), Notts County Football Club and GP practices, offers you superb opportunities to experience vocationally relevant teaching and learning. In the past, a number of the ideas proposed by students have been developed further and implemented by our partner organisations.

There is a strong emphasis on the integration of theory and practice at every level of the Course. To this end, you can take up a years work placement (Sandwich degree), as well as opportunities to work on community health interventions. In addition, you will develop a broad vocational practical skill set to enhance employability this will be based in the exercise physiology, microbiology and food laboratories.

The Course offers a blended approach to learning whereby more traditional teaching methods, such as lectures, are facilitated by e-technologies and e-learning. The University Virtual Learning Environment (NOW) is widely used to post summary slides of lectures, resources such as relevant research papers, and additional information about the modules and course.

Not only is taught material available, but e-library services offer an extensive range of resources that can be drawn upon at any time. Some of the latest material in the disciplines of exercise, nutrition and health promotion is available on the World Wide Web. By using these current and accurate e-resources, you can work, with guidance, at the leading-edge of the subject.

9. **Assessment methods**

The assessment strategies used within a particular module are chosen to be the most appropriate for that aspect of study.

A variety of approaches are used throughout the Course to assess your knowledge and understanding, as well as skills, qualities and attributes, and to ensure a broad learning experience. Formative feedback on virtually all assessments enables you to measure your progress and focus on key areas of individual development. By doing this, we encourage you to become a reflective practitioner who is committed to life-long learning.

The assessment methods used are:

- Written assignments – essay, laboratory report, client assessment report, critical analysis of research paper, poster, reflective diary, health promotion

campaign report, project plan, research project thesis, placement report, business plan

- Oral presentations – delivered individually or in groups
- Examinations and in class tests – multiple choice, short answer questions, essay type questions, IT assessment
- Practical assessments – competency assessment, health promotion campaign

Essay writing enables you to focus on a particular aspect of the curriculum so that you can interrogate and critically evaluate literature. Presentations are commonly used in industry and we give you opportunities to practice your skills so that you become an effective communicator. Being able to work with peers on specific projects such that solutions can be found to potentially difficult situations is a critical skill and therefore your team-working competencies will be evaluated on several occasions so that you can maximise your attributes. The client assessment report and practical assessments offer you a means to practise your skills in a real world environment and we offer you feedback such that you can develop these skills.

You will also be given the opportunity to check and reinforce your learning and understanding in a variety of non-assessed situations such as informal in-class quizzes and practice assignments.

10. **Course structure and curriculum**

The BSc (H) Exercise, Nutrition and Health degree is delivered as either a 3-year, full time course or as a 4-year Sandwich course. The academic year comprises 30 weeks divided into 3 terms. The final 4 weeks of each year are set aside for examinations. This provides 26 teaching weeks. Theory-led material is delivered in lecture based environments and is supplemented by practical based work and/or small group teaching. An honours degree is awarded to students who successfully complete 120 credit points (cp) at each level thereby totalling 360cp. An Ordinary Degree in Exercise, Nutrition and Health is awarded to a student who successfully completes 120cp at Level 4, and at least 180cp at Levels 5 and 6. A Diploma of Higher Education in Exercise, Nutrition and Health is awarded to a student who exits the course before graduation having successfully completed 120cp at Level 4 and 120cp at Levels 5 and 6. A Certificate of Higher Education in Exercise, Nutrition and Health is awarded to students who exit the course having successfully completed 120cp at Level 4.

The BSc (H) Exercise, Nutrition and Health degree is modular based and the modules selected on the degree are designed to meet the course learning outcomes. Modules are classified either as "core" or "option". At Level 4 all modules are compulsory (i.e., "core"). At Levels 5 and 6, there is increased choice of modules through "option" selections. This provides flexibility within the curriculum for you to specialise in a specific aspect or maintain a broader base of study. The structure of the curriculum is outlined below with an indication of the module status (i.e., "C" = core; "O" = option).

Level Four

- Introduction to Sport and Exercise Physiology ^C
- Foundations in Sport and Exercise Psychology ^C
- Foundation Nutrition ^C
- Food and Healthy Eating ^C
- Sport, Culture and Society: a critical introduction ^C
- Introduction to Research ^C

At Level 4 you will also be given the opportunity to sign up to complete the vocational REPS Level 2 Fitness Instructor award.

Level Five

- Nutrition and Metabolism ^C
- Applied Nutrition ^C
- Research Design and Analysis ^C
- Behaviour Change, Physical Activity and Health ^C
- Exercise and Health Physiology ^C

Options Set 1 – Choose 1 from:

- Practical Applications in Sport Psychology ^O
- Applied Sport and Exercise Physiology ^O
- Sociology of Sport, Health and the Body ^O

At level 5 you will have the opportunity to gain the Register of Exercise Professionals Level 3 Award in Exercise Referral and/or Personal Training develop your Competencies Portfolio in terms of your applied laboratory skills.

An optional supported sandwich placement year allows you to undertake work-based experiential learning. This encourages the continued integration of theory and practice and helps to prepare you for the world of work. You will be visited and supported by your University tutor and will be assigned a vocational training officer within your placement organisation. Successful completion of the year results in the additional award of a Diploma in Professional Practice.

Level Six

- Aetiology and Management of Disease ^C
- Applied Topics in Exercise, Nutrition and Health ^C
- Sport Project and Dissertation ^C 40 cp

Set 1 – Choose 1 or 2 from:

- Advanced Topics in Sport & Exercise Psychology ^O
- Contemporary Issues in the Sociology of Sport: Cross Cultural Perspectives ^O
- Applied Health Promotion ^O

Set 2 – Choose 0 or 1 from:

- Strength, Power and Endurance for Sport and Exercise ^O
- Child and Adolescent Growth, Health and Performance ^O

Set 3 – Choose 0 or 1 from:

- Current Topics in Sport & Exercise Nutrition ^O

11. Admission to the course

Entry requirements.

For current information regarding all entry requirements for this course, please see the 'Applying' tab on the NTU course information web page.

12. Support for learning

All students at Nottingham Trent University have full access to Student Support Services. In addition, School-based pastoral support networks are in place to offer students support, guidance and advice on academic and personal issues. Within the course, students experience the full support of the Sports Science Department. The

Head of Department, with support from the Course Leader(s), Personal Tutor and Module Leader(s), takes responsibility for student support and guidance. The Personal Tutor has responsibility for a specific sub-group within the Sport cluster degree course and most often will operate as the your first point of contact. The Module Leader will offer guidance and support to students taking each specific module.

New entrants will experience a minimum of a 3-day induction period at the commencement of their first academic year. Induction will inform students of:

- Student Support Services at University, School and Course level;
- University policies and procedures on academic systems;
- Personal development planning;
- Timetable issues, room allocations and location;
- University, School and Course Handbooks;
- Enrolment procedures;
- Computing, IT and Library services;
- Health and Safety procedures.

University Accommodation Officers will provide you with information, guidance and continuing support about accommodation issues, for example hall of residence, private rented accommodation, and the Landlord Approval Scheme. The Accommodation Services can be accessed through www.ntu.ac.uk.

You will be given the opportunity to keep a Progress File and will be given guidance on how to maintain it. This file remains your property and is used for setting objectives and targets and for storing evidence of achieving the targets. Organised into six sections, the file is used to record outcomes of progress reviews with a member of the Course team and complements the Competencies Portfolio. You will be encouraged to complete the Progress File, but are not required to do so to complete the Course.

Key areas of your Course will be presented to you through the Student Handbook which will outline guidance on:

- Course aims, outcomes and content;
- advice on time management;
- writing and submitting assignments;
- taking tests;
- assessment criteria;
- completing a Student Progress File;
- regulations for student conduct;
- regulations for health & safety;
- academic and pastoral support;
- careers information;
- accessing University resources (NOW, Libraries and Learning Resources, C & IT, Student Support Services, Employability, Student Union etc.).

In addition, you will be given module booklets that will give details about each module including lecture profile, practical work and assessment details.

13. Graduate destinations/employability

Because of the multidisciplinary nature of this Course, you will have the skills and expertise to pursue a wide range of careers and will be well placed to enter a variety of public, private and voluntary sector organisations. You may, for example, choose a career in the health and fitness industries, working as a health development officer, healthy eating project worker, lifestyle advisor or physical activities advisor. Moreover, you will be well placed to become a physical activity referral practitioner. Other potential careers include dietetic assistant and working for independent health related organisations such as the British Nutrition Foundation or Food Standards Agency.

Your wide ranging skills will be valued in teaching and lecturing. The Course also provides an ideal platform for research and postgraduate study to MSc and PhD level.

14. Course standards and quality

All aspects of quality management within the School are in accordance with the University's Academic Standards and Quality Handbook. The Course Management Team, which includes the Course Manager and Module Leaders, oversees the operational arrangements for the Course. In addition, the Course Committee, central to which are the student representatives, meets regularly throughout the year to review, evaluate and develop the Course. Towards the end of each module and academic year, questionnaires are administered to capture the student voice, offering closed and open ended questions, which is in addition to informal feedback received from students throughout the year. Formal course monitoring takes place at the end of each module through the use of Module Leader reports and Interim Course Reports (ICRs), where the student voice, student achievement and progression statistics and staff reflections are reviewed and acted upon.

Overarching responsibility for quality control lies with the School Academic Standards and Quality Committee whose remit is to provide guidance and support to academic Courses. External Examiners offer further quality control through monitoring academic standards, moderation of assessment tasks and processes. Feedback from the Course Committee and student evaluation at module and course level inform the ICR, which reviews and evaluates the student experience at course level. In turn the ICR informs the School Quality and Enhancement Report (SQEP), which is presented to the University as part of the institutions quality assurance and enhancement cycle. The ICR also informs a Periodic Course Review every three years to ensure that the course remains current and that standards have been maintained.

15. Assessment regulations

This course is subject to the University's Common Assessment Regulations (located in Section 16 of the Quality Handbook). Any course specific assessment features are described below:

n/a

16. Additional Information

Collaborative partner(s):	None
Course referenced to Quality Assurance Agency for Higher Education (QAA) Benchmark Statements:	Hospitality, Leisure, Sport and Tourism, Health Studies (Nov 2016): Biosciences (Nov 2015).
Course recognised by:	None
Date this course specification approved:	Jan 2019

Any additional information:

In addition to the experience gained on the course, you also have the chance to engage in coaching opportunities and to undertake additional voluntary activities through Volunteering in Sport or Initi8. Ultimately, the skills and attributes you develop will make you more employable in the sport and leisure industry. The Sport and Lifestyle Department can provide you with an up-to-date list of opportunities offered when you attend University. There will also be opportunities to undertake voluntary work in the health, sport or leisure arena.