

Overview

Programme Code	46475
Programme Title	Sport Nutrition
Awarding Institution	Liverpool John Moores University
Programme Type	Degree with Foundation
Language of Programme	All LJMU programmes are delivered and assessed in English
Programme Leader	Lucinda Richardson
Link Tutor(s)	

Awards

Award Type	Award Description	Award Learning Outcomes
Target Award	Bachelor of Science with Honours (Fnd) - BSHF	See Learning Outcomes Below
Recruitable Target	Bachelor of Science with Honours (SW) (Fnd) - SBSHF	See Learning Outcomes Below
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	Bachelor of Science - BS	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 (Fnd) - CHEF	Explain the basic biological basis of food and nutrition science. Apply scientific knowledge of nutrition and nutritional requirements at an introductory level. Describe the physical and chemical properties of food. Explain the basic social and behavioural aspects of food. Undertake basic methods of measurement relevant to biochemistry, anthropometry and nutrition. Identify human responses to sport and exercise. Identify basic sport nutrition interventions in a limited context. Use basic techniques and procedures, appropriate to sport nutrition, to monitor sport performance. Describe qualitative and quantitative research approaches. Recognise questions and basic problems in relation to sport nutrition. Communicate information in nutrition at a basic level. Recognise some moral, ethical and codes of practice relevant to sport nutrition. Undertake safe basic practice with good character. Work with others, recognising and respecting the values of equality and diversity.

Alternative Exit	Diploma in Higher Education (SW) (Fnd) - SDHEF	<p>Explain biological basis of food and nutrition science in relation to processing, storage, synthesis and metabolism. Apply scientific knowledge of nutrition and nutritional requirements to different contexts. Describe the physical and chemical properties of food and its development. Explain the concept of food chain in relation to factors such as food choice, dietary intake, food quality, safety, sustainability and the environment. Explain the social and behavioural basis of food and nutrition in relation to different stages of the life course. Apply an understanding of nutrition and the implications of imbalance to the context of health, disease and wellbeing. Undertake appropriate methods of measurement to monitor biochemistry and anthropometry, analyse food and assess nutritional intake and diet. Monitor and explain human responses to sport and exercise. Evaluate sport nutrition interventions in a range of context using underpinning research. Use techniques and procedures, appropriate to sport nutrition, to monitor, analyse, diagnose and enhance sport performance. Explain qualitative and quantitative research approaches and methods as applied to the field of sport nutrition. Use concepts, literature and data to develop basic questions and problems in relation to sport nutrition. Communicate information, ideas, problems and solutions in nutrition. Recognise moral, ethical and codes of practice relevant to sport nutrition. Undertake safe practice with good character. Work effectively independently and with others, respecting the values of equality and diversity.</p>
Alternative Exit	Diploma of Higher Education (Fnd) - DHEF	<p>Explain biological basis of food and nutrition science in relation to processing, storage, synthesis and metabolism. Apply scientific knowledge of nutrition and nutritional requirements to different contexts. Describe the physical and chemical properties of food and its development. Explain the concept of food chain in relation to factors such as food choice, dietary intake, food quality, safety, sustainability and the environment. Explain the social and behavioural basis of food and nutrition in relation to different stages of the life course. Apply an understanding of nutrition and the implications of imbalance to the context of health, disease and wellbeing. Undertake appropriate methods of measurement to monitor biochemistry and anthropometry, analyse food and assess nutritional intake and diet. Monitor and explain human responses to sport and exercise. Evaluate sport nutrition interventions in a range of context using underpinning research. Use techniques and procedures, appropriate to sport nutrition, to monitor, analyse, diagnose and enhance sport performance. Explain qualitative and quantitative research approaches and methods as applied to the field of sport nutrition. Use concepts, literature and data to develop basic questions and problems in relation to sport nutrition. Communicate information, ideas, problems and solutions in nutrition. Recognise moral, ethical and codes of practice relevant to sport nutrition. Undertake safe practice with good character. Work effectively independently and with others, respecting the values of equality and diversity.</p>

Alternate Award Names	
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External Benchmarks

Subject Benchmark Statement	UG-Agriculture, Horticulture, Forestry, Food and Consumer Sciences (2019), UG-Events, Hospitality, Leisure, Sport and Tourism (2019)
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Programme Offering(s)

Mode of Study, Mode of Delivery	Intake Month	Teaching Institution	Programme Length
Full-Time, Face to Face	September	LJMU Taught	4 Years
Sandwich Year Out, Face to Face	September	LJMU Taught	5 Years

Aims and Outcomes

Educational Aims of the Programme

Provide an honours-level multidisciplinary study across sport, nutrition and social sciences that is in line with professional body requirements. Develop scientific thinking and practice in relation to using and undertaking empirical research in the context of nutrition and sport. Develop graduates with intellectual, transferable, scientific and practical skills to make improvements to professional practice through nutrition, exercise and sport. Provide the students with employability skills and work-related learning opportunities, which enable them to apply their skills in the context of the world of work. Ensure graduates are aware of issues related to professional conduct, ethics and performance in relation to nutrition and sport. Prepare students for a career and/or further academic study within the nutrition, sport, health or community sectors.

Learning Outcomes

Code	Description
PLO1	Systematically explain biological basis of food and nutrition science in relation to processing, storage, synthesis and metabolism.
PLO2	Use techniques and procedures, appropriate to sport nutrition, to monitor, analyse, diagnose and enhance sport performance.
PLO3	Evaluate qualitative and quantitative research approaches and methods as applied to the field of sport nutrition.
PLO4	Plan, conduct and report on investigations relevant to the field of sport nutrition.
PLO5	Evaluate concepts, literature and data to develop questions and solve problems in relation to sport nutrition.

Code	Description
PLO6	Communicate information, ideas, problems and solutions in nutrition to both specialist and non-specialist audiences.
PLO7	Recognise and respond to moral, ethical and codes of practice relevant to sport nutrition.
PLO8	Undertake safe and effective practice with good character that is appropriate for a professional/employment context.
PLO9	Work effectively independently and with others, as both a team member and a leader, recognising and respecting the values of equality and diversity.
PLO10	Apply scientific knowledge of nutrition and nutritional requirements at a human molecular, system and population level.
PLO11	Investigate and describe the physical and chemical properties of food and its development.
PLO12	Evaluate the concept of food chain in relation to factors such as food choice, dietary intake, food quality, safety, sustainability and the environment.
PLO13	Explain the social and behavioural basis of food and nutrition in relation to different stages of the life course.
PLO14	Apply an understanding of nutrition and the implications of imbalance to the context of health, disease and wellbeing of individuals, groups and populations.
PLO15	Undertake appropriate methods of measurement to monitor biochemistry and anthropometry, analyse food and assess nutritional intake and diet.
PLO16	Monitor, evaluate and explain human responses to sport and exercise.
PLO17	Design and evaluate sport nutrition interventions in a range of context using underpinning research.
PLO18	Work effectively independently and with others, as both a team member and a leader, recognising and respecting the values of equality and diversity.

Programme Structure

Programme Structure Description

The programme is offered as a four-year (480 credit) or five-year (600 credit) (with sandwich-year) full-time course. All modules are core to ensure appropriate outcomes in relation to the Association for Nutrition (AfN) competencies. There are four strands on the programme to structure the content into cognate areas: Professional Practice and Research; Principles of Nutrition; Biochemistry and Physiology and Sport Nutrition. There is the opportunity of study abroad at Level 5, either for a semester or full year (latter not available to students who undertake the Sandwich Year). A 60 credit (5011SPS) or 120 credit (5010SPS) study abroad module will replace the semester or Level 5 modules on the standard programme. The study abroad will cover the same programme learning outcomes as the modules being replaced. The modules to be studied in the host institution must be agreed in advance. The optional sandwich-year will follow Level 5 and students will be enrolled on a 600 credit honours sandwich programme. The programme will offer an extended period of work experience (5008SPS Sandwich year module) at an approved partner that will complement their programme of study at LJMU. The Level 5 mean for the final award mark will be calculated upon the 240 credits at Level 5.

This programme structure applies to students joining from September 2021 onwards - previously validated structures apply to students who joined earlier.

Programme Structure - 480 credit points	
Level 3 - 120 credit points	
Level 3 Core - 120 credit points	CORE
[MODULE] 3001SPS Skills and Practice in Sport Approved 2022.02 - 20 credit points	
[MODULE] 3002SPS Health and Wellbeing Approved 2022.01 - 20 credit points	
[MODULE] 3003SPS Practical Delivery in Sport and Physical Activity Approved 2022.01 - 20 credit points	
[MODULE] 3004SPS Behaviours in Sport and Physical Activity Approved 2022.01 - 20 credit points	
[MODULE] 3005SPS Human Anatomy and Physiology Approved 2022.02 - 20 credit points	
[MODULE] 3006SPS Projects in Sport and Nutrition Approved 2022.01 - 20 credit points	
Level 4 - 120 credit points	
Level 4 Core - 120 credit points	CORE
[MODULE] 4001SPS Professional Practice 1 for Nutrition and Sport Nutrition Approved 2022.01 - 20 credit points	
[MODULE] 4003SPS Principles of Human Nutrition Approved 2022.01 - 20 credit points	
[MODULE] 4004SPS Biochemistry and Metabolism Approved 2022.01 - 20 credit points	
[MODULE] 4006SPS Performance Nutrition Approved 2022.03 - 20 credit points	
[MODULE] 4091SPS Research Methods 1 Approved 2022.03 - 20 credit points	
[MODULE] 4092SPS Exercise Physiology 1 Approved 2022.03 - 20 credit points	
Level 5 - 120 credit points	
Level 5 Core - 120 credit points	CORE
[MODULE] 5001SPS Professional Practice 2 for Nutrition and Sport Nutrition Approved 2022.01 - 20 credit points	
[MODULE] 5003SPS Food Chain and Sustainability Approved 2022.01 - 20 credit points	
[MODULE] 5004SPS Food Technology and Development Approved 2022.01 - 20 credit points	
[MODULE] 5005SPS Eating Behaviour for Sport and Health Approved 2022.02 - 20 credit points	
[MODULE] 5091SPS Research Methods 2 Approved 2022.01 - 20 credit points	
[MODULE] 5092SPS Exercise Physiology 2 Approved 2022.01 - 20 credit points	

Level 5 Optional - No credit points	OPTIONAL
Optional Study Semester - No credit points	OPTIONAL
Placement Year - 120 credit points	OPTIONAL
[MODULE] 5008SPS Sandwich Year - Sport Nutrition Approved 2022.01 - 120 credit points	
OR Study Semester - No credit points	OPTIONAL
[MODULE] 5011SPS Study Semester Abroad - Sport Nutrition Approved 2022.01 - 60 credit points	
[MODULE] 5010SPS Study Year Abroad - Sport Nutrition Approved 2022.01 - 120 credit points	
Level 6 - 120 credit points	
Level 6 Core - 120 credit points	CORE
[MODULE] 6002SPS Nutrition Through the Lifecycle (Special Populations) Approved 2022.01 - 20 credit points	
[MODULE] 6003SPS Molecular Nutrition Approved 2022.01 - 20 credit points	
[MODULE] 6004SPS Sport Supplements and Contemporary Issues Approved 2022.01 - 20 credit points	
[MODULE] 6006SPS Applied Placement in Nutrition or Sport Nutrition Approved 2022.01 - 20 credit points	
[MODULE] 6091SPS Major Project Approved 2022.01 - 40 credit points	

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

Teaching, Learning and Assessment

Opportunities for work related learning

There is a strong work-related/work-based learning strand on the programme to support the development of employability skills and understanding of professional conduct in the area of nutrition and sport nutrition. There are professional skills modules at Level 4 and 5, which culminate in an applied, work-based learning placement at Level 6. As the module is mandatory, every effort is made by the university to source opportunities. Self-sourcing is also considered, however, these placement must be quality assured. Placements are advertised to students on the VLE using Fact Files. During placement, students will have a named University Placement Tutor (UPT) to support learning and assessment on the module. In addition, there is the option of a sandwich year following Level 5 of the programme, which offers the opportunity to undertake a year-long placement as part of the programme. There is a significant level of support for these activities from the Faculty Placement Learning Support Unit (PLSU) and Careers Team throughout the programme. At Level 4 the PLSU host sessions to discuss the sandwich year option and outline the general support provided by the Unit. At Level 5, they re-engage students with the option of the sandwich year and introduce the work placement. At Level 6, they release the Fact Files of placement opportunities and support allocation through formal student submissions (CV and cover letter). The support from the Careers Team is based on the Future Focus training package that includes CVs, mock interviews and employability skill development.

Entry Requirements

Type	Description
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Alternative qualifications considered	Prior to starting the programme applicants must have obtained grade 4 or grade C or above in English Language, Mathematics and Science (Chemistry, Biology, Physics or science equivalent) GCSE or an approved alternative qualification below: Key Skills Level 2 in English/ Maths NVQ Level 2 Functional skills in Maths and English Writing and or Reading Skills for Life Level 2 in Numeracy/English Higher Diploma in Maths/ English Functional skills level 2 in Maths/ English Northern Ireland Essential Skills Level 2 in Communication or Application of Number Wales Essential Skills Level 2 in Communication or Application of Number Welsh GCSE in Maths Welsh GCSE in Maths Numeracy.
BTECs	BTEC certificate: Acceptable only when combined with other qualifications 90 credit diploma: Acceptable on its own and combined with other qualifications Diploma (QCF): Acceptable on its own and combined with other qualifications Diploma subjects / grades required: DD from a relevant subject area is required if no other level 3 qualifications are taken Extended diploma (QCF): Acceptable on its own and combined with other qualifications Extended diploma subjects / grades required: MMM
A levels	88 UCAS tariff points from at least two A Levels with one science-related subject. General studies is acceptable and A/S level awards when combined with other qualifications.
International Baccalaureate	Acceptable on its own and combined with other qualifications. Achieve a minimum of 88 UCAS Tariff points.
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 (or equivalent) score of 6.0.

Extra Entry Requirements