

Overview

Programme Code	35427
Programme Title	Sport Nutrition
Awarding Institution	Liverpool John Moores University
Programme Type	Masters
Language of Programme	All LJMU programmes are delivered and assessed in English
Programme Leader	Julien Louis
Link Tutor(s)	

Awards

Award Type	Award Description	Award Learning Outcomes
Target Award	Master of Science - MS	See Learning Outcomes Below
Alternative Exit	Postgraduate Diploma - PD	Demonstrate a critical understanding of sport nutrition and exercise metabolism. Demonstrate an in-depth critical understanding of the issues relating to drug use in sport and will understand the use of supplements in athletic performance. Demonstrate an understanding of anti-doping rules and regulations. Demonstrate an ability to select and implement appropriate sport nutrition assessment techniques and demonstrate a critical awareness of the limitations of all of these. Demonstrate a critical awareness of research design and statistical analysis. Demonstrate effective communication with athletes, coaches and support staff.
Alternative Exit	Postgraduate Certificate - PC	Demonstrate an understanding of the nutritional requirements of different sports. Demonstrate an awareness of nutritional strategies to support sports performance. Demonstrate an awareness of the literature related to sport nutrition.

Alternate Award Names	
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External Benchmarks

Subject Benchmark Statement	
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Programme Offering(s)

Mode of Study, Mode of Delivery	Intake Month	Teaching Institution	Programme Length
Part-Time, Face to Face	September	LJMU Taught	2 Years
Full-Time, Face to Face	September	LJMU Taught	1 Years

Aims and Outcomes

Educational Aims of the Programme

The overall aim of this MSc programme is to develop the student's theoretical and practical skills in sport nutrition in an innovative and challenging environment providing the students with all of the necessary skills to embark upon a career in sport nutrition. Specifically, the programme aims to develop graduates that are able to deal with complex issues both systematically and creatively, make sound judgments in the absence of complete data, and communicate their conclusions clearly to specialist and non-specialist audiences. This course aims to develop qualities and transferable skills necessary for employment in roles requiring initiative and personal responsibility, decision-making in complex and unpredictable situations, and independent learning-ability required for continuing professional development. Since the programme is written in alignment with the competencies set out by the Sport and Exercise Nutrition Register (SENr), the course aims to allow students to apply for graduate entry onto this register.

Learning Outcomes

Code	Description
PLO1	Demonstrate a critical understanding of the fundamental principles of sport nutrition supported by in-depth critical knowledge of classical and contemporary literature.
PLO2	Implement knowledge of evidence based nutrition and apply this to the management of athletes' needs.
PLO3	Produce a piece of independent research in journal article format.
PLO4	Assimilate, integrate and critically discuss research findings.
PLO5	Communicate effectively and work with athletes and coaching staff
PLO6	Develop and implement effective sport nutrition advice to athletes
PLO7	Critically evaluate the need for reflective practice and demonstrate reflection within sports nutrition consultancy

Code	Description
PLO8	Accurately assess body composition of athletes
PLO9	Assess energy intake and expenditure in athletes and demonstrate a critical understanding of the limitations of the chosen techniques.
PLO10	Develop note taking and interviewing techniques when working with elite athletes
PLO11	Use IT to prepare, process and present information.
PLO12	Demonstrate a comprehensive and critical understanding of sport nutrition techniques.
PLO13	Recognise and describe problems, plan and implement solutions.
PLO14	Interpret numerical information.
PLO15	Communicate effectively with peers and members of the sports community.
PLO16	Demonstrate a critical understanding of exercise biochemistry supported by classical and contemporary literature.
PLO17	Demonstrate a critical understanding of the effects of drug and supplement usage in sport alongside a comprehensive understanding of anti-doping rules and regulations.
PLO18	Demonstrate a comprehensive understanding of research methods applicable to sport nutrition and an ability to design, implement and interpret novel research projects in sport nutrition.
PLO19	Critically evaluate the appropriateness of a research design.
PLO20	Critically evaluate data analysis procedures.
PLO21	Apply report and interpret a range of data analysis procedures.
PLO22	Apply problem solving skills to the nutritional care of athletes.

Programme Structure

Programme Structure Description

Students that gain 120 credits are eligible for a Post-graduate Diploma (PgDip) and those achieving any 60 credits of the taught modules are eligible for a Post-graduate Certificate (PgCert).

Programme Structure - 180 credit points	
Level 7 - 180 credit points	
Level 7 Core - 180 credit points	CORE
[MODULE] 7108SPOSCI Research Methods Approved 2022.01 - 20 credit points	
[MODULE] 7109SPOSCI Research Project Approved 2022.01 - 60 credit points	
[MODULE] 7141SPOSCI Fundamental Sports Nutrition Approved 2022.01 - 20 credit points	
[MODULE] 7142SPOSCI Practical Sports Nutrition Approved 2022.01 - 20 credit points	
[MODULE] 7143SPOSCI Exercise Metabolism Approved 2022.01 - 20 credit points	
[MODULE] 7144SPOSCI Supplements and Drugs in Sport Approved 2022.01 - 20 credit points	
[MODULE] 7145SPOSCI Applied Placement Approved 2022.01 - 20 credit points	
Level 7 Optional - No credit points	OPTIONAL

Module specifications may be accessed at <https://proformas.ljmu.ac.uk/Default.aspx>

Teaching, Learning and Assessment

Lectures, practicals, tutorial support, site visits, problem based learning, essay, laboratory reports, case study, oral presentations, statistical reports, short answer exams, practical oral exams, viva, dissertation. Production of the final research product is supported by the Research Project module and through individual tutorial guidance. Consequently, the research process is active throughout the academic cycle. Throughout the programme an appropriate mixture of lectures, seminars, tutorial support, and practical workshops encourages a critical, reflective engagement with a range of fundamental and applied topics. These teaching and learning processes are underpinned by the research standing and passion of the staff. All staff are members of the Research Institute for Sport and Exercise Sciences.

Opportunities for work related learning

Work-related learning will be a key aspect of this degree and will be built into most modules. All Module Leaders will have significant experience in working in sport nutrition. Moreover, industry experts will be brought in to give guest lectures on highly specialised topics. Site visits will be included, such as visits to supplement manufacturers and sporting organisations. However, the major work-based learning will occur in Semester 2 when the students will complete a work placement in an appropriate sport setting. This module will build upon the work-related skills taught in the applied nutrition module in Semester 1 and give the students the chance to practise these skills in a real working context. The placement will be supervised by a highly experienced academic practitioner and the student will also receive on-site supervision through the placement provider. All students will also gain training in assessing body composition and will be given the opportunity to sit the ISAK exam to gain professional accreditation in this technique. Placements have been secured with various sports organisations.

Entry Requirements

Type	Description
Alternative qualifications considered	Candidates would normally be expected to have a good honours degree (first class or upper second class) in sport science, dietetics, nutrition or a related discipline. The MSc Sport Nutrition Programme typically enrolls 25 students per year. Applicants will be selected on merit, alongside an obvious desire to pursue a career in sports nutrition. Within the application, the Personal Statement should be regarded as an important opportunity to evidence (i) recent achievements, (ii) passion for Sport Nutrition, and (iii) career trajectory.
Other international requirements	Overseas students whose first language is not English will require an IELTS score of 6.5 or above.

Extra Entry Requirements