

BSc (Hons) Sport and Exercise Nutrition

Programme specification document

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Overview

Awarding institution	Bath Spa University
Teaching institution	Bath Spa University
School	Sciences
Main campus	Newton Park
Other sites of delivery	None
Other Schools involved in delivery	Bath Business School
Name of award(s)	Sport and Exercise Nutrition
Qualification (final award)	BSc (Hons)
Intermediate awards available	CertHE, DipHE
Routes available	Single
Professional Placement Year	Optional
Duration of award	3 years full-time or 4 years if taken with a professional placement year, or 5 years part-time

Modes of delivery offered	Campus-based
Regulatory Scheme[1]	Undergraduate Academic Framework
Exemptions from regulations/framework[2]	No
Professional, Statutory and Regulatory Body accreditation	An application to the Association for Nutrition will be submitted before the proposed start of programme delivery.
Date of most recent PSRB approval (month and year)	n/a
Renewal of PSRB approval due (month and year)	n/a
UCAS code	TBC
Route code (SITS)	
Relevant QAA Subject Benchmark Statements (including date of publication)	Agriculture, Horticulture, Forestry, Food, Nutrition and Consumer Sciences (October 2019) Biosciences (October 2019) Events, Hospitality, Leisure, Sport and Tourism (November 2019)
Date of most recent approval	September 2022
Date specification last updated	March 2024

[1] This should also be read in conjunction with the BSU Qualifications Credit Framework

[2] See section on 'Exemptions'

Exemptions

There are no exemptions

Programme Overview

This programme provides an integrated approach to sport and exercise nutrition that is based on the scientific and academic principles of anatomy, physiology, metabolism and biochemistry. It will include how diet can be manipulated by athletes to improve performance and/or sporting outcomes. It will demonstrate how diet and physical activity can affect the health of the general population and have a role in the prevention and/or development and treatment of a number of common diseases. It incorporates the role of social and public health aspects of physical activity and diet as well as important concepts linked to influencing behaviour change. It is important that we take a synergistic approach to the delivery of sport and exercise nutrition as a subject.

At the start of the programme you will be introduced to a broad range of subjects that underpin the study and understanding of nutrition and physical activity. Emphasis will be given to key skills, problem solving and the use of a range of laboratory and ICT techniques, including body composition measurements and specialist physical activity and dietary analysis software. As the programme progresses you will have the opportunity to build on your knowledge and apply it to aspects of nutrition and sport performance and investigate the role of dietary intake and exercise on health. Importantly it will provide you with the opportunity to gain an understanding of the ethical and professional framework you will work within as a graduate of a sport and exercise nutrition degree. You will be trained in research methodology, and you will have the freedom to become an independent and autonomous learner. Throughout the programme you will also have the opportunity to take optional modules that will allow you to specialise in areas of interest to you.

The Sport and Exercise Nutrition programme should be enjoyable, rewarding, interesting and challenging and by the end of it you will have been given the opportunity to develop the essential skills required to work within the varied area of sport and exercise nutrition.

Programme Aims

1. To provide students with a relevant, interesting and challenging programme that allows development of the practical and creative skills required of a sport and exercise nutrition graduate.
2. To provide graduates with a broad understanding of the role of physical activity and diet on the complex scientific principles of human health and disease.
3. To produce critical and creative thinking graduates, with an informed understanding and awareness of sport and exercise nutrition.
4. To support students in becoming independent evidence-based problem solvers in a challenging and changing world.
5. To produce graduates with an ability to communicate effectively using balanced and reasoned arguments.
6. To prepare graduates for a career in sport and exercise nutrition appreciating the need for ethical standards and professional codes of conduct.
7. To improve career opportunities by offering choice throughout the programme and encouraging engagement with external organisations to include volunteer and placement work.

Programme Intended Learning Outcomes (ILOs)

A Subject-Specific Skills and Knowledge

Programme Intended Learning Outcomes (ILOs)	On Achieving Level 5	On Achieving Level 4
On Achieving Level 6		

A1	Systematic understanding of the science underpinning the complex and diverse processes of the human body and the interrelationships between them and their environment, including a conceptual understanding of energy balance and how nutritional requirements, and health, changes with physical activity	Critical understanding of the theoretical and practical aspects of the nutritional requirements for physical activity and health	Knowledge of the human body and its functions, from the molecular to whole body system, including metabolic demands of physical activity and nutrition
A2	A theoretically informed engagement with behaviour change techniques and a critical analysis of their success	Ability to apply the understanding of lifestyle factors in a social or behavioural context, at all stages of the life-course in order to motivate individuals or groups to choose healthier behaviours	Knowledge and understanding of global, national and local issues, related to food, including food trends and sustainability, and their impact on food choice
A3	A theoretically informed engagement with clients to improve diet and performance in sport and/or exercise and a critical evaluation of their success	A critical knowledge of the psychological factors that are relevant to participation and performance in sport or exercise	Understanding of psychological principles that affect food choice and participation in exercise
A4	Systematic knowledge and critical evaluation of the scientific principles of physical activity and nutrition underlying the promotion of health and wellbeing of individuals, groups and populations in maintaining and driving public health agendas	Critical knowledge of the biological mechanisms underlying common noncommunicable diseases and the interaction of physical activity and diet in the development and treatment of disease and inform public health campaigns	Understanding of the impact of physical activity and diet on common health conditions across the lifecourse and the role of public health strategies to improve health
A5	Critical engagement with and reflection upon the Professional Conduct and the Association for Nutrition's Ethics, Conduct and Performance within the context of Sport and Exercise Nutrition	Ability to apply physical activity, nutrition or health concepts including the application of these within a professional context, with reference to ethical and professional frameworks	Understanding of physical activity, nutrition and health policies at a global, national and local level

B Cognitive and Intellectual Skills

	Programme Intended Learning Outcomes (ILOs)	On Achieving Level 5	On Achieving Level 4
	On Achieving Level 6		

B1	The ability to work independently to manage the planning, execution, and presentation of an original piece of research, recognising the moral and ethical issues of investigations and appreciating the need for ethical standards and professional codes of conduct linked to sport and exercise nutrition	An ability to work independently to apply qualitative and quantitative data to support theories of sport, exercise, nutrition whilst adhering to ethical and professional codes of conduct and understanding the limits of knowledge	Understanding of the use of qualitative and quantitative data to develop lines of argument in accordance with theories and concepts in sports, exercise, nutrition and health acknowledging ethical and professional codes of conduct
B2	The ability to apply interprofessional working to a live situation in order to identify solutions to complex problems relating to sport, exercise or nutrition	The ability to reflect critically on one's own relationship within a team	The ability to work in a team with members of different programmes to achieve a common goal
B3	The ability to recognise strengths and weaknesses in sport, nutrition and health research methods, to identify and test solutions to complex problems such as the improvement of human health or sport and exercise performance	The ability to use a range of established techniques to initiate and undertake critical analysis of information related to sport, exercise, nutrition and health, and propose solutions to problems arising from that analysis	The ability to evaluate the appropriateness of different approaches to solving problems related to sport, exercise, nutrition and health
B4	The ability to access sport, exercise and nutrition information from a different sources and ability to critically evaluate evidence in order to make informed judgements on hypotheses and to communicate these in a way that is organised, topical and understands the limits of current hypotheses	The ability to access sport, exercise and nutrition information from different sources and effectively communicate information, arguments and analysis in a variety of forms to specialist and nonspecialist audiences.	The ability to access sport, exercise and nutrition information from different sources and communicate these accurately and reliably, and with structured and coherent arguments

C Skills for Life and Work

Programme Intended Learning Outcomes (ILOs)	On Achieving Level 5	On Achieving Level 4
On Achieving Level 6		

C1	Autonomous learning[3] (including time management) that shows the exercise of initiative and personal responsibility and enables decision-making in complex and unpredictable contexts.	Autonomous learning (including time management) as would be necessary for employment requiring the exercise of personal responsibility and decision-making such that significant responsibility within organisations could be assumed.	Autonomous learning (including time management) as would be necessary for employment requiring the exercise of personal responsibility.
C2	Team working skills necessary to flourish in the global workplace with an ability both to work in and lead teams effectively.	Team work as would be necessary for employment requiring the exercise of personal responsibility and decision-making for effective work with others such that significant responsibility within organisations could be assumed.	Team work as would be necessary for employment requiring the exercise of personal responsibility for effective work with others.
C3	Communication skills that ensure information, ideas, problems and solutions are communicated effectively and clearly to both specialist and non-specialist audiences.	Communication skills commensurate with the effective communication of information, arguments and analysis in a variety of forms to specialist and non-specialist audiences in which key techniques of the discipline are deployed effectively.	Communication skills that demonstrate an ability to communicate outcomes accurately and reliably and with structured and coherent arguments.
C4	IT skills and digital literacy that demonstrate core competences and are commensurate with an ability to work at the interface of creativity and new technologies.	IT skills and digital literacy that demonstrate the development of existing skills and the acquisition of new competences.	IT skills and digital literacy that provide a platform from which further training can be undertaken to enable development of new skills within a structured and managed environment.

[3] i.e. the ability to review, direct and manage one's own workload

Programme content

This programme comprises the following modules

Key:

Core = C

Required = R

Required* = R*

Optional = O

Not available for this status = N/A

If a particular status is greyed out, it is not offered for this programme.

Subject offered as single and/or combined award

[Name of subject]	Status
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Level	Code	Title	Credits	Single	Joint
4	BIO4000-20	Biological Techniques	20	C	
4	BIO4101-20	Introduction to Biochemistry	20	C	
4	BIO4202-20	Anatomy and Physiology	20	C	
4	BIO4204-20	Food and Nutrition	20	C	
4	BIO4205-20	Nutrition and Exercise for Health	20	C	
4	SMG4000-20	Sports Management	20	C	
5	BIO5203-20	Research Skills for Sport and Exercise Nutrition	20	C	
5	BIO5005-20	Human Pathophysiology and Nutrition	20	C	
5	BIO5101-20	Human Nutrition	20	C	
5	PSY5200-20	Sport Psychology	20	C	
5	BIO5102-20	Biology Work Placement	20	O	
5	BIO5103-20	Future Food: Food and Nutrition in the 21st Century	20	O	
5	BIO5204-20	Food Product Development for Quality, Health and Exercise	20	O	
5	PSY5101-20	Health Psychology	20	O	
5	PSY5107-20	Clinical Psychology	20	O	
5	SOC5102-20	Health: Mind, Body, Society	20	O	
5	SMG5002-20	Business of Sport	20	O	
5	SPD5000-20	Media Law and Ethics	20	O	
5	SMG5003-20	Sport and Society	20	O	
5	PUB5103-20	Science Journalism and Publishing	20	O	
5	PPY5100-120	Professional Placement Year	20	O	
6	BIO6705-20	Dissertation Planning for Sport and Exercise Nutrition	20	C	
6	BIO6706-20	Dissertation Publication Sport and Exercise Nutrition	20	C	
6	BIO6707-20	Anatomy, Physiology and Metabolism for Physical Activity	20	C	
6	BIO6704-20	Applied Sport and Exercise Nutrition	20	C	
6	BIO6003-20	Medical Biology	20	O	
6	BIO6101-20	Epidemiology and Public Health	20	O	
6	BIO6104-20	Plants and People	20	O	
6	BIO6107-20	Food and Nutrition in Practice	20	O	
6	BIO6702-20	Clinical Biochemistry	20	O	
6	BIO6703-20	Mechanisms of Disease	20	O	
6	PSY6107-20	Advanced Topics in Psychology	20	O	

6	SMG6001-20	Contemporary Issues in Sport	20	O	
6	PUB6001-20	Publishing Industry Project	20	O	

Assessment methods

A range of summative assessment tasks will be used to test the Intended Learning Outcomes in each module. These are indicated in the attached assessment map which shows which tasks are used in which modules.

Students will be supported in their development towards summative assessment by appropriate formative exercises.

Please note: if you choose an optional module from outside this programme, you may be required to undertake a summative assessment task that does not appear in the assessment grid here in order to pass that module.

Work experience and placement opportunities

Sport and Exercise Nutrition students are not required to undertake formal work experience or placements as part of their course programme. However we recognise the value of such experience to career development. Students that would like to seek a placement experience related to their programme have the opportunity to take the Work Placement module (BIO5102-20) in the second year. Staff are able to help with this, through the industry and community contacts. Many of our students have undertaken work experience and voluntary work in such areas as Alive 'N' Kicking, NHS, Sirona Health Care, School Food Trust, The Food Foundation, schools, youth groups, The Stroke Association, British Heart Foundation, Julian House, local charity organisations and action groups.

At level 6, the 20 credit (optional) Food and Nutrition in Practice module (BIO6107-20) also allows students to undertake work to a brief developed with an external organisation/industry. These projects are sourced by the subject and matched to the student based on career aspirations post-graduation.

Examples of projects include:

- Developing healthy eating recipes for the Birdseye website
- Working with local NHS to develop a tool for analysing weight loss phone apps and healthy eating resources for dietitians.
- Developing recipe cards for Heart UK
- Developing an interactive food hygiene resource for schools with BANES
- Developing hygiene guidance for home catering businesses with BANES Environmental Health Department (now in use across South West England)
- Developing a white chocolate lemon meringue bar for Marshfield Bakery
- Developing a salsa dip for Tracklements (now in production)

Examples of organisations that have provided projects:

- Heart UK
- WykeFarms
- NHS
- Apetito
- MarshfieldBakery
- Boots UK
- BANES Environmental Health
- Sirona Health Care
- The Thoughtful Bread Company
- BirdsEye (Igloo) Foods

- Marston Foods
- Dow AgroScience
- BSU Student Union
- Health Education Trust (HET)
- Prune Board
- Fish 4 Life
- Sandridge Farmhouse Bacon
- Tracklements

At level 6, it is not uncommon for dissertations to be undertaken in collaboration with external organisations and/or practitioners. All of these opportunities can make great additions to a student's CV and enable students to network with people and organisations allied to their career ambitions.

This programme can also be taken with an optional professional placement year (PPY5100-120), which is studied over 4 years. The placement year is completed between levels 5 and 6 and counts for 120 Level 5 credits. During this time students will be able to utilise knowledge gained as part of their studies in a real work environment to gain 'hands on' experience. The University has a dedicated Careers & Employability team to help students find and prepare for a placement. Following the placement year, students will return to University to complete their final year of study.

There are also a number of voluntary roles, plus other opportunities available to students. If students want to explore a placement in a field completely different from their programme, then this too is possible via a university-wide Open Module for placements. In addition to any work placements, all Biology students have the opportunity to participate in Exchange programmes. These allow students to spend one semester studying abroad in one of our partner institutions.

Additional Costs Table

There are no additional costs associated with this course.

Module Code & Title	Type of Cost	Cost

Graduate Attributes

	Bath Spa Graduates...	In Sport and Exercise Nutrition, we enable this...
1	Will be employable: equipped with the skills necessary to flourish in the global workplace, able to work in and lead teams	By engaging students with the professional demands of being a registered nutritionist as required by The Association for Nutrition (AfN). The competencies set by AfN were in conjunction with relevant employees and include subject specific and generic skills that will enhance career prospects. Students will work collaboratively at all levels and will be encouraged to undertake work experience and exchange opportunities.

2	Will be able to understand and manage complexity, diversity and change	By introducing our students to topical issues within sport, exercise, nutrition and health. Students will have to understand and interpret the complex, sometimes changing and often opposing evidence.
3	Will be creative: able to innovate and to solve problems by working across disciplines as professional or artistic practitioners	By developing our students' understanding of creativity and giving them the opportunity for their creative skills to flourish through problem solving and working with others.
4	Will be digitally literate: able to work at the interface of creativity and technology	<p>Our curriculum includes regular and diverse interaction with digital technology that develops skills and nuanced understanding. We provide opportunities for students to write for different audiences with distinct needs and interests using various digital communication vehicles. Students registered on the Sport and Exercise Nutrition programme are taught the digital literacy skills that are required to conduct the activities (writing scientific papers, creating multimedia presentations, online discussion fora etc) that form part of daily university life.</p> <p>Students will have to use specialist software for physical activity, diet and data analysis throughout the programme.</p>
5	Will be internationally networked: either by studying abroad for part of the their programme, or studying alongside students from overseas	By encouraging our students to take opportunities to study abroad e.g. BSU's Global Citizenship Award, and by using our internationally-relevant curriculum to build their confidence to do so. We endeavour to ensure that our graduates are culturally aware and are able to connect with communities at a global, national and local level and to make a valuable contribution to the world economy.

6	Will be creative thinkers, doers and makers	<p>By giving students opportunities to think creatively and imaginatively in their interpretation and presentation of scientific information. As part of the curriculum our students explore and reflect on different methods of solving problems and generating ideas. Students will be equipped with a toolkit of strategies and will be able to select and use them to deliver results in appropriate contexts.</p> <p>The programme has developed assessments that mimic what happens in the workplace. This provides students with a portfolio of work that they can show to potential employers. At level 6, the 20 credit (optional) Food and Nutrition in Practice module also allows students to undertake work to a brief developed with an external organisation/industry.</p>
7	Will be critical thinkers: able to express their ideas in written and oral form, and possessing information literacy	<p>By setting assessments that allow students to develop their creative skills within the context of sport, exercise and nutrition. Our students will be able to operate in complex and unpredictable contexts demanding the selection and application from a wide range of innovative or standard techniques. They will be able to work independently to plan and manage work. They will also have the ability to be a member of a team and accept responsibility for determining and achieving personal and/or group outcomes. They will also have an awareness of the different methods of communication and an ability to choose the most appropriate method for a given situation.</p>
8	Will be ethically aware: prepared for citizenship in a local, national and global context	<p>Our students on graduation will have the ability to exercise intellectual skills including applying subject knowledge and understanding, to address familiar and unfamiliar problems and appreciating the need for ethical standards and professional codes of conduct. There are clear ethical and professional codes of conduct that students studying Sport and Exercise Nutrition must adhere to and these are covered within modules and assessed.</p>

Modifications

Module-level modifications

Code	Title	Nature of modification	Date(s) of approval and approving bodies	Date modification comes into effect
BIO510 1-20	Human Nutrition	Assessment change	Sciences SQMC March 2024	2024/25
BIO610 7-20	Food and Nutrition in Practice	Updated assessment weighting	Sciences SQMC March 2024	2024/25
BIO520 4-20	Food Product Development for Quality, Health and Exercise	Updated assessment weighting	Sciences SQMC March 2024	2024/25

Programme-level modifications

Nature of modification	Date(s) of approval and approving bodies	Date modification comes into effect

Attached as appendices:

1. Programme structure diagram
2. Map of module outcomes to level/programme outcomes
3. Assessment map
4. Module descriptors

Appendix 1: Programme Structure Diagram – BSc Sport and Exercise Nutrition Programme Structure

Single Honours	
Level 4	
Semester 1	Semester 2
Core Modules	
BIO4000-20 Biological Techniques	BIO4202-20 Anatomy and Physiology

Single Honours	
BIO4101-20 Introduction to Biochemistry BIO4204-20 Food and Nutrition	BIO4205-20 Nutrition and Exercise for Health SMG4000-20 Sport Management
Rule Notes: N/A	
Level 5	
Core Modules	
BIO5203-20 Research Skills for Sport and Exercise Nutrition BIO5101-20 Human Nutrition	BIO5005-20 Human Pathophysiology and Nutrition PSY5200-20 Sport Psychology
Optional Modules	
BIO5102-20 Biology Work Placement BIO5103-20 Future Food: Food and Nutrition in the 21st Century PSY5101-20 Health Psychology SMG5002-20 Business of Sport	BIO5102-20 Biology Work Placement BIO5204-20 Food Product Development for Quality, Health and Exercise PSY5107-20 Clinical Psychology SOC5102-20 Health: Mind, Body, Society SPD5000-20 Media Law and Ethics SMG5003-20 Sport and Society PUB5103-20 Science Journalism and Publishing
Rule Notes: N/A	
Optional Professional Placement Year 120 credits	
Level 6	
Core Modules	
BIO6705-20 Dissertation Planning for Sport and Exercise Nutrition BIO6707-20 Anatomy, physiology and metabolism for physical activity	BIO6706-20 Dissertation Publication Sport and Exercise Nutrition BIO6704-20 Applied Sport and Exercise Nutrition
Optional Modules	
BIO6104-20 Plants and People BIO6107-20 Food and Nutrition in Practice BIO6702-20 Clinical Biochemistry SMG6001-20 Contemporary Issues in Sports	BIO6003-20 Medical Biology BIO6101-20 Epidemiology and Public Health BIO6703-20 Mechanisms of Disease PSY6107-20 Advanced Topics in Psychology

Single Honours	
PUB6001-20 Publishing Industry Project	
Rule Notes: N/A	

Appendix 2: Map of Intended Learning Outcomes

BSc (Hons) Sport and Exercise Nutrition

Level	Module Code	Module Title	Status (C,R,R*,O)[4]	Intended Learning Outcomes													
				Subject-specific Skills and Knowledge					Cognitive and Intellectual Skills				Skills for Life and Work				
				A1	A2	A3	A4	A5	B1	B2	B3	B4	C1	C2	C3	C4	
4	BIO4000-20	Biological Techniques	C	X						X	X			X	X	X	X
4	BIO4202-20	Anatomy and Physiology	C	X						X	X			X	X	X	X
4	BIO4204-20	Food and Nutrition	C		X			X		X	X	X	X	X	X	X	X
4	BIO4101-20	Introduction to Biochemistry	C	X						X	X		X	X	X	X	X
4	SMG4000-20	Sports Management	C											X	X	X	X
4	BIO4205-20	Nutrition & Exercise for Health	C											X	X	X	X
5	BIO5203-20	Research Skills for Sport and Exercise Nutrition	C					X		X	X	X	X	X	X	X	X
5	BIO5005-20	Human Pathophysiology and Nutrition	C	X			X	X		X		X	X	X		X	X
5	BIO5101-20	Human Nutrition	C	X	X	X	X	X		X		X	X	X	X	X	X
5	PSY5200-20	Sport Psychology	C		X	X						X	X	X		X	
5	BIO5102-20	Biology Work Placement	O					X		X		X	X	X	X	X	X
5	BIO5103-20	Future Food: Food and Nutrition in the 21st Century	O							X		X	X	X		X	
5	BIO5204-20	Food Product Development for Quality, Health and Exercise	O	X				X		X		X	X	X	X	X	X
5	PSY5107-20	Clinical Psychology	O			X						X	X		X	X	
5	PSY5101-20	Health Psychology	O		X	X						X	X	X		X	
5	SOC5102-20	Health: Mind, Body, Society	O			X						X	X	X		X	
5	SMG5002-20	Business of Sport	O			X		X				X		X	X	X	X
5	SPD5000-20	Media Law and Ethics	O											X	X	X	X
5	PUB5103-20	Science Journalism and Publishing	O										X	X		X	X

5	PPY5100-120	Professional Placement Year	O							X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
5	SMG5003-20	Sport and Society	O												X	X	X	X	X	X	X	X	X	X	X
6	BIO6705-20	Dissertation Planning for Sport and Exercise Nutrition	C								X		X	X	X					X	X				
6	BIO6706-20	Dissertation Publication for Sport and Exercise Nutrition	C								X		X	X	X					X	X				
6	BIO6707-20	Anatomy, physiology and metabolism for physical activity	C	X					X					X	X	X				X					
6	BIO6704-20	Applied Sport and Exercise Nutrition	C	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
6	BIO6003-20	Medical Biology	O	X										X	X	X	X	X	X	X	X	X	X	X	X
6	BIO6101-20	Epidemiology and Public Health	O							X	X		X	X	X					X	X				
6	BIO6104-20	Plants and People	O	X										X	X	X	X	X	X	X	X	X	X	X	X
6	BIO6107-20	Food and Nutrition in Practice	O							X	X	X	X	X	X	X	X	X	X	X	X				
6	BIO6702-20	Clinical Biochemistry	O	X							X		X		X	X				X	X				
6	BIO6703-20	Mechanisms of disease	O	X										X	X	X				X	X				
6	PSY6107-20	Advanced Topics in Psychology	O												X	X				X					
6	SMG6001-20	Contemporary issues in Sport	O												X	X	X	X	X	X	X	X	X	X	X
6	PUB6001-20	Publishing Industry Project	O								X	X	X	X	X	X				X	X				

[4] C = Core; R = Required; R* = Required*; O = Optional

Appendix 3: Map of Summative Assessment Tasks by Module

BSc (Hons) Sport and Exercise Nutrition

Level	Module Code and Title	Status (C,R,R*, O)[5]	Assessment method																								
			Coursework												Practical						Written Examination						
			Scientific Paper	Portfolio	Article	Essay	Case study	Poster	Report	Reflection	Workbook	Proposal	Review	Dissertation	Project report	Practical lab report	Practical Project	Practical file	Dietary analysis	Data analysis	Presentation	Timed assessment	Seen Exam				
4	BIO4000-20 Biological Techniques	C	X																						X		
4	BIO4202-20 Anatomy and Physiology	C															X									X	
4	BIO4204-20 Food and Nutrition	C																X								X	
4	BIO4101-20 Introduction	C			X												X										

	to Biochemist ry																					
4	SMG4000-20 Sports Managem ent	C				X											X					
4	BIO4205-20 Nutrition & Exercise for Health	C				X															X	
5	BIO5203-20 Research Skills for Sport and Exercise Nutrition	C										X						X				
5	BIO5005-20 Human Pathophys iology and Nutrition	C																X			X	
5	BIO5101-20 Human Nutrition	C					X											X				
5	PSY5200-20 Sport Psychology	C										X									X	
5	BIO5102-20 Biology Work Placement	O	X																		X	
5	BIO5103-20 Future Food: Food and Nutrition in the 21st Century	O								X											X	
5	BIO5204-20 Food Product Developm ent for Quality, Health and Exercise	O								X											X	
5	PSY5107-20 Clinical Psychology	O														X						X
5	PSY5101-20 Health Psychology	O				X						X										
5	SOC5102-20 Health: Mind, Body, Society	O				2X																
5	SMG5002-20 Business of Sport	O								X											X	
5	SPD5000-20 Media Law and Ethics	O				X						X										
5	SMG5003-20 Sport and Society	O		X	X																	
5	PUB5103-20 Science	O		X	X																	

	Journalism and Publishing																			
6	BIO6705-20 Dissertation Planning for Sport and Exercise Nutrition	C								X	X									
6	BIO6706-20 Dissertation Publication for Sport and Exercise Nutrition	C										X						X		
6	BIO6707-20 Anatomy, physiology and metabolism for physical activity	C						X							X					
6	BIO6704-20 Applied Sport and Exercise Nutrition	C				X		X												
6	BIO6003-20 Medical Biology	O		X											X					
6	BIO6101-20 Epidemiology and Public Health	O															X	X		
6	BIO6104-20 Plants and People	O					X	X												
6	BIO6107-20 Food and Nutrition in Practice	O										X						X		
6	BIO6702-20 Clinical Biochemistry	O				X														X
6	BIO6703-20 Mechanisms of disease	O								X				X						
6	PSY6107-20 Advanced Topics in Psychology	O				1x														1x
6	SMG6001-20 Contemporary Issues in Sport	O						X	X											
6	PUB6001-20 Publishing Industry Project	O		X																

[5] C = Core; R = Required; R* = Required*; O = Optional