

**Overview**

|                              |   |
|------------------------------|---|
| <b>Programme Code</b>        | 35536   |
| <b>Programme Title</b>       | Sport and Nutrition for Health                            |
| <b>Awarding Institution</b>  | Liverpool John Moores University                          |
| <b>Programme Type</b>        | Degree  |
| <b>Language of Programme</b> | All LJMU programmes are delivered and assessed in English |
| <b>Programme Leader</b>      | Lucinda Richardson  |
| <b>Link Tutor(s)</b>         |   |

## Awards

| Award Type       | Award Description                            | Award Learning Outcomes  |
|------------------|--|--|
| Target Award     | Bachelor of Science with Honours - BSH       | See Learning Outcomes Below  |
| Target Award     | Bachelor of Science with Honours (SW) - SBSH | See Learning Outcomes Below  |
| Alternative Exit | Bachelor of Science - BS                     | <p>Demonstrate a broad and comparative knowledge of the general scope of the subject, its different areas and applications, and its interactions with related subjects. A detailed knowledge of a defined subject or a more limited coverage of a specialist area balanced by a wider range of study. In each case, specialised study will be informed by current developments in the subject. Demonstrate a critical understanding of the essential theories, principles and concepts of the subject(s) and of the ways in which these are developed through the main methods of enquiry in the subject.</p>  |
| Alternative Exit | Diploma in Higher Education (SW) - SDHE      | <p>Further develop and apply knowledge and understanding of the concepts and principles of sport, physical activity and nutrition for health. Analyse the main methods of enquiry in sport, physical activity and nutrition and develop the ability to critically evaluate the appropriateness of different approaches to solving problems. Effectively communicate information, arguments, and analysis, in various forms to a variety of audiences. Undertake further training, develop existing skills (topic specific and transferable) and acquire new competences necessary for employment. Begin to formulate an idea of specific interests and areas of specialism with the subject area. Present, analyse, and interpret qualitative and quantitative data, to develop lines of argument and make sound judgements in accordance with basic theories and concepts of sport, physical activity and nutrition. Analyse and evaluate the different contexts, approaches, partner agencies and organisations involved in the delivery of sport, physical activity and/or nutrition to improve or maintain health in communities, specific client groups and individuals. A student who successfully completes a placement year will be eligible for the sandwich award and will, in addition to the above, be able to demonstrate the professional and personal skills necessary for effective employment within a professional environment</p> |

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|------------------|---------------------------------------|--|
| Alternative Exit | Diploma of Higher Education - DHE     | Further develop and apply knowledge and understanding of the concepts and principles of sport, physical activity and nutrition for health. Analyse the main methods of enquiry in sport, physical activity and nutrition and develop the ability to critically evaluate the appropriateness of different approaches to solving problems. Effectively communicate information, arguments, and analysis, in various forms to a variety of audiences. Undertake further training, develop existing skills (topic specific and transferable) and acquire new competences necessary for employment. Begin to formulate an idea of specific interests and areas of specialism with the subject area. Present, analyse, and interpret qualitative and quantitative data, to develop lines of argument and make sound judgements in accordance with basic theories and concepts of sport, physical activity and nutrition. Analyse and evaluate the different contexts, approaches, partner agencies and organisations involved in the delivery of sport, physical activity and/or nutrition to improve or maintain health in communities, specific client groups and individuals. |
| Alternative Exit | Bachelor of Science (SW) - SBS        | Demonstrate a broad and comparative knowledge of the general scope of the subject, its different areas and applications, and its interactions with related subjects. A detailed knowledge of a defined subject or a more limited coverage of a specialist area balanced by a wider range of study. In each case, specialised study will be informed by current developments in the subject. Demonstrate a critical understanding of the essential theories, principles and concepts of the subject(s) and of the ways in which these are developed through the main methods of enquiry in the subject.   |
| Alternative Exit | Certificate of Higher Education - CHE | Demonstrate knowledge and basic understanding of the underlying concepts and principles associated with the study of Sport and Nutrition for Health. Demonstrate competence in ICT skills and be able to use these skills in the subject area. Undertake training and develop new skills within a structured and managed environment. Demonstrate qualities and transferable skills necessary for employment in the area of Sport and Nutrition for Health requiring the exercise of some personal responsibility. Recognise how they develop as individuals through personal development planning, tutorial guidance and support. Demonstrate the ability to evaluate and interpret underlying concepts and principles associated with the study of Sport and Nutrition for Health within context. Recognise different approaches and techniques to analyse information and solve problems related to Sport and Nutrition for Health  |

#### Alternate Award Names

#### External Benchmarks

##### Subject Benchmark Statement

UG-Agriculture, Horticulture, Forestry, Food and Consumer Sciences (2019), UG-Events, Hospitality, Leisure, Sport and Tourism (2019)

## Programme Offering(s)

| Mode of Study, Mode of Delivery | Intake Month | Teaching Institution | Programme Length |
|---------------------------------|--------------|----------------------|------------------|
| Sandwich Year Out, Face to Face | September    | LJMU Taught          | 4 Years          |
| Full-Time, Face to Face         | September    | LJMU Taught          | 3 Years          |

## Aims and Outcomes

### Educational Aims of the Programme

Educational aims of the programme (BSCH. Sport and Nutrition for Health). The programme aims to develop individuals with a critical understanding of sport and nutrition for health, through theoretical, practical and work based learning experiences and will: Provide interdisciplinary study drawing upon the sport and exercise, nutritional, health, social and political sciences, to facilitate the development of knowledge, understanding and skills in relation to the subject area. Provide the opportunity for students to achieve their full academic potential through honours degree level study, which encourages a high level of initiative, independent judgement, self-motivation and reflection, evaluative skills and learner autonomy. Prepare students for a career and/or further academic study within the sport, nutrition, health and/or community sector by enabling students to acquire and develop competence in key transferable skills that will enhance their opportunities for further study, postgraduate research, life-long learning and employment. Produce graduates who are able to function in a professional capacity, who are aware of the scientific, cultural, social and political factors which impact on lifestyle related choices and health in the community in order to make informed judgements, manage change and to innovate. Produce graduates who have the ability to act competently as communicators and professionals within a variety of sport, nutrition and health allied roles in academic and/or workplace settings. Encourage students to fully engage with the development of employability skills by completing a self awareness statement. The aim is to provide students with an extended period of work experience at an approved partner that will complement their programme of study at LJMU. This will give the students the opportunity to develop professional skills relevant to their programme of study, as well as attitude and behaviours necessary for employment in a diverse and changing environment.

### Learning Outcomes

| Code | Description   |
|------|---|
| PLO1 | Demonstrate a knowledge and understanding in practical and theoretical aspects of sport, physical activity, nutrition and health. |
| PLO2 | Integrate lines of evidence from a range of sources to support findings or hypotheses   |
| PLO3 | Demonstrate and exercise independent thinking   |
| PLO4 | Demonstrate reflective skills and develop personal development strategies.  |
| PLO5 | Demonstrate competence in ICT skills and be able to use these skills within the subject area.                                     |
| PLO6 | Analyse, design and use various research methodologies.   |
| PLO7 | Search for, select and interpret information from a variety of sources and report results using appropriate communication skills. |

| <b>Code</b> | <b>Description</b>   |
|-------------|--|
| PLO8        | Develop appropriate learning and practical skills relevant to the programme of study.  |
| PLO9        | Develop appropriate numerical skills including statistical analysis.   |
| PLO10       | Develop practical and transferable skills which will facilitate interaction, cooperation and partnership working with a range of people and relevant organisations within the subject area.          |
| PLO11       | Recognise and apply safe professional working practices.   |
| PLO12       | Describe and evaluate the scientific, social, political and cultural influences on the nutritional and activity related health behaviours in relation to the welfare of individuals and communities. |
| PLO13       | Develop competence (theoretically and practically) in a chosen specialism.   |
| PLO14       | Communicate effectively within context and to audiences in written, graphical and verbal forms.  |
| PLO15       | Manage time and work to deadlines.   |
| PLO16       | Participate constructively in groups.  |
| PLO17       | Exploit ICT tools and resources efficiently and effectively.   |
| PLO18       | Manage a responsible, adaptable and flexible approach to study and work.   |
| PLO19       | Recognise, explain and critically evaluate the issues associated with the subject.   |
| PLO20       | Recognise, consider and solve problems efficiently and effectively.  |
| PLO21       | Evaluate one's own performance through self appraisal and reflection.  |
| PLO22       | Assess the importance of project design (e.g. research, evaluation, audit) to investigate areas of food and nutrition, physical activity and sport related behaviour.                                |
| PLO23       | Apply theoretical perspectives of nutrition, sport and physical activity to practical situations, including the work environment.  |
| PLO24       | Encourage objective critical analysis of local, regional and national policy and services in relation to food and nutrition, sport and physical activity   |
| PLO25       | Maintain the currency and practical application of the learning experience.  |
| PLO26       | Analyse, synthesise, summarise and evaluate information  |
| PLO27       | Reason and discriminate critically   |
| PLO28       | Identify and solve problems individually and/or co-operatively whilst utilising rational, imaginative and logical approaches.  |

## Programme Structure

### Programme Structure Description

The placement year will follow Level 5 and students will be enrolled on a 480 credit honours sandwich programme. The Level 5 mean for the final award mark will be calculated based upon the 240 credits at Level 5. The programme will offer an extended period of work experience (5115SSLN Sandwich year module) at an approved partner that will complement their programme of study at LJMU. This will give the students the opportunity to develop professional skills relevant to their programme of study, as well as attitude and behaviours necessary for employment in a diverse and changing environment. The programme will offer the opportunity to study abroad at Level 5. Students will be enrolled on a 360 or 480 credit honours with study abroad programme. A 60 or 120 credit Level 5 study abroad module (5117SSLN or 5116SSLN) will normally replace the semester 2 or all level 5 modules on the standard programme. This study abroad should cover the same learning outcomes as the modules being replaced. The modules to be studied in the host institution must be agreed in advance.

| <b>Programme Structure - 360 credit points</b>  |                 |
|---|-----------------|
| <b>Level 5 - 120 credit points</b>  |                 |
| <b>Level 5 Core - 120 credit points</b>   | <b>CORE</b>     |
| [MODULE] 5102SSLN Nutrition in the Lifecycle Approved 2022.01 - 20 credit points                              |                 |
| [MODULE] 5107SSLN Nutrition and Exercise Biochemistry Approved 2022.01 - 20 credit points                     |                 |
| [MODULE] 5109SSLN Physiology and Nutrition for Performance Approved 2022.01 - 20 credit points                |                 |
| [MODULE] 5113SSLN Physical Activity Across the Lifecycle Approved 2022.01 - 20 credit points                  |                 |
| [MODULE] 5114SSLN Health Improvement Approved 2022.01 - 20 credit points                                      |                 |
| [MODULE] 5469SSLN Methods of Enquiry Approved 2022.01 - 20 credit points                                      |                 |
| <b>Optional placement - 120 credit points</b>   | <b>OPTIONAL</b> |
| <b>Placement Year - 120 credit points</b>   | <b>OPTIONAL</b> |
| [MODULE] 5115SSLN Sandwich Year - Sport and Nutrition for Health Approved 2022.01 - 120 credit points         |                 |
| <b>OR Study Abroad - 120 credit points</b>  | <b>OPTIONAL</b> |
| [MODULE] 5116SSLN Study Year Abroad - Sport and Nutrition for Health Approved 2022.01 - 120 credit points     |                 |
| <b>Optional Study Semester - 60 credit points</b>   | <b>OPTIONAL</b> |
| [MODULE] 5117SSLN Study Semester Abroad - Sport and Nutrition for Health Approved 2022.01 - 60 credit points  |                 |
| <b>Level 6 - 120 credit points</b>  |                 |
| <b>Level 6 Core - 120 credit points</b>   | <b>CORE</b>     |
| [MODULE] 6100SSLN Research Project Approved 2022.01 - 40 credit points  |                 |
| [MODULE] 6102SSLN Work Related Learning Approved 2022.01 - 20 credit points                                   |                 |
| [MODULE] 6111SSLN Applied Practice in Sport and Nutrition for Health Approved 2022.01 - 20 credit points      |                 |
| [MODULE] 6114SSLN Advanced Topics in Sport, Food and Nutrition for Health Approved 2022.01 - 20 credit points |                 |
| [MODULE] 6117SSLN Nutrition - Future Challenges Approved 2022.01 - 20 credit points                           |                 |

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

## Teaching, Learning and Assessment

The acquisition of knowledge and skills are gained through a range of teaching and learning experiences depending on the nature of the subject matter and level of study e.g. structured lectures, practical classes, workshops and seminars. Group exercises and presentations ensure that students gain an understanding and experience of teamwork. Students will be taught in different sized groups depending on the nature of the activity. Practical activities will be supported and supplemented by theoretical sessions to ensure a rounded and comprehensive understanding of the subjects studied. Work related learning placements enable students to apply theory to real life practical situations and offers the students the opportunity to work within outside agencies. Such placements are an integral part of the programme and offers the students a chance to engage in a placement of their choice and to create their own connections and networks. The programme emphasise student-centred learning, involving students in task-based activities followed by discussion, feedback and a wider application of the concepts. Guest lectures will involve the delivery of current initiatives and practices plus personal reflections of practitioners. Through personal tutor groups, PDP, by examining current issues, work based learning and dissertation, students will plan their own goals and be encouraged to be pro-active in moving towards their future career. Independent study is encouraged throughout and is supported by formal lectures, workshops and tutorial sessions. Students are encouraged to use a variety of ICT and media to broaden their understanding of the subject. Guidance for the production of coursework; essays, oral presentations, and dissertations, are provided at modular level. Criteria for assessment accompany individual assignments. Indicative and essential sources accompany course outlines. Deadlines across modules on the programme are monitored carefully to minimise bunching and promote effective time management. Support is given to develop independent skills. Formal evaluation of knowledge and understanding is through seen and unseen written examinations, assessed coursework such as essays and reports and presentations and projects based on individual research and group work. Assessment is increasingly being facilitated by ICT. Verbal and written feedback foster reflective awareness and independent learning.

## Opportunities for work related learning

This programme feels it is vitally important that students have the opportunity and are enabled to gain as broad a range of employment related skills as possible, To this end this programme ensures that WRL is integral to the course. It allows students to gain experience, to see what the work environment is like and start creating work networks. Work related learning (WRL) learning activity within the programme enables students to work away from campus in an area of the industry of their choosing (e.g. dietetics, sports nutrition, health promotion, food-clubs, the food industry, physical activity and sport intervention.). However, students are also able to work on suitable projects within relevant departments within the University. The BSc(Hons) Sport and Nutrition for Health degree has a range of activities that enable students to engage with industry and employers and experience the world of work. Students have the opportunity to be involved in a number of paid and voluntary initiatives through Food Start and/or Sport Start which promotes food and nutrition and sport related work experience in partnership with local organisations. At Level 5 students have the opportunity to complete work related learning and at Level 6 there is the a block placement (6102SSLN) to support individual development. In addition to the above, guest lecturers and industry professionals are used throughout the programme to enhance and enrich the learning experience. The students will negotiate agreed personal and professional learning outcomes with their LJMU WRL tutor and placement mentor and produce a learning agreement. The programme also has an optional Professional Training (sandwich) year (between Levels 5 & 6).

## Entry Requirements

| Type     | Description  |
|----------|--|
| A levels | Minimum number of A Levels required: 2 Subject specific requirements: 112 UCAS points from A2 (6 unit) or 12 unit awards from a minimum of 18 units (any combination of VCE units/A Level units), one must be subject-related. A minimum of 112 points must come from A2 units. Is general studies acceptable? No Are AS level awards acceptable? Acceptable only when combined with other qualifications Additional information: Not applicable |

|                                       |   |
|---------------------------------------|---|
| BTECs                                 | BTEC Certificate: Acceptable only when combined with other qualifications 90 Credit Diploma: Acceptable on its own and combined with other qualifications Subjects / grades required: Equivalent to 112 points Diploma (QCF): Acceptable on its own and combined with other qualifications Diploma subjects / grades required: Not applicable Extended Diploma (QCF): Acceptable on its own and combined with other qualifications Extended Diploma subjects / grades required: Equivalent to 112 points from a subject-related BTEC (inclusive of Sport; Health and Public Services are accepted). Level 3 in children's play, learning and development: Acceptable only when combined with other qualifications Grades required: Equivalent to 112 points |
| Alternative qualifications considered | Prior to starting the programme applicants must have obtained grade 4 or grade C or above in English Language and Mathematics GCSE or an approved alternative qualification Are functional skills acceptable? Yes Access Courses - A pass in a relevant access course.  |
| Other international requirements      | For undergraduate courses please apply through UCAS, applicants will be considered in line with normal entry requirements. International applicants must possess a minimum IELTS: 6.0 (Minimum of 5.5 in each component) Pearson: 50-57 (Min. 51 in each component for UKVI Purposes)   |
| International Baccalaureate           | International Baccalaureate: Acceptable on its own and combined with other qualifications Additional information: 112 points  |

### Extra Entry Requirements