

Nottingham Trent University Course Specification

Basic Course Information

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

6. Overview and general educational aims of the course

The BSc (H) Exercise, Nutrition and Health 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.

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, you 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 practicals, 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 School of Science and Technology and draws together the expertise of staff from the Sport, Biosciences and Education teams. 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.

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.

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 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 ;
- Apply theory in to practice to create behaviour changes through effective communication skills;
- Focus on employability, professional skills, real-world experience with input from professional practitioners;
- Graduate students who can compete successfully in the jobs market;
- Integrate industry recognised qualifications as part of the learning experience.

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)

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)

These course learning outcomes align with NTU Graduate Attributes which are available in the Nottingham Trent University Strategic Plan for 2010-2015, http://www.ntu.ac.uk/about_ntu/document_uploads/102081.pdf.

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

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 will experience a work placement, as well as working on a

community health intervention, in addition to many practical classes 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 work placement offers 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 Course is offered in full-time (3 years) and sandwich (4 years) study modes. All learners take modules to a value of 120 credit points (cp) per year. All modules are 20 credit points unless otherwise specified. Information in the different Nutrition modules across the three levels of the Course align with the curriculum standards stipulated by the Association for Nutrition for Course accreditation.

Level One

The 20 credit point (cp) level 1 modules are all core to the Course. They are:

- Introduction to Sport and Exercise Physiology
- Foundations in Sport and Exercise Psychology
- Foundation Nutrition
- Food and Healthy Eating
- Principles of Training
- Introduction to Research

In the first year, you will acquire underlying concepts and principles of exercise physiology and human nutrition. To complement these disciplines, you will also develop an understanding of the practicalities of healthy eating (e.g. food hygiene, community nutrition) and exercise psychology. In addition, you will start to develop a range of key transferable communication skills which are essential if they are to be successful in this multidisciplinary area (e.g. active listening, effective questioning skills). In preparation for levels 2 and 3, you will be introduced to public health and health promotion. Research skills are developed at all three levels of this Course and at level 1, you will be introduced to the use of quantitative and (briefly) qualitative research methods and to the statistical, word-processing, spreadsheet and presentation packages that facilitate data analysis and the presentation of results.

Level Two

With the solid foundation that you have built at level 1, you will be ready to apply your knowledge and skills at level 2.

The 20cp level 2 modules are:

- Nutrition and Metabolism (core)
- Health and Lifestyle (core)
- Community Health Project (core)
- Training Principles to Practice (core)
- Professional Practice (core)
- Applied Applications in Sport and Exercise Psychology (option)
- Applied Sport and Exercise Physiology (option)

In Training Principles to Practice, knowledge of exercise physiology is applied to exercise prescription and you will develop a working knowledge of the use of exercise testing and prescription in the prevention and management of disease. You will also learn techniques for increasing levels of physical activity as a method of health promotion. In this module, 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.

In Nutrition and Metabolism, you will apply the knowledge gained at level 1 to specific areas of nutrition such as nutrition in pregnancy and the elderly. A series of case studies will facilitate the development of your nutrition and dietary recommendations for individuals. The concept of community nutrition will be discussed again at this stage and you will continue to develop your knowledge of UK public health nutrition initiatives. In addition, you will build on the foundations in metabolism gained at level 1 (in Introduction to Sport and Exercise Physiology) to ensure that you have an in-depth understanding of nutrient metabolic systems in the body.

Exercise and nutrition are not the only factors which affect health so, in the Health and Lifestyle module, you will gain an overview of other key lifestyle influences on UK health and disease such as smoking, sexually transmitted infections and stress. The concept of health inequality will be introduced in this module and you will also gain an overview of the social determinants of health. To continue to develop your communication skills, in this module you will learn about the importance of campaigning in health promotion and the creation of influential media. When possible, this module will include your membership in the NTU Health Promotion Forum, which positions you perfectly to influence health policy for students at the University and to gain experience of interacting in a boardroom environment.

In the Community Health module, you will be further develop your research methods skills by working in a real life setting to evaluate a health intervention in the community.

The real world experience theme continues in the Professional Practice module which aims to enhance your employability by preparing you for the world of work by providing you with a short placement which is preceded by a period of preparation. In this module, you will be able to apply and/or observe and evaluate a range of vocationally relevant processes and attitudes, thus helping you to develop sector relevant skills and approaches.

Alongside this, you will have the option to develop either your knowledge of sport and exercise physiology or sport and exercise psychology. In Applied Sport and Exercise Physiology, you will learn how the bodies' structures and functions are altered by exercise and how these concepts can be applied to training in order to enhance exercise tolerance and sport performance. In Practical Applications in Sport and Exercise Psychology, -you will develop the principles from Introduction to Sport and Exercise Psychology and relate them to sport, coaching, management and exercise contexts. You will extend your theoretical understanding of sport and exercise psychology and apply this to practical examples. The module introduces the concept of evidence-based practice, and uses a framework of assessment, intervention and evaluation to address issues in sport, coaching, social and exercise psychology

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 Three

The level 3 modules are:

- Aetiology and Management of Disease (core)
- Health Principles to Practice (core)
- Sport Project and Dissertation (core, 40 cps)
- Optional modules – choose one module from
 - o Strength, Power and Endurance for Sport and Exercise
 - o Applied Health Promotion
- Optional modules – choose one module from
 - o Sport and Exercise Nutrition
 - o Advanced Topics in Sport and Exercise Psychology
 - o Entrepreneurship

Now you will have the background knowledge and skills needed to design, implement and critically evaluate exercise and nutrition strategies to improve health.

Essential to this is an understanding of the aetiology and management of common diseases and disorders in the UK; emphasis will be placed on nutrition and exercise (the latter building on the knowledge acquired at level 2 in the Training Principles to Practice module) but you will also study the role of factors such as smoking (building on the level 2 Health and Lifestyle module) and genetics.

In the Health Principles to Practice module, students will develop their understanding of current national guidelines for health and different initiatives used by health practitioners who promote them. Students will gain experience of applying these principles to real life case studies, developing effective practitioner skills as well as contextualising and practicing behaviour change theories. There will be opportunities to learn from and work alongside practitioners and students will gain hands-on experience of health assessment techniques. In addition, they will be tutored in essential topics for working with clients such as confidentiality, data protection and record keeping as well as how to effectively monitor and evaluate initiatives.

For those who are considering a career in health promotion, the Applied Health Promotion module will be essential. In this module you will study subjects such as health needs

assessment, community health development and health inequalities. In addition, the module will place emphasis on reflective practice and professional practice when working in the field of multidisciplinary public health. This is an innovative module which culminates in the design, delivery and evaluation of a health promotion campaign by students.

Alternatively, if you are more interested in exercise physiology, you may choose to undertake the Strength, Power and Endurance module in which you will further develop your skills and gain additional understanding which will enable you to evaluate current methodologies in this crucial area of exercise science.

Sport and Exercise Nutrition, will appeal to you if you have a particular interest in nutrition and how it affects sport performance. You will gain knowledge and understanding which underpins the relationship between nutrition and exercise performance, all of which are extremely valuable to a sport scientist.

In Advanced Topics in Sport and Exercise Psychology, may be the appropriate choice for those who wish to study current theories and practical strategies in exercise psychology.

The Entrepreneurship module focuses on the key elements of entrepreneurship which are essential for business start-ups. You will develop your knowledge of key theories and techniques associated with creativity and innovation.

The culmination of the Course is the Project, where you research at the boundaries of knowledge within your chosen field. There will be opportunities to undertake this research in collaboration with health stakeholders.

The Course has been designed in such a way to integrate the subject of 'health' throughout (see Appendix 1 for a detailed description of how this has been achieved).

While you will acquire knowledge and skills relating to a) the relationship between physical activity/exercise and health and b) the relationship between nutrition and health at levels one and two, integration of all three of the Course themes occurs principally at level 3. In Aetiology and Management of Disease, you will develop an understanding of the key determinants of disease along with current management strategies. Emphasis will be placed on the aetiological roles of physical activity/exercise and nutrition and how they are used, often in combination, to manage disease. In Health Principles to Practice, you will 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 will require you 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).

You will have the opportunity to gain further understanding of how exercise and nutrition can work in combination to promote health through the Professional Practice module and your research project.

You will have several opportunities to apply your scientific knowledge in a health promotion setting. At level 2, membership of the NTU Health Promotion Forum, which forms part of the Health and Lifestyle module, will provide you with an excellent opportunity to experience first-hand how lifestyle factors relate to each other in a health promotion arena. If you chose to take the Applied Health Promotion module at level 3, you will design, deliver and evaluate a health promotion initiative.

The Course has been designed in such a way as to embed the development of NTU graduate attributes; every module contributes in some measure to one or more of those attributes.

Between Level 2 and Level 3 of the course, the option is available to undertake a placement (sandwich) year. This is an excellent opportunity to gain industry/ business/ or applied experience within a work-environment related to your studies. On successful completion of

the placement (sandwich) year you will receive a Diploma in Professional Practice; assessment for which involves completion of a placement report evaluating your experiences and learning journey as well as developments in subject knowledge and understanding, in addition to skills, qualities and attributes gained over the 9-12 months of your placement. Placements within Health and allied industries are not expected to be paid or salaried; however if placement hosts are in a position to offer remuneration whilst on placement then this is at their discretion.

Having completed this exciting Course, you will have the knowledge, skills and experience to begin a successful career in the health and allied industries. The multidisciplinary nature of the Course ensures your skills set will enable you to enter into a variety of careers involving exercise, nutrition and health.

11. Admission to the course

Entry requirements

For current information regarding all entry requirements for this course, please see the 'Applying' tab on the 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 Academic Team. The Academic Team Leader, 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, Careers Advisory and Employment Service, 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 Academic Team Leaders from Sport, Course Leader, and Module Leaders oversee the operational arrangements for the Course. In addition, the Course committee, central to which are the student representatives, meets three times a year to review, evaluate and develop the Course. Formal Course monitoring takes place at the end of each module through the administration of questionnaires offering closed and open ended questions; which is in addition to informal feedback received from students throughout the year.

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 course committees, student evaluation at modular and course level, inform the course standards and quality report (CSQR) which reviews and evaluates the student experience at course level. In turn the course standards and quality report informs the Schools Standards and Quality Report (SSQR) which is presented to the University as part of the institutions quality assurance and enhancement cycle.

15. **Assessment regulations**

This course is subject to the University's Common Assessment Regulations (located in its [Academic Standards and Quality Handbook](#)).

Any course specific assessment features are described below:
The course is in line with the University's Common Assessment Regulations.

16. **Additional Information**

Collaborative partner(s):	N/A
Course referenced to national QAA Benchmark Statements:	Hospitality, Leisure, Sport and Tourism, Health Studies, Biosciences

Course recognised by:

N/A

Date implemented:

01 September 2012

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.