



PROGRAMME SPECIFICATION

1. General information

Awarding body / institution	Leeds Trinity University
Teaching institution	Leeds Trinity University
Professional accreditation body	n/a
Final award	BSc (Hons)
Title of programme	Nutrition, Food and Health
Subsidiary award(s) (if any)	
In the case of a Scheme of Study, the other Scheme(s) with which it may be combined	n/a
Duration and mode of study	3 years full-time
Start date (this version)	September 2014
Periodic review next due (acad. year)	
UCAS course code & code name	BD46
Delivery venue	Leeds Trinity University

2. Aims of the programme

Rationale and general aims
<p>This programme equips students with academic knowledge, professional skills and experience to enable them to begin successful careers as graduates in a diverse range of food and health settings. Students are prepared for graduate-level employment and well qualified graduates will be well placed to make strong applications for postgraduate courses, whether for teacher training, taught masters in food, nutrition and dietetics; or for research programmes. The programme is designed so that, at each level, the core modules cover all of the key elements of nutrition, health promotion and food production.</p> <p>The programme has the following aims:</p> <ul style="list-style-type: none"> To develop an understanding of the scientific and social basis of food production and food choices, nutrition and health. To develop intellectual skills of critical analysis, reflection, synthesis and problem solving. To develop study skills and enthusiasm for learning and the ability to work effectively both independently and within teams. To develop confidence in formal and informal communication, including ICT skills. To develop a range of skills needed by those working in the food industry, nutrition and health contexts or more general organisations.

To provide students with knowledge and understanding of key areas of the subject and to critically evaluate relevant research.

3. Student learning outcomes of the programme

Learning outcomes in terms of:

knowledge and understanding (K)

intellectual / cognitive / 'thinking' skills (I)

physical skills specific to the subject (P)

employability skills (E)

The 'K1', etc codes are used in section 7c) and module descriptors to refer to each of these learning outcomes.

On successful completion of the Nutrition, Food and Health programme students will be able to:

- K1 Demonstrate knowledge and understanding of the scientific and social scientific basis of food production and food choice for nutrition and health.
- K2 Demonstrate knowledge and understanding of the links between nutrition and health.
- K3 Demonstrate knowledge of policies and strategies relevant to food, nutrition and health.
- I1 Engage in discussions of ethics and values and critically evaluate and debate the scientific and social context of food production, nutrition and health.
- I2 Apply knowledge and understanding within a professional and academic context.
- I3 Critically evaluate research in food studies, nutrition and health contexts.
- P1 Utilise subject-related skills within laboratory and field contexts, such as sensory analysis, new product development, nutritional analysis and the promotion of healthy lifestyle.
- P2 Design and conduct small-scale research in food studies, nutrition and health contexts.
- E1 Self-management – ability to manage themselves and their development - readiness to accept responsibility, proactivity, flexibility, resilience, appropriate assertiveness, time management, readiness to improve own performance based on feedback/reflective learning.
- E2 Teamworking – respecting others, co-operating, negotiating/persuading, contributing to discussions, and awareness of interdependence with others.
- E3 Problem solving – analysing facts and situations and applying creative thinking to develop appropriate solutions.
- E4 Communication and literacy – application of literacy, ability to produce clear, structured written work and oral literacy – including listening and questioning.
- E5 Application of numeracy – manipulation of numbers, general mathematical awareness and its application in practical contexts (eg. measuring, weighing, estimating and applying formulae).
- E6 Application of information technology – basic IT skills, including familiarity with word processing, spreadsheets, file management and use of internet search engines.

E7 Entrepreneurship/enterprise: broadly, an ability to demonstrate an innovative approach, creativity, collaboration and risk taking. An individual with these attributes can make a huge difference to any business.

E8 World of work /business/customer awareness – demonstrate an awareness of an industry, sector or business. Understanding the environment in which the business/organisations operate and the need to provide customer satisfaction and build customer loyalty.

See also the generic objectives set out in section 4 below.

Statement of congruence with the relevant published subject benchmark statements
(including appropriate references to the FHEQ and any PSRB requirements)

The programme learning outcomes are referenced in the Benchmark statements for the Biosciences (2007) and the Agriculture, horticulture, forestry, food and consumer sciences (2009).

4. Learning outcomes for subsidiary awards

Guidance	
<p>The assessment strategy is designed so that each of these outcomes is addressed by more than one module at Level 4.</p> <p>The assessment strategy is designed so that each of these outcomes is addressed by more than one module over Levels 4 & 5.</p> <p>The assessment strategy is designed so that each of these outcomes is addressed by more than one module over Levels 4, 5 & 6.</p>	<p>Generic learning outcomes for the award of <u>Certificate of Higher Education</u>:</p> <p>On successful completion of at least 120 credits, students will have demonstrated an ability to:</p> <ul style="list-style-type: none"> i. interpret and evaluate data appropriate to the discipline; ii. make sound judgements in accordance with basic disciplinary theories and concepts; iii. evaluate the appropriateness of different approaches to solving problems within the discipline; iv. communicate the results of their work coherently; v. and will have had specific opportunities to display transferable skills relevant to employment related to the discipline. <p>Generic learning outcomes for the award of <u>Diploma of Higher Education</u>:</p> <p>On successful completion of at least 240 credits, students will have demonstrated, in addition to the outcomes for a Certificate:</p> <ul style="list-style-type: none"> i) critical understanding of disciplinary principles; ii) application of concepts outside their initial context; iii) use of a range disciplinary techniques; iv) proficient communication of the results of their work; <p>and will have had the opportunity to develop transferable skills relevant to employment related to the discipline including successful completion of at least one professional placement or school based training component.</p> <p>Generic learning outcomes for the award of an <u>Ordinary Degree</u>:</p> <p>On successful completion of at least 300 credits, students will have demonstrated, in addition to the outcomes for a Diploma:</p> <ul style="list-style-type: none"> i) an ability to make flexible use of disciplinary concepts and techniques; ii) critical evaluation of approaches to solving problems in a disciplinary context; iii) an ability to work autonomously within a structured learning experience; iv) effective communication of the results of their work in a variety of forms; v) and will have had the opportunity to develop transferable skills relevant to employment related to the discipline including successful completion of two professional placements or school-based training placements.

Summary of content by theme

(providing a 'vertical' view through the programme)

In addition to the development of study skills and intellectual skills, the programme develops students' understanding and practical application of scientific, social scientific and cultural perspectives of food. At each level there is a focus upon links between food production and diet and health. Students are encouraged to develop an awareness of how a sound knowledge of the principles of nutrition can enhance practical work with food. Students acquire and develop a range of practical skills that are in strong demand in the food and nutrition sectors, eg. related to new product development, sensory evaluation, the promotion of foods, food choice and nutritional analysis. At Levels 5 and 6, using contemporary topics and discussion of policies and practices, students on the programme build up a strong critical awareness of the relationship between food production methods, food choice and diet with health outcomes for UK populations. They also develop skills in communicating public health messages related to nutrition and food issues.

A feature of the programme is the opportunity for students to develop creative skills in preparing, cooking and writing about food and health. Students begin to develop their skills in practical cooking and nutritional analysis in *Introduction to Food and Nutrition* at Level 4. At Level 5, in the module *Promoting and Communicating Health Issues*, students have the opportunity to plan, publicise and conduct a healthy eating event, and they also learn how to communicate with the public about food, nutrition and health issues. At Level 6, students may choose, as one of their modules, *Sensory Evaluation and New Product Development*. In addition to these modules there are many other opportunities for students to develop their interest in practical and technical aspects of nutrition and food, and to enhance their communication skills.

Research skills are introduced in *Research Methods 1* in Level 4 and developed in Level 5 *Research Methods 2*. In this Level 5 module the students learn how to formulate a research proposal. At Level 6 students undertake the *Research Project*, or, where they have achieved a good pass at Level 5, they can opt for the double weighted 40-credit *Dissertation* module. Students negotiate with a supervisor to work on a particular research topic and agree a title. Topics may arise from any area of the programme studied by the student concerned. Students choosing the *Professional Learning Through Work* module will undertake a work-based project where they will demonstrate research skills. Students will develop and negotiate with an employer and supervisor learning outcomes and choose an assessment appropriate mode so they can apply theoretical and practical work-based skills to a particular context. Students may work with food manufacturers, retailers, primary care trusts, health charities, local community initiatives, hospital-based dieticians or schoolteachers.

Ethical issues are discussed in a number of core modules at each level, e.g. within Level 4 in *Food and Health*, Level 5 *Promoting and Communicating Health Issues* and at Level 6 in *Nutrition and Health Policies* and also *Applied Nutrition*. Key health and safety issues are also covered at each level in the core modules, for example in *Introduction to Food and Nutrition* (L4), *Introduction to Human Physiology and Biochemistry* (L4), *Food Safety and Quality* (L5) and *Food Production and Manufacture* (L6).

Professional development is a strong feature of all programmes in the Department of Sport, Health and Nutrition. Following a series of professional development and workplace preparation seminars and workshops, the placement modules involve six-week placements at Levels 4 and 5. The modules, which must be passed to permit progression to the next level of the programme, offer opportunities for students to enhance their professional workplace skills and CVs, and develop long-lasting professional relationships. Some students will extend it further if they take the option module *Professional Learning Through Work*. Students are encouraged to become student members of the Association for Nutrition. They are also encouraged to take advantage of possibilities for volunteering in projects outside their formal education and to take up occasional opportunities to work with the media and at community health promotion events.

6. Structure

NUTRITION, FOOD AND HEALTH (Single Honours)

(NUTFHSH)

Duration:	3 years full-time / 6 years part-time
Total credit rating:	360
Course code:	BD46
Award:	BSc (Hons) 360 credits
Subsidiary awards:	Dip HE 240 credits Cert HE 120 credits

Level 4

Please see the Prospectus for entry requirements.

Core: Candidates are required to take:

SHN4142	Research Methods 1	Sem 2	20 credits
SHN4232	Introduction to Food and Nutrition	Sem 1	20 credits
SHN4242	Food and Health	Sem 1	20 credits
SHN4252	Physiology and Nutritional Biochemistry	Sem 2	20 credits
SHN4262	Nutrition and Food Processing	Sem 2	20 credits
SHN4272	Professional Development and Placement 1	Sem 1 and 2	20 credits

Programme-level Assessment: Level 4 students in AY 2015/16 will study modules worth 120 credits and at the end of the year will also take a Programme Level Assessment (PLA). This takes place over three weeks and brings together the skills and knowledge you have developed across all of the modules studied. The PLA is marked on a Pass/Fail basis and you must achieve a pass in the PLA to pass the first year and progress into Level 5 (also see the section on [Taught Course Academic Regulations](#)).

Level 5

Progression requirements: minimum of 120 credits from Level 4

Core: Candidates are required to take:

SHN5102	Nutritional Biochemistry and Exercise for Health	Sem 1	20 credits
SHN5112	Food Safety and Food Quality	Sem 1	20 credits
SHN5122	Food Culture and Behaviour	Sem 2	20 credits
SHN5132	Promoting and Communicating Health Issues	Sem 2	20 credits
SHN5142	Research Methods 2	Sem 2	20 credits

and are required to choose 20 credits from:

SHN5152	Professional Development and Placement 2	Sem 1	20 credits
SHN5162	Volunteering in Sport, Health and Nutrition	Sem 1	20 credits

Level 6

Entry requirements: minimum of 120 credits from Level 4 and 120 credits from Level 5,

Core: Candidates are required to take:

SHN6102	Nutrition and Physiology Across the Life Span	Sem 1	20 credits
SHN6132	Nutrition and Food In Industry	Sem 1	20 credits
SHN6142	Applied Nutrition	Sem 2	20 credits
SHN6164	Dissertation	Sem 1 and 2	40 credits

and are required to choose 20 credits from:

SHN6182	Healthy Weight: Practical Strategies	Sem 2	20 credits
SHN6192	Professional Learning through Work	Sem 1 and 2	20 credits

Candidates are not eligible to take any modules other than those stipulated above. This applies at all levels of the programme.

7. Learning, teaching and assessment

7a) Statement of the strategy for learning, teaching and assessment for the programme

In line with Leeds Trinity's Student-Centred Learning, Teaching and Assessment Strategy (2012-15), the programme seeks to meet the University's Vision:

'To empower individuals, enabling them to contribute to their communities as productive, enterprising and creative citizens of the world'

In the design of this programme we have given attention to the principles of effective learning, teaching and assessment and to creating the learning environment for students to flourish as they progress through the course and develop their study and research skills, transferable skills and aptitude to engage in active learning.

At levels 4 and 5 students develop their workplace and research skills and, at Level 6, they are required to work independently by undertaking a supervised research project or dissertation at level six and more work-related modules requiring professionally orientated study.

The level of contact with tutors in formal class time at Level 4 is reduced at higher levels as students acquire skills for independent learning. Group work is a strong feature of study across the 3 levels, eg. in seminars and presentations and in practical work in the Food and Nutrition laboratory.

Students engage in a wide range of learning activities, for example role-play, discussion in seminars, use of case-studies, production of artefacts using ICT skills, practical food and nutrition classes and projects to develop their subject-specialist knowledge, intellectual skills and transferable skills. Opportunities are provided for consideration of the relationship between theories and practice, and for reflection on the student's personal and professional development. In the placements and volunteering modules at Levels 4 and 5, students are required to provide evidence of their professional skill development. They continue to develop their skills in a number of modules related to professional practice at Level 6, including the 'Professional Learning through Work' option module.

The programme utilises a variety of assessment techniques. There are examinations and coursework requirements at each level. Assessments take place for each module in the relevant semester. The balance of assessment favours coursework over examinations. Knowledge and understanding is tested through essays, reports, case-studies, practical and workshop files and project work. At Levels 5 and 6 there is a greater emphasis on critical analysis, reflection, synthesis and use of problem-solving approaches. Professionally related skills are evaluated using simulated and actual health promotion events, in the professional placements and using case-studies.

7b) Module details

Module number and name	Learning and teaching methods	Assessment				Teaching staff (Module co-ordinator shown as first name, in bold script)	Venue (if not College premises)
		Component form	Magnitude (eg. 2,000 words or 2 hours)	Weighting and/or Pass/Fail	Timing (Semester & indicative teaching week)		
Level 4							
SHN4142 Research Methods 1	Lectures, seminars, IT workshops, guided independent study	Portfolio Directed Activities	4,000 words equivalent -	90% Pass=100% of 10% Fail=0%	End Sem 2 Sem 2	Rachael McDonald	
SHN4232 Introduction to Food and Nutrition	Lectures, seminars, practicals, guided independent study	Assignment Directed Activities	4,000 words -	90% Pass=100% of 10% Fail=0%	End of Sem 1 Sem 1	Lisa Gatenby	
SHN4242 Food and Health	Lectures, workshops, Seminars, guided independent study	Exam (in class test) Essay Directed Activities	1 hour 2,250 words -	20% 70% Pass=100% of 10% Fail=0%	Sem 1 End of Sem 1 Sem 1	TBC Nina Fryer	
SHN4252 Physiology and Nutritional Biochemistry	Lectures, seminars laboratory practicals, guided independent study	Portfolio Essay Directed Activities	1500 words 2,500 words -	40% 50% Pass=100% of 10% Fail=0%	Middle of Sem 2 End of Sem 2 Sem 2	Sally Moore	
SHN4262 Nutrition and Food Processing	Lectures, practical workshops, guided independent study	Laboratory file / report Directed Activities	4,000 words -	90% Pass=100% of 10% Fail=0%	End of Sem 2 Sem 2	Lisa Gatenby Teaching assistant	

Module number and name	Learning and teaching methods	Assessment				Teaching staff (Module co-ordinator shown as first name, in bold script)	Venue (if not College premises)
		Component form	Magnitude (eg. 2,000 words or 2 hours)	Weighting and/or Pass/Fail	Timing (Semester & indicative teaching week)		
SHN 4272 Professional Development and Placement 1	Lectures, tutorials, placement, guided independent study	Professional development portfolio	1,500 words equiv	70%	Throughout Sem 1 & 2	Kirstie Grace	
		Weekly work reflection	n/a	20%	End of Sem 2		
		Practical performance	n/a	Pass/Fail	During placement		
		Directed Activities	-	Pass=100% Fail=0%	During sem 1		
Level 5							
SHN5102 Nutritional Biochemistry and Exercise for Health	Lectures, seminars, workshops, guided independent study	In class test	1 hour	20%	Middle of Sem 1	Sally Moore	
		Case study report	3000 words	80%	End of Sem 1		
SHN5112 Food Safety and Food Quality	Lectures, seminars, workshops, guided independent study	Oral presentation	10 minutes	50%	End of Sem 1	Lisa Gatenby	
		Report on presentation topic	2000 words	50%	End of Sem 1		
SHN5122 Food Culture and Behaviour	Lectures, workshops, Seminars, guided independent study	Group oral presentation and hand out	20 minutes & 500 words	30%	Sem 2	TBC	
		Individual essay	2,500 words	70%	End of Sem 2		
SHN5132 Promoting and Communicating Health Issues	Lectures, workshops Seminars, guided independent study	Health promotion group event	1,000 words	20%	Mid Sem 2	Lisa Gatenby	
		Case-study individual report	3,000 words	80%	End of Sem 2		
SHN5142 Research Methods 2	Lectures, workshops, tutorials, guided independent study	Portfolio	4000 words	100%	End Sem 2	TBC	
SHN5152 Professional Development and Placement 2	Lectures, workshops, tutorials, placement, guided independent study	Placement portfolio	4,000 words	100%	1 week after placement	Catherine Rowlands	
		Practical performance		Pass/Fail	During Placement		
SHN5162 Volunteering in Sport, Health and Nutrition,	Lectures, workshops, tutorials, volunteering hours, volunteering preparation, reporting and guided independent study	Volunteering report	4000 words	100%	1 week after placement	TBC	
		Practical performance	n/a	Pass/Fail	During Placement		
Level 6							

Module number and name	Learning and teaching methods	Assessment				Teaching staff (Module co-ordinator shown as first name, in bold script)	Venue (if not College premises)
		Component form	Magnitude (eg. 2,000 words or 2 hours)	Weighting and/or Pass/Fail	Timing (Semester & indicative teaching week)		
SHN6102 Nutrition and Physiology Across the Life Span	Lectures, Workshops/seminars, guided independent study	Portfolio	4,000 words	100%	End of Sem 1	Lisa Gatenby	
SHN6132 Nutrition and Food in Industry	Lectures, seminars, workshops, practicals, guided independent study	Nutrition and health product portfolio evaluation	10 min/per person presentation	50%	End of Sem 1	Sally Moore	
			2000 word report	50%	End of Sem 1		
SHN6142 Applied Nutrition	Lectures, seminars, laboratory practicals, guided independent study	Group seminar presentation (debate)	30 minutes	20%	Sem 2	TBC	
		Individual project portfolio	3,000 words	80%	End of Sem 2		
SHN6164 Dissertation	Lectures, workshops, tutorials, guided independent study	Ethics submission	1,000 words	Pass/Fail	Mid Sem 1	Ian Kenvyn	
		Written dissertation	8,000 words	100%	End of Sem 2		
SHN6182 Healthy Weight: Practical Strategies	Lectures, seminars, VLE (e-tivities), individual tutorial	Poster presentation	10 minutes	50%	Middle of Sem 2	Lisa Gatenby	
		Literature review	2,000 words	50%	End of Sem 2		
SHN 6192 Professional Learning Through Work	Initial lecture contact, periodic review seminars, online telephone support tutorial, Independent study and project development/ engagement	Project proposal, negotiation & contracting.	1,000 words equiv.	Pass/Fail	Middle of Sem 1	Ian Kenvyn	
		Final project report & reflections	4,000 words	75%	End of Sem 2		
		Oral presentation of project development, completion & outcomes	15 minutes	25%	End of Sem 2		

7c) Programme learning outcomes covered

	Assessed learning outcomes of the programme								Skills development							
	K1	K2	K3	I1	I2	I3	P1	P2	E1	E2	E3	E4	E5	E6	E7	E8
Lighter or hatched shading indicates modules that are not core, ie. not all students on this programme will undertake these.	Scientific and social scientific basis of food production and food choice	Links between nutrition and health	Policies and strategies relevant to food, nutrition and health	Ethics and values; scientific and social context	Application within a professional and academic context	Critical evaluation of research	Use of subject-related skills within laboratory and field contexts	Design and conduct small-scale research	Self-management	Team-working	Problem-solving	Communication and literacy	Application of numeracy	Application of IT	Entrepreneurship / enterprise	World of work / business / customer awareness
SHN 4142 Research Methods 1																
SHN 4232 Introduction to Food and Nutrition																
SHN 4242 Food and Health																
SHN 4252 Physiology and Nutritional Biochemistry																
SHN 4262 Nutrition and Food Processing																
SHN 4272 Professional Development and Placement 1																
SHN 5102 Nutritional Biochemistry and Exercise for Health																
SHN 5112 Food Safety and Food Quality																
SHN 5122 Food Culture & Behaviour																
SHN 5132 Promoting and Communicating Health Issues																

SHN 5142 Research Methods 2								
SHN 5152 Professional Development and Placement 2								
SHN 5162 Volunteering in Sport, Health and Nutrition								
SHN 6102 Nutrition and Physiology across the Lifespan								
SHN 6132 Nutrition and Food in Industry								
SHN 6142 Applied Nutrition								
SHN 6164 Dissertation								
SHN 6182 Healthy Weight: Practical Strategies								
SHN 6192 Professional Learning Through Work								

8. Entry requirements

Honours degree programmes

Applicants should normally have achieved the following prior to registration for the programme: A level, AS level: 240 – 280 UCAS tariff points including A level Biology and another science subject. Home Economics/Food Technology will be considered instead of Biology at A level. English, Mathematics and Sciences required at GCSE (minimum grade C) if not offered at A/AS level.

BTEC National Diploma (or other NQF Level 3 qualification): A science-related subject with substantial biology and chemistry units at overall DMM.

Access courses: A module in Biological Sciences is essential and modules in Chemistry, Mathematics or Quantitative Methods desirable (three modules at Distinction/Credit grade for HEFC).

Other non-certificated requirements

Applications are welcome from those with few or no formal qualifications. Any previous relevant work experience and learning will be assessed and, where appropriate, accredited as part of the application process. Please see the University's Assessment of Prior Learning (APL) procedures.

9. Progression, classification and award requirements

Details of requirements for student progression between levels and receipt of the award(s)

(A certain level of attainment which must be achieved in a specific module; any deviation from the standard College stipulations for award classification, eg. exclusion of Level 4 module marks from Foundation Degree classification)

See the standard regulations for Leeds Trinity University awards.

10. Prerequisites

Details of modules which must be passed before enrolment on a module at a higher level

Include the rationale which justifies imposition of the prerequisite(s) and the mark/grade required.

See the programme structure in section 6 above. All modules must be passed to gain 120 credits at each level.

11. External examining arrangements

External examining arrangements

(eg. joint with another programme – extended duties for someone already in post – or separate, single/multiple examiners; if multiple examiners, which subjects / types of module are to be allocated to each)

Einir Williams is the External Examiner.

12. Additional information

Details regarding arrangements in respect of any special features of the programme/scheme, (eg. study abroad, a field course, specific work placement, opportunities for onward progression from foundation degrees)

Two six-week placements occur, one in each level. Students may take the SHN 5162 *Volunteering* module instead of the Department's Level 5 placement module (SHN 5152).

Students who obtain at least 60% in *Professional Development and Placement 2* or *Volunteering* may choose the *Professional Learning Through Work* module at Level 6 (SHN 6192).

13. Additional support needs

Arrangements made to accommodate students with additional support needs and any unavoidable restrictions on their participation in the programme/scheme
(Key aspects of the Equality Impact Assessment for the Department – see Internal Audit Form NP2G for further details)

Disabled students are welcome and are likely to be able to participate fully in the course and access to and use of the Food & Nutrition laboratory for wheelchair users is possible. Arrangements will be made to accommodate students with additional support needs wherever possible.

SHN follows the existing Leeds Trinity University arrangements for those with disabilities and learning support needs. SHN will consider all applications requiring support on an individual basis.