

MASTER OF SCIENCE IN SPORT AND EXERCISE NUTRITION (MSc/PgDip/PgCert)

57C69SB1/ 61C690VX/ 62C690VZ

Duration: 12 months full-time or 24 months part time (MSc); 9 months full-time or 18 months part-time (PgDip).

Content:

FULL-TIME ROUTE

Stage 1

PU5040 Health, Wellbeing and Behaviour Change (15 credit points)

RN5003 Foundations of Nutrition (15 credit points)

RN5008 Assessment of Nutritional Status (15 credit points)

RN5009 Exercise Metabolism (15 credit points)

Stage 2

RN5007 Nutrition and Health (15 credit points)

RN5511 Ergogenic Aids in Sport & Exercise (15 credit points)

RN5512 Professional and Applied Approaches in Sport & Exercise Nutrition (30 credit points)

Stage 3

MB5904 Masters Research Project (Laboratory) (60 credit points)

PART-TIME ROUTE

Term 1 (September – December), Years 1 and 2. Choose from (all courses must be completed within 2 years):

- RN5003 Foundations of Nutrition (15 credit points)
- PU5040 Health, Wellbeing and Behaviour Change (15 credit points)
- RN5008 Assessment of Nutritional Status (15 credit points)

RN5009 Exercise Metabolism (15 credit points)

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Term 2 (January – May), Years 1 and 2. Choose from (all courses must be completed within 2 years):

- RN5007 Nutrition and Health (15 credit points)
- RN5511 Ergogenic Aids in Sport & Exercise (15 credit points)
- RN5512 Professional and Applied Approaches in Sport & Exercise Nutrition (30 credit points)

Term 3 (June – October), Year 2

MB5904 Masters Research Project (Laboratory) (60 credit points)

Assessment: By practical work, by written essays, written examinations and by oral presentations, or by a combination of these, as prescribed for each course. The project will be assessed on the basis of performance, written thesis, and oral presentation. Candidates must pass all courses at an appropriate standard for the award of the MSc degree.