

Programme Specification

MSc / Postgraduate Diploma Nutritional Therapy and MSc / Postgraduate Diploma / Postgraduate Certificate Diet, Nutrition and Health

1.	Awarding Institution / Body	University of Worcester
2.	Teaching Institution	University of Worcester
3.	Programme Accredited By	The MSc and Postgraduate Diploma in Nutritional Therapy programmes are accredited by the Nutritional Therapy Education Commission (NTEC)
4.	Final Award	PGCert, PGDip, MSc
5.	Programme Title	Nutritional Therapy Diet, Nutrition and Health
6.	Pathways Available	Nutritional Therapy or Diet, Nutrition and Health
7.	Mode and / or Site of Delivery	Full time / part time; block attendance at UW
8.	Mode of Attendance	Normally in two and three day blocks including Saturdays
9.	UCAS Code	N/A
10.	Subject Benchmark Statement and/ or Professional Body Statement	<p>The course is mapped against the Skills for Health National Occupational Standards for Nutritional Therapy (NOS) and the Core Curriculum (CC).</p> <p>The following professional body standards have been used in designing the course:</p> <ul style="list-style-type: none"> • CNHC Code of Conduct, performance and Ethics for Nutritional Therapists. • British Association for Applied Nutrition and Nutritional Therapy (BANT) Professional Practice Handbook. <p>All of the above relates to the practice of Nutritional Therapy within the UK.</p> <p>QAA (2010) Master's Degree Characteristics</p>
11.	Date of Programme Specification Preparation / Revision	<p>September 2010 / February 2012.</p> <p>March 2014 Updated at IQC following PSRB review and prior to Periodic Review.</p> <p>August 2014 (Regulations)</p> <p>December 2015 (addition of NUTH4025)</p> <p>August 2016 (Regulations amended - Section 20)</p>

12. Educational Aims of the Programme

The course is aimed at graduates in nutrition, health or biology related subjects who wish to specialise in nutrition at postgraduate level. The course is very flexible with part-time and full-time routes to meet the needs of students in employment or with caring roles.

The Nutritional Therapy pathway is particularly aimed at those who wish to practice as nutritional therapists in the UK. As the pathway is accredited by the Nutritional Therapy Education Commission

(NTEC) successful graduates from the MSc and PGDip Nutritional Therapy programmes are entitled to apply to register as a Nutritional Therapist with the Complementary and Natural Healthcare Council (CNHC). The Nutritional Therapy pathway includes clinical practice in the University teaching clinic.

The Diet, Nutrition and Health pathway is suitable for those with a broad interest in exploring the links between food and health at postgraduate level. The pathway has a focus on using research evidence, but also allows students to choose modules that are most appropriate to their work experience or career aspirations. Students are able to study public health as part of this pathway; public health modules require weekly attendance for one semester. The full-time Diet, Nutrition and Health route can be completed in 12 months and so may be of particular interest to international students.

1. To develop safe and competent nutrition professionals and nutritional therapy practitioners.
2. To provide the opportunity to develop advanced practical skills and a comprehensive knowledge base at the forefront of nutritional therapy and applied nutrition.
3. To foster a flexible, interdisciplinary student-centred forum for advanced study of nutritional therapy and applied nutrition.
4. To provide opportunities for the development of the skills required to critically appraise evidence relevant to nutritional therapy / applied nutrition.
5. To support a stimulating academic environment based on the values of academic openness and critical appraisal.
6. To develop the ability to demonstrate a critical appreciation of different perspectives and values held by users of complementary therapies, health professionals and lay cultures.
7. To further an understanding of the application of different research methods and to prepare students to design and implement a personal research project related to nutritional therapy or applied nutrition (this aim applies to MSc students completing modules NUTH4017 and NUTH4019 or NUTH4020 and not those exiting at Postgraduate Certificate or Diploma).

13. Intended Learning Outcomes and Learning, Teaching and Assessment Methods

Programme Learning Outcomes

On successful completion of the course, students will be able to:

1. Demonstrate self-direction and originality in tackling and solving problems.
2. Retrieve, interpret and evaluate specific knowledge in applied nutrition and nutritional therapy, using established methods of enquiry and critical appraisal.
3. Apply theoretical knowledge and understanding to the practice of applied nutrition and nutritional therapy.
4. Critically evaluate current research and evidence in applied nutrition and nutritional therapy and, where appropriate, contribute to this body of knowledge.
5. Demonstrate skills of effective communication through a variety of methods and media, and to a range of different audiences, demonstrating high standards of clarity and coherence.
6. Consolidate cognitive and transferable skills and develop independence and autonomy in learning.
7. Demonstrate the ability to critically reflect on their own knowledge, skills and values.
8. Demonstrate a systematic understanding and critical awareness of specialist nutritional knowledge at the forefront of this discipline and select and utilize this knowledge effectively.

9. Demonstrate the ability to deal with complex issues and make evidence based sound judgments in order to assess, plan, and evaluate nutritional improvement plans for individuals and populations.

MSc / PG Dip Nutritional Therapy Pathway Only:

10. Work independently and collaboratively with clients and other health professionals.
11. Demonstrate safe, competent, ethical and effective nutritional therapy practice.

MSc Exit Award Only:

12. Independently design, manage and evaluate a personal research project relating to applied Nutrition or Nutritional Therapy.

Examples of Learning, Teaching and Assessment Methods Used

Learning and Teaching methods include;

- Interactive lectures
- Group work
- Directed study
- Role play
- Group presentation
- Reading and responding to materials provided on Blackboard
- Reflective activities
- Seminars
- Debates
- Tutorials
- Dietary analysis workshops
- Peer and tutor evaluation
- Clinical practice (*Nutritional Therapy Pathway Only*)

Assessment methods include;

- Written report
- Case analysis
- Reflection
- Dissertation
- Write an academic article
- Critique of journal article
- Analysis of video consultation
- Clinical observation
- Assessment of clinical competencies
- Production of handouts and information sheets
- Formative peer evaluation

- Assessment of clinical competencies (*Nutritional Therapy Pathway Only*)

14. Assessment Strategy

The assessment strategy is designed to enable students to demonstrate their achievement of the course aims and objectives, and for students on the Nutritional Therapy programmes, to demonstrate their achievement of the Skills for Health National Occupational Standards for Nutritional Therapists (NOS). The strategy is designed to assist students with their personal and professional development by enabling them to identify and build upon their personal strengths and to identify and develop improvements in any weaknesses. This will be achieved by formative and summative assessment of both theory and practice and through the use of reflection and reflexivity both in theory and practice. Students will experience a range of assessment strategies. The table below shows the full range of assessment items used within the subject modules. Each module assessment is specified in an assignment brief which included a grid of assessment criteria for each grade. These are aligned to the course assessment criteria which have been developed from the University Postgraduate grading criteria.

15. Programme Structures and Requirements

The courses can be completed on a full-time or part time basis. The course is delivered using a variety of learning and teaching methods. Teaching is delivered in blocks which often include a Saturday; in between blocks, tutorial support is available on campus or by telephone.

Support for **MSc students** undertaking the Dissertation modules NUTH4019 or NUTH4020 will be by day workshops and individual supervision. Students will normally have up to 12 months to complete the dissertation.

MSc Diet Nutrition and Health full-time students can complete the course in 12-18 months and full-time MSc Nutritional Therapy students can complete in 18–24 months.

For **Nutritional Therapy** students, practice will usually begin after the first five modules have been successfully completed. Module NUTH4016 additionally requires students to attend the University teaching clinic. This clinic runs on Fridays and some Saturdays in term time; students will need to be available to book themselves into some of these sessions in order to work with individual clients or to carry out observations. A maximum period of 2 semesters is allowed for completion of the Nutritional Therapy Clinical Practice module. Successful students wishing to register as Nutritional Therapists in the United Kingdom must successfully complete modules NUTH4011-4016 inclusive and must be “fit to practice”. For further information on the University’s Fitness to Practice policy please see <http://www.worcester.ac.uk/registryservices/documents/FitnesstoPractiseProcedures.pdf>.

Students on the PG Dip and MSc Nutritional Therapy pathways must also provide evidence of:

1. Satisfactory Disclosure and Barring Service (DBS) checks (appropriate form are sent from Registry Admissions to students prior to entry onto the course).
2. Satisfactory Medical Questionnaire (appropriate form sent from Registry Admissions to students prior to entry onto the course).
3. Student membership of BANT (application form provided at induction).
4. UW Fitness to Practice criteria met (assessed at certain times within the course and during clinical practice).
5. Current First Aid Certificate (1 day).

Where a cost is involved in any of the above 5 criteria, this is to be self-funded by the student.

Nutritional Therapy students are required to maintain professional standards identified in the National Occupational Standards for Nutritional Therapists (NOS), and to comply with the Professional Practice handbook of BANT and the CNHC codes of conduct.

AWARD MAP

Module Code	Module Title	Credits	Status - Mandatory (M) or Optional(O)				
			MSc Nutritional Therapy	PG Dip Nutritional Therapy	MSc Diet, Nutrition and Health	PG Dip Diet, Nutrition and Health	PG Cert Diet, Nutrition and Health
NUTH4011	Studying Nutrition at Postgraduate Level	20	M	M	M	M	M
NUTH4012	Nutritional Assessment	20	M	M	M	M	M
NUTH4013	Nutritional Improvement	20	M	M	M	M	M
NUTH4014	Integrated Approaches to Nutritional Therapy	20	M	M			
NUTH4015	Nutrition through the Lifespan	20	M	M	O	O	
NUTH4016	Nutritional Therapy Clinical Practice	20	M	M			
NUTH4017	Research Approaches and Methods	20	M		M	O	
NUTH4019	Dissertation (40 Credits)	40	O		O		
NUTH4020	Dissertation (60 Credits)	60	O		O		
NUTH4024	Nutrition and Long Term Health Conditions	20			O	O	
NUTH4025	Nutrition for optimum sports performance and health	20			O	O	
NUTH4028	Negotiated Study in Diet, Nutrition and Health	20			O	O	
MSPH4001	Module from MSc Public Health	20			O	O	
MSPH4001	Introduction to Public Health	20			O	O	
MSPH4002	Health Education and Promotion	20			O	O	
MSPH4003	Health Policy, Economics and Management	20			O	O	
MSPH4005	Global Health	20			O	O	
MSPH4006	Community Focussed Health Improvement in the United Kingdom	20			O	O	
MSPH4007	Climate Change, Sustainability and Public Health	20			O	O	

Students registered on to the **PG Cert Diet, Nutrition and Health** must successfully complete 60 credits at Level 7 (NUTH4011, NUTH4012 and NUTH4013).

Students progressing onto the **PG Dip Diet, Nutrition and Health** must also successfully complete 3 further modules chosen from: NUTH4015, NUTH4017, NUTH4024, NUTH4025, NUTH4028 or ONE

module from MSc Public Health programme (MSPH4001, 4002, 4003, 4005, 4006 OR 4007; by negotiation with course leaders and subject to availability) to successfully complete a total minimum of 120 credits at Level 7.

To be awarded the **MSc Diet, Nutrition and Health** students must also complete NUTH4017 and a dissertation module and complete a total of 180 credits at Level 7 including a minimum of 40 credits for the dissertation (NUTH4019 OR NUTH4020).

Students progressing onto the **PG Dip Nutritional Therapy** must successfully complete NUTH4011, NUTH4012, NUTH4013, NUTH4014, NUTH4015 and NUTH4016 to successfully complete a total minimum of 120 credits at Level 7.

To be awarded the **MSc Nutritional Therapy** students must also complete NUTH4017 and a dissertation module to complete a total of at least 180 credits at Level 7 including a minimum of 40 credits for the dissertation (NUTH4019 OR NUTH4020).

16. QAA and Professional Academic Standards and Quality

This award is located at level 7 of the FHEQ. The course objectives are aligned with the FHEQ Descriptor for a higher education qualification at level 7

The following professional body standards have been used in designing the Nutritional Therapy pathway;

- Skills for Health National Occupational Standards for Nutritional Therapy (NOS) and the Core Curriculum (CC)
- CNHC Code of Conduct, performance and Ethics for Nutritional Therapists
- British Association for Applied Nutrition and Nutritional Therapy (BANT) Professional Practice Handbook

The Nutritional Therapy programmes were re-accredited by the Nutritional Therapy Education Commission (NTEC) in September 2013 for a further 3 years.

17. Support for Students

Detailed information is provided via the University web site and potential students are also invited to attend open events and visits to see the facilities and services and to speak to tutors.

Before the start of the programme all students participate in an induction day which includes tours of the campuses and information on access to on-line resources, the library and study centre, student services and Registry. In addition pre-requisites for clinical practice will be outlined for those on the nutritional therapy programme.

Students are allocated a personal academic tutor who will provide support and advice to students on an individual basis throughout their programme. In addition, students who undertake a dissertation will be allocated one or two supervisors. University based learning will be directed and supported by module tutors who offer tutorials to support module and assignment work. Students have access to a student handbook which includes course materials including module specifications including details of the University of Worcester Policies and Procedures and the [Taught Courses Regulatory Framework](#). The handbook also details the support services available within the University.

<http://www.worcester.ac.uk/student-services/index.htm>

<http://www.worcester.ac.uk/student-services/disability-and-dyslexia.htm>

Nutritional Therapy Practice: While undertaking clinical practice nutritional therapy students will be supervised by University tutors who are also qualified and experienced nutritional therapy practitioners. Students will be supervised on an individual basis while they are working with clients. The tutors will support the student and will also carry out assessment of their achievement of

competencies specified in the Skills for Health National Occupational standards for nutritional therapy. Details about the clinic processes and assessments are made available to students in the clinic handbook.

18. Admissions

Admissions Policy

The course team are committed to the University Strategic Plan's aim of widening participation in higher education and are committed to the University policies of equality, diversity and inclusion. The course actively encourages applications from a wide range of individuals who wish to study at postgraduate level. This includes professionals from the healthcare services and therapists in complementary therapies, the voluntary sector and others interested in studying nutrition and nutritional therapy at an advanced level, in addition to those with first degrees in a nutrition related subject.

Entry Requirements

Students wishing to access the programme must normally hold an honours degree at 2:2 or above in a biological science / health / nutrition related subject, or equivalent. Applicants with a relevant lower level qualification such as a University Diploma in Higher Education together with appropriate experience will also be considered.

Applicants with a first degree in another subject and without the required level of anatomy, physiology and biochemistry will be offered a place on a level 6 access module HESC3090 Nutrition and Health. For these applicants successful completion of this module (or equivalent) will be a condition for admission on to the Postgraduate programmes. Candidates who are unsuccessful in the access module will be offered a resit attempt.

IELTS at 6.5 is required for students for whom English is not their first language.

Professional experience within the complementary sector is **not** a requirement for entry to this course. If you are unsure about your suitability for entrance, contact the University for Further Information.

Recognition of Prior Learning

Students with relevant previous study at postgraduate level or with extensive experience may be considered eligible for recognition of prior learning. Please contact the Registry Admissions Office for further information or guidance on 01905 855111.

Further information on Recognition of Prior Learning can be found at <http://www.worcester.ac.uk/registryservices/941.htm>

Admissions Procedures

Interested students must first complete an application form; this can be on line from the University web site or in hard copy. The qualifications and background of each applicant will be considered on their merits.

Admissions / Selection Criteria

- Evidence of successful academic study at level 6 or equivalent.
- Evidence of fluency in English language through previous study or a language assessment.
- Evidence of knowledge of anatomy, physiology and biochemistry level 5 or 6.
- Satisfactory academic reference (or satisfactory reference from a current employer).
- Demonstrate awareness of the demands of studying at PG level in personal statement or interview.
- Demonstrate interest and motivation for successful study at this level in personal statement or interview.

- Evidence of basic competence in IT skills such as use of Microsoft Office applications in application or personal statement or interview.

19. Methods for Evaluating and Improving the Quality and Standards of Teaching and Learning

Students are asked for informal feedback in the middle of most modules and this is used in planning the second half of the module. Students are invited to complete an anonymous module evaluation form at the end of each module and this information is used by the tutor in developing the module for the future. Each cohort of students elects a StAR rep who represents the views of the group at Course Committee meetings with the course team which are held each semester. The External Examiner scrutinises assignment briefs and samples of each assignment to verify the marks. Feedback from course committees, external examiner and module feedback are used by the course leader to inform an annual evaluation report (AER) and to produce an action plan for future course improvement.

20. Regulation of assessment

The course operates under the University's Taught Courses Regulatory Framework

Requirements to pass modules

- Modules are assessed using a variety of assessment activities which are detailed in the module specifications.
- The minimum pass mark is D- for each module.
- Students are required to submit all items of assessment in order to pass a module, and in some modules, a pass mark in each item of assessment may be required.
- Some modules have attendance requirements.
- Full details of the assessment requirements for a module, including the assessment criteria, are published in the module outline.

Submission of assessment items

- Students who submit course work late but within 5 days of the due date will have work marked, but the grade will be capped at D- unless an application for mitigating circumstances is accepted.
- Students who submit work later than 5 days but within 14 days of the due date will not have work marked unless they have submitted a valid claim of mitigating circumstances.
- For full details of submission regulations please see the Taught Courses Regulatory Framework.

Retrieval of failure

- Students are entitled to resit failed assessment items for any module that is awarded a fail grade, unless the failure was due to non-attendance.
- Reassessment items that are passed are graded at D-.
- If a student is unsuccessful in the reassessment, they have the right to retake the module (or, in some circumstances, take an alternative module); the module grade for a re-taken module is capped at D-.
- A student who fails 60 credits or more after exhausting all reassessment opportunities may be required to withdraw from the University.

Requirements for Awards

Award	Requirement
PG Cert Diet, Nutrition and Health	Passed a minimum of 60 credits at level 7 from NUTH4011, NUTH4012 and NUTH4013
PG Dip Diet, Nutrition and Health	Passed a minimum of 120 credits at level 7 from NUTH4011, NUTH4012 and NUTH4013 plus an additional 60 credits from optional modules as on the award map
MSc Diet, Nutrition and Health	As for PG Dip Diet, Nutrition and Health plus NUTH4017 and a minimum of 40 credits from NUTH4019 or NUTH4020
PG Dip Nutritional Therapy	Passed a minimum of 120 credits at level 7 from NUTH4011 to 4016
MSc Nutritional Therapy	As for PG Dip Nutritional Therapy plus NUTH4017 and a minimum of 40 credits from NUTH4019 or NUTH4020

PG Cert and PG Dip awards are unclassified. The awards of Masters may be made with Pass, Merit or Distinction.

21. Indicators of Quality and Standards

The MSc / PGDip / PGCert Diet, Nutrition and Health and MSc / PG Dip Nutritional Therapy courses sit amongst a number of professionally accredited courses in both health and social care at both undergraduate and post graduate level; including the recently approved BSc Physiotherapy and BA Occupational therapy. Both of the courses are registered with the HCPC and their respective Societies.

The course NTEC reaccreditation visit report (October 2013) stated that the course offered post-graduate teaching at a high level, with clear emphasis on reflection and the value of evidence. It identified that the course was taught in a supportive environment with good IT and exemplar clinical teaching.

Student enrolment on the course has improved and is currently 25 (2015-16). Progression trends remain positive, with improved retention rates over the last few years.

22. Graduate Destinations, Employability and Links with Employers

Graduate Destinations

- Nutrition journalism or other fields within the media.
- Healthy eating / nutrition advisors or project managers in private or public health practices or NHS.
- Food or health writers.
- Wellbeing sector.
- Food companies.
- Health product sales.
- Working within the education sector as a lecturer of nutrition / nutritional therapy related subjects.
- Research into applied nutrition / nutritional therapy.

- Health promotion within existing practice.
- Further study- PhD / MPhil.

In addition, a postgraduate qualification is a valuable, complementary tool for those working with clients in the wider health arena.

Nutritional Therapy Graduates may also seek employment as;

- Nutritional Therapy Practitioners in private sector, healthcare, health clubs, health food stores or support groups.
- Technical advisors with supplement companies.

Student Employability

The programmes prepare students for employment by developing employability skills and attributes such as independence, team working, communication skills, reflection and personal development. Several MSc students presented their work at conferences and others have published in peer reviewed journals. The course also provides opportunities for students to consolidate their academic study with their workplace experience through the optional negotiated learning module (NUTH4028 Negotiated Study in Diet, Nutrition and Health) and the dissertation module (NUTH4019 or NUTH4020).

Nutritional therapy students have the opportunity to work with clients to plan and design personalised nutritional improvement programmes. Nutritional Therapy students carry out their clinical practice in the University teaching clinic in the McClelland Centre where they are supervised on a one to one basis by the team. Students on the NT pathway also have teaching sessions on setting up in private practice as a Nutritional Therapist.

Links with Employers

The PG Dip and MSc Nutritional Therapy programmes have been reaccredited by the Nutritional Therapy Education Commission (NTEC) in September 2013 for three years. Several course graduates are employed by local business in the area and a number are successfully practising in the field. Two students won SPEED Awards to help them set up businesses

Please note: This specification provides a concise summary of the main features of the programme 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. More detailed information on the learning outcomes, content and teaching, learning and assessment methods of each module can be found in the module outlines and the course handbook provided to all students at the start of the course.