Course Specification
Part A

BSc (Hons) Nutrition and Health
HLSU244

Faculty of Health and Life Sciences/School of Life Sciences
Academic Year: Year 1 entrants 2021/22

Please note: This specification provides a concise summary of the main features of the course and the learning outcomes that a typical student might reasonably be expected to achieve and demonstrate if s/he takes full advantage of the learning opportunities that are provided.

We regularly review our course content, to make it relevant and current for the benefit of our students. For these reasons, course modules may be updated.

More detailed information on the learning outcomes, content, and teaching, learning and assessment methods of each module can be found in the Module Information Directory (MID), student module guide(s) and the course handbook.

The accuracy of the information contained in this document is reviewed by the University and may be verified by the Quality Assurance Agency for Higher Education.

Template Revised October 2020

PART A Course Specification (Published Document)

BSc (Hons) Nutrition and Health

1. Introduction

This course is designed to equip you with a thorough understanding of the scientific basis of nutrition with an emphasis on human health and disease. The course will also explore the physiological, biochemical and psychosocial aspects of nutrition as well as public health and health promotion, nutrition for exercise, food science and food safety.

The field of nutrition is growing in importance and graduates from this course will be able to access a wide range of career opportunities. Nutritionists are needed to work with individuals, groups and communities, the food industry, regulatory bodies and policy makers to promote healthy diets and appropriate food choice. The recent increase in diet-related health problems, such as type 2 diabetes, cardiovascular disease, obesity and cancer make this an interesting and important subject. In addition, national and global issues such as food poverty require the expertise of nutritionists to consider innovative solutions. The course embraces an international perspective, whilst also recognising the key underpinning principles of UK based nutritional guidance.

The BSc (Hons) Nutrition and Health degree course is accredited by the Association for Nutrition (AfN). The Association for Nutrition (AfN) protects and benefits the public by defining and advancing standards of evidence-based practice across the field of nutrition and at all levels within the workforce. AfN Programme Accreditation is a quality mark awarded to degree programmes which meet the high standards required by the AfN. Graduates of AfN Accredited Programmes are eligible to apply via Direct Entry for UKVRN registration as a Registered Associate Nutritionist (ANutr). The AfN is recognised in the UK and internationally. As a student on an AfN accredited course, you will benefit from the professional profile of the organisation and networking opportunities to enable you to stand out in a competitive employment market.

In your first year you will join a community of students studying food related courses. This multi-disciplinary approach will allow you to appreciate a diversity of applications and roles in the area of food and nutrition, to gain a broad topic understanding. You will be introduced to the basic scientific principles of nutrition, human physiology and biochemistry, food chemistry, food legislation and public health. Scientific writing, data analysis, reporting of laboratory experiments and principles underlying food hygiene are considered. In the second year, you will build on your knowledge of nutrition by considering psychosocial influences on dietary behaviour, nutritional requirements throughout the lifespan (pre-pregnancy to old age), food and nutrition microbiology, and the links between diet and health. You will continue to develop your research skills in preparation for a final year project. In the final year you will focus on public health nutrition, nutrition for exercise and food product design and explore current areas of interest across the world, alongside a research based project in an area of interest.

The course provides many opportunities to enhance your study experiences. This may include field trips, employability, entrepreneurship and careers events to explore your career aspirations. You are encouraged from the start of your course to be careers aware and employment ready. The course team has strong links with the Talent Team, to promote appropriate skills development, careers awareness and work experience opportunities. The course includes the option to incorporate a year of appropriate work experience, or a year of study abroad, taken between years 2 and 3, giving students opportunities to explore potential industries. Previous students have been successful in gaining placements within local authority, the NHS, as well as with local, national and international companies. The Talent Team are actively involved in preparation of students for successful application. There will also be opportunities to interact with students internationally through Collaborative Online International Learning Projects at overseas institutions. Previously these have included The Hague University of Applied Science and Pretoria

University. Students may have the opportunity to travel abroad to take part in an international co-creation week focusing on nutrition and sustainability.

Each year of the course also includes an Add+Vantage module. The Add+Vantage scheme is designed to enhance students' skills and competencies for employment. Modules offered within this scheme are varied and you can choose from options in enterprise, business, marketing, languages, academic skills, voluntary work and other areas that enhance employability. Professional skills development including communication to diverse audiences, both scientific and non-scientific, digital literacy, planning and research skills are a key focus of the course, ensuring that you are well prepared for future employment or further study.

You will benefit from the outstanding facilities in our purpose-built Science and Health building, which includes a biosciences superlab and analytical laboratory. You will also enhance your cooking skills through sessions in our teaching kitchen and develop new food or drink products.. You will be taught and supported by a team with a diversity of specialist expertise and professional experience, including several Registered Nutritionists, food scientists, food microbiologists, and experts in food safety. Guest lecturers, who are experts in their field, further enhance student learning experiences. Many staff are research active which is of particular value for embedding research examples within teaching.

2 Available Award(s) and Modes of Study

Title of Award	Mode of attendance	UCAS Code	FHEQ Level
BSc (Hons) Nutrition and Health	F/T (3 years) Sandwich or study abroad (4 years)	B400	Level 6
BSc Nutrition and Health*			
DipHE Nutrition and Health*			
DipHE (unnamed)*			
CertHE (unnamed)*			
*available as fall back awards only			

3 Awarding Institution/Body	Coventry University.
4 Collaboration	n/a
5 Teaching Institution and Location of delivery	Coventry University Main Campus
6 Internal Approval/Review Dates	Date of latest review: April 2021 Date for next review: Academic year 2029/30
7 Course Accredited by	BSc (Hons) Nutrition and Health is accredited by the Association for Nutrition.
8 Accreditation Date and Duration	Date due for reaccreditation: 30/04/26

9 QAA Subject Benchmark Statement(s) and/or other external factors	The course meets the following QAA Subject Benchmark Statements: Health Studies (November 2019). https://www.qaa.ac.uk/docs/qaa/subject-benchmark-statements/subject-benchmark-statement-health-studies.pdf?sfvrsn=7a35c881_4 This course also partially maps to, and is informed by, QAA Subject Benchmark statements (section 5) for Agriculture, Horticulture, Forestry, Food, Nutrition and Consumer Sciences (October 2019). The course modules are mapped against the Association for Nutrition (AfN) accreditation requirements.
10 Date of Course Specification	April 2021
11 Course Director	Dr Helen Jones

12 Outline and Educational Aims of the Course

The educational aims of the course are to provide students wishing to work in the field of nutrition and health with the knowledge and skills to assess dietary intake and make dietary recommendations based on current food and nutrient guidelines for different groups within the population. Graduates from this course will understand the role of nutrition in health promotion and disease prevention.

The course aims to:

1. Develop students' knowledge of the scientific basis of nutrition and equip them with the necessary skills for a career in nutrition and health

2. Enable students to develop an understanding of public health and the role of nutrition in disease prevention and health promotion

3. Provide students with a thorough understanding of the psycho-social influences on diet and health at different stages of the life-course.

4. Equip students with knowledge about the food chain and the role of the food industry in influencing food choice

5. Facilitate students' practical and research experience through laboratory and kitchen work, workshops and project work

6. Develop students' competence in critically evaluating research evidence in nutrition and health topics

7. Provide students with the opportunity for sustained independent study and the development of research skills in undertaking a final year project.

8. Encourage students to develop their professional conduct and interpersonal skills, helping them to communicate effectively with a range of people and organisations using suitable language and means of delivery.

9. Support students to learn to use self-reflection to evaluate and improve their knowledge and professional development and to embrace the concepts of lifelong learning.

13 Course Learning Outcomes

On successful completion of the course a student will be able to:

1. Demonstrate knowledge and understanding of the scientific basis of nutrition, including nutritional requirements from molecular through to population level.
2. Demonstrate knowledge and understanding of the food chain and its impact on food choice and dietary intake.
3. Demonstrate knowledge and understanding of the social and behavioural aspects of food choice, at all stages of the life course.
4. Apply the scientific principles of nutrition for the promotion of health and wellbeing of individuals, groups and populations and to communicate these effectively to a variety of audiences, using a range of formats and approaches.
5. Critically analyse, interpret and synthesise information to ensure evidence-based approaches to underpin diet, health and disease communications.
6. Apply theoretical concepts to practical laboratory and kitchen sessions.
7. Design, plan, implement, analyse and report a research-based project, including ethical considerations.
8. Demonstrate skills such as time-management, initiative and creativity, organisational and knowledge transfer skills and reflective practice necessary for independent life-long learning in a global environment.
9. Exhibit professional conduct in the field of nutrition, demonstrating key transferable skills, professional behaviour and attitudes.

14 Course Structure, Modules, Credits and Progression and Award Requirements

BSc (Hons) Nutrition and Health is available as a 3-year full time course or a 4 year Sandwich course. Students who choose to take the 4-year course incorporate either a work experience placement or a study year abroad (Enhancement Year), taken between years 2 and 3.

All modules are mandatory, apart from those associated with the optional Sandwich/enhancement year. Modules within the course, their status (whether mandatory or optional), the level of study, and their credit value are identified in Table 1. The table also indicates how the modules relate to the course learning outcomes and the semester each module runs, however this is indicative only and may be subject to change.

Table 1. BSc (Hons) Nutrition and Health

Credit level	Module Code	Title	Credit Value	Semester	Mandatory/ Optional	Course Learning Outcomes
4	4002BMS	Introduction to Public Health	20	1	Mandatory	1, 3, 5, 8
4	4004BMS	Skills for Food and Nutrition Sciences 1	20	1	Mandatory	2, 5, 6, 8
4	4006BMS	Physiology and Biochemistry for Nutrition	20	1	Mandatory	1, 2, 4, 5, 8, 9
4	4001BMS	Chemistry of Foods	20	2	Mandatory	2, 5, 6, 8
4	4003BMS	Introduction to Food Law and Policy	20	2	Mandatory	4, 5, 8
4	4005BMS	Skills for Food and Nutrition Sciences 2	10	2	Mandatory	6, 8
4	**Add+Vantage**		10	2	Mandatory	
5	5003BMS	Contemporary Skills for Food, Nutrition and Health	10	1	Mandatory	5, 8, 9
5	5004BMS	Nutrition throughout the Lifespan	20	1	Mandatory	1, 2, 3, 4, 5, 8

5	5005BMS	Food Microbiology	20	1	Mandatory	2, 8
5	5009BMS	Nutrition and Health	20	2	Mandatory	1, 4, 5, 7, 8
5	5058BMS	Public Health Promotion and Policy	20	2	Mandatory	1, 3, 5, 8
5	5057BMS	Food Choice and Behaviour Change	20	2	Mandatory	3, 4, 5, 8
5	**Add+Vantage**		10	1	Mandatory	
5	5001BMS	Professional Experience Sandwich Year	0		Optional	8, 9
5	5002BMS	Enhancement Year	0		Optional	8, 9
6	6002BMS	Research Design for Food and Nutrition Sciences	10	1	Mandatory	1, 4, 7, 8, 9
6	6006BMS	Public Health Nutrition	20	1	Mandatory	2, 3, 4, 5, 8, 9
6	6007BMS	Product Design	20	1	Mandatory	1, 2, 4, 5, 6, 7, 8, 9
6	60003BMS	Integrated Topics in Nutrition, Food and Public Health	20	2	Mandatory	1, 2, 3, 4, 5, 8, 9
6	6005BMS	Independent Project in Food and Nutrition Sciences	20	2	Mandatory	1, 2, 4, 5, 6, 7, 8, 9
6	6057BMS	Nutrition for Exercise	20	2	Mandatory	1, 4 5, 8. 9
6	**Add+Vantage**		10	1	Mandatory	

Modules are designed based on the academic content and competency criteria required for AfN accredited courses. They are informed by the subject specific knowledge, understanding and skills specified by the QAA Benchmark Statements.

Year 1 modules provide the key framework of skills and knowledge relevant to nutrition and food sciences. It introduces the basic scientific principles of nutrition, human physiology and biochemistry. Topics will include nutrient requirements, the sources, functions and metabolism of nutrients as well as methods of assessing dietary intake, measuring body composition and understanding dietary guidelines. This will be underpinned by developing an understanding of food chemistry and food legislation. Students are supported to become confident, competent and safe in the laboratory and kitchen environments. You will explore topics in public health and develop a thorough understanding of health promotion and the role of nutrition in preventing disease. A series of workshops will be delivered during the first year of study with the aim of developing scientific writing, research and laboratory skills.

In Year 2, students will build on their knowledge of the science of nutrition, covering topics such as nutrition through the lifespan (pre-pregnancy to old age), microbiology and the links between diet and health. Students will also explore in more depth the social and psychological influences on dietary behaviour as well as theories of behaviour change. Students continue to extend their skills and competencies including effective communication to diverse and non-scientific audiences. Individual professional development activities enable students to identify strategies and approaches to enhance their own capabilities and to build their professional profile in preparation for successful placement application, and ultimately for careers after graduation.

On successful completion of Years 1 and 2, students may elect to apply for either a one year work experience placement, or a year of study abroad. These opportunities offer highly valued opportunities to enhance learning and gain a competitive advantage in the workplace after graduation. Students taking this option will take an additional year to complete their degree. Students taking the work experience option enrol on 5001BMS (Professional Experience Placement) and those who opt for the study year abroad enrol

on 5002BMS (Enhancement Year). These modules must be passed for this Sandwich year to be recognised. Work Experience placements are competitive and successful acceptance cannot be guaranteed. The Talent Team offer support for students in the application process. Students should note that some work placements may require additional health and professional suitability checks including criminal record checking via DBS. If students are unable to meet the health and suitability requirements, then the choice of placement opportunities will be restricted.

The final year will build on the knowledge of public health nutrition and you will have the opportunity to design and produce a novel food product. In addition, you will explore nutrient requirements for exercise and consider contemporary issues in food and nutrition. You will further develop research skills and will undertake a research project which will be designed and reported with the support of an academic supervisor, providing a capstone experience to the course.

Each year of the course also includes an Add+Vantage module. The Add+Vantage scheme is designed to enhance students' skills and competencies for employment.

Further details of the Add+Vantage scheme are available at:

https://share.coventry.ac.uk/students/Add-vantage/Pages/NewHome.aspx

The award cascade is as follows:

BSc (Hons) Nutrition and Health
↓
BSc. Nutrition and Health
↓
Diploma of Higher Education (DipHE) (named/un-named)
↓
Certificate of Higher Education (CertHE) (un-named)

BSc (Hons) Nutrition and Health
In order to be awarded a BSc Honours degree a student must pass all mandatory modules and have achieved a total of 360 credits. The standard University regulations for degree classification apply. For the BSc (Hons) Nutrition and Health, the project module 6005BMS MUST be included in the calculation.

BSc Nutrition and Health (Unclassified)
A student who fails to meet the requirements for an Honours degree may be considered for the award of an unclassified degree in Nutrition and Health if he/she has achieved at least 300 credits and meets the minimum credit requirements at each level set out in the Academic Regulations.

Diploma of Higher Education (DipHE)
For award of DipHE Nutrition and Health, a student must pass all mandatory modules at Years 1 and 2 and have achieved a minimum of 240 credits.

A student who achieves at least 240 credits and meets the minimum credit requirements at each level set out in the Academic Regulations may be considered for the award of an un-named DipHE.

Certificate of Higher Education (CertHE)

A student who achieves at least 120 credits and meets the minimum credit requirements at each level set out in the Academic Regulations may be considered for the award of an un-named CertHE.

15 Criteria for Admission and Selection Procedure

UCAS entry profiles may be found by searching for the relevant course on the UCAS website, then clicking on 'Entry profile'.

Applicants should normally meet the entry requirements of the course as detailed on our University website:

https://www.coventry.ac.uk/study-at-coventry/course-search/

For admission to BSc (Hons) Nutrition and Health, candidates must normally possess:

- Five GCSEs at grade A*-C/ 9-4 including Mathematics, English Language and two Sciences, and
- Grades BBC from three full A levels including Biology or Chemistry or relevant science subject, or equivalent qualifications (e.g. BTEC).

For applicants whose first language is not English:

- This course requires IELTS 6.5 overall, with no component lower than 6.0. Pre-sessional English is available if required.

Non-standard applicants, including mature applicants, will be considered for entry to the course and admission will be at the discretion of the Course Director and the Admission Tutor.

Recognition for prior learning (RPL) or prior experiential learning (RPEL) may be granted for modules at the discretion of the Course Director providing that adequate evidence of learning is submitted by the student in accordance with University Regulations. RPL/RPEL will be limited to the maximum specified in University Regulations.

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16 Academic Regulations and Regulations of Assessment

This Course conforms to the standard University Academic Regulations Undergraduate Mode E.

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17 Indicators of Quality Enhancement

The Course is managed by the School of Life Sciences Board of Study of the School of the Faculty of Health and Life Sciences.

The Progression and Awards Board (PAB) for Biomolecular Sciences is responsible for considering the progress of all students and making awards in accordance with both the University and course-specific regulations.

The assurance of the quality of modules is the responsibility of the Boards of Study which contribute modules to the course.

External Examiners are appointed for all courses that lead to an academic award. External Examiners have the opportunity to moderate all assessment tasks and a sample of assessed work for each module. They will report annually on the course and/or constituent modules and their views are considered as part of the Course Quality Enhancement Monitoring (CQEM) process.

Students are represented on the Student voice channel, Board of Study and Faculty Board, all of which normally meet two or three times per year.

Student views are also sought through module and course evaluation questionnaires.

The following are key indicators of quality and standards:

- The course has been designed in accordance with the QAA Quality Code for Higher Education (May 2018), and the QAA Subject Benchmark Statement for Health Studies (November 2019). This course also partially maps to, and is informed by, QAA Subject Benchmark statements (section 5) for Agriculture, Horticulture, Forestry, Food, Nutrition and Consumer Sciences (October 2019)
- The course has been mapped to the educational standards and competencies specified by the Association for Nutrition (AfN) for accreditation of undergraduate degrees.
- The academic team are specialists within their subject discipline. Academic staff are encouraged to take a post-graduate qualification in higher education teaching to qualify as Associate Fellows, Fellows and Senior Fellows of the Higher Education Academy (HEA)
- Many staff are registered nutritionists (RNutr) with the AfN and members of other professional bodies, e.g. The Nutrition Society and IFST.
- Many staff are actively involved in research within the Research Centre for Sport, Exercise and Life Sciences (CSELS).
- The QAA's review of higher education undertaken in February 2015 confirmed that Coventry University meets UK expectations in:

- The setting and maintenance of the academic standards of its awards;
- The quality of student learning opportunities;
- The quality of the information about learning opportunities;
- The enhancement of student learning opportunities.

Coventry University has an impressive list of awards and accolades including:

- Top 15 for five years running in the Guardian University Guide (2016-2020)
- Awarded University of the Year for Student Experience (The Times and Sunday Times Good University Guide 2019)
- 1st for Overseas Experiences (based on student trips abroad - HESA 2016/17)
- 2nd for Teaching Excellence (Times Higher UK metrics ranking 2017)
- Gold for outstanding teaching and learning (Teaching Excellence Framework 2017)
- Top 5 UK Student City (QS Best Student Cities 2019)
- Overall five star QS Stars rating (QS Stars 2019) (includes 5 stars for teaching, employability, facilities and internationalisation)

The University has been rated:

- 12th for Food Science (The Times and Sunday Times Good University Guide 2020)
- 7th for Food Science (Complete University Guide)

18 Additional Information

Enrolled students have access to additional, key sources of information about the course and student support including:

Health and Wellbeing - Spirituality and Faith Centre, Welfare, Disabilities, Counselling, Mental Health and the Medical Centre.

Maths and Statistics Support (SIGMA)

Centre for Academic Writing (CAW)

Library Support including designated Subject Librarian

24 hour IT support

Virtual Learning Environment

The Talent Team (employability support service)Faculty/School Handbook

Student Handbook

Module Information Directory
