

PROGRAMME SPECIFICATION KEY FACTS

Programme name	Applied Nutrition
Award	MSc
Exit Awards	<i>PG Dip</i>
Exit Awards	<i>PG Cert</i>
School	School of Health and Psychological Sciences
Department or equivalent	Health Services Research and Management
Programme code	FPPANU
Type of study	Full-time, In-person or Online Part-time, In-person (only for home students) or Online
Total UK credits	180
Total ECTS	90

PROGRAMME SUMMARY

There is a growing demand for trained professionals including health educators, nutritionists, and community health workers, to combat the high rates of malnutrition and nutrition-related diseases of particular concern including cardiovascular disease, type-2 diabetes, certain cancers, and improve immune function, cognitive function, and mental health and wellbeing. This MSc Applied Nutrition programme covers roles of nutritionists in different sectors including public health, clinical practice, food industry, behavioural change, nutrition research, fitness, and wellbeing.

The programme is an interdisciplinary programme consisting of elements of medical sciences, nutritional sciences, social and psychological sciences, exercise and nutrition, and the humanities, and aims to enable you to acquire knowledge, as well as skills to apply that knowledge to practice in a variety of settings. This programme will also provide you with many transferable skills to prepare you for a career after graduation.

The programme focuses on transformation of theories and knowledge in nutrition and broader determinants of diet into practice by providing you with hands-on skills applicable to varied settings including clinical, community, food industry, government, academia etc. to enhance your employability in wider career pathways.

Aims

- Translate theory and current research in nutrition into practice in different sectors including public health, clinical practice, food industry, behavioural change, nutrition research, fitness, and wellbeing.

- Apply knowledge of the metabolism, physiological actions, and interrelationships of nutrients in the real-world problem solving in the context of nutrition, health and disease.
- Recognise the complex factors that influence nutritional practices at both individual and population levels including physical, psychological, environmental, socio-economic, and political factors, food and nutrition policy and food sustainability.
- Study and master various techniques and methods used in contemporary nutritional research.
- Conduct and report an independent nutrition research project with supervision.
- Explore and tackle practical difficulties of implementing changes to diet.

Content

All colleagues within the teaching team have diverse expertise and are research active. This ensures a research-informed teaching and learning approach delivered utilising the range of skills and experience available within the programme team, which will be augmented by external visiting lecturers.

The programme is designed based on the core competencies (CCs) for programme accreditation set up by Association for Nutrition (AfN). Flexible study modes (full-time or part-time, in-person or online) and entry time (January or September entry) accommodate the different circumstances of the applicants.

You will have shared modules with other postgraduate programmes (e.g., Master of Public Health, MRes Clinical Research and MSc Health Management, MSc Psychology of Health and Wellbeing) at the department, as well as the opportunity to attend extra-curricular sessions, for example, Journal Clubs, Dissertation Symposium, Library Workshops, Careers Events organised by the school and external events. These will broaden your horizons and networks, foster development of your critical thinking and communication, grow subject-specific knowledge, and additionally enhance your interactions with other students and staff beyond the lecture setting.

Registration Period

The normal period of registration for this programme is one year for full-time students or two years for part-time students.

The maximum period of registration for this programme is three years for full-time students and five years for part-time students.

WHAT WILL I BE EXPECTED TO ACHIEVE?

On successful completion of this programme, you will be expected to be able to:

Knowledge

- Explore up-to-date theories of the relationship of food, diet or dietary patterns, nutrients and non-nutrients with diet-related disease and overall health and wellbeing throughout the life span. **CC2/CC1**
- Critically appraise the scientific evidence in nutrition for the promotion of health and wellbeing of individuals, groups and populations, and the cycle of intervention development, implementation and evaluation. **CC3/CC4**
- Integrate knowledge and understanding of the scientific basis of nutrition, dietary behaviours, genetics, and wider determinants of population health including socio-economic, religious and cultural, environmental factors, food policy and global ecosystem to identify or propose solutions of health and wellbeing promotion in real life. **CC1/CC3**
- Demonstrate competencies of developing and delivering an independent investigation of a nutrition-related research project underpinned with appropriate research design and methods. **CC1/CC3**

Skills

- Demonstrate skills of critical analysis and interpretation of information to ensure evidence-based approaches to underpin diet, health, and disease communications and practices.
- Act as an independent and self-critical learner who manages their own requirements for continuing academic and professional development, and construct wider nutrition, food, and academic networks.
- Present programme-related information effectively by oral, written, and visual means individually or in a team.

Values and attitudes

- Apply professional competencies and ethical standards in applied nutrition with reference to the code set up by Association for Nutrition (AfN) and the Ethics Committee at City, University of London, and Declaration of Helsinki set up by The World Medical Association. **CC5**
- Show professionalism and integrity, and promote equity, diversity, and inclusion in all encounters with other students and staff.
- Respectfully engage with the diversity of values and interests when working with other peers and tutors. Correctly reference the work of others and adhere to university regulations regarding plagiarism and academic misconduct.
- Recognise and put into practice the rules and regulations of City, University of London.

The learning outcomes shown above are matched with the five Core Competencies (CCs) specified by Association for Nutrition (AfN).

WHAT WILL I STUDY?

The programme is made up of four taught modules of 15 credits and two taught modules of 30 credits plus a dissertation module of 60 credits, all are core modules (no elective modules).

Taught modules

Module Title	SITS Code	Module Credits	Core/ Elective	Compensation Yes/No	Level
Foundations in Research Methods and Data Analysis	HRM020	15	Core	No	7
Nutritional Epidemiology	ANM001	30	Core	No	7
Nutrition, Fitness and Wellbeing	ANM002	15	Core	No	7
Public Health and Community Nutrition	ANM003	30	Core	No	7
Clinical Nutrition	ANM004	15	Core	No	7
Developing Professional Practice	ANM005	15	Core	No	7

Dissertation component

Module Title	SITS Code	Module Credits	Core	Compensation Yes/No	Level
Dissertation	APM002	60	Core	No	7

You are normally required to complete all the taught modules successfully before progressing to the dissertation

HOW WILL I LEARN?

You can choose to register on this programme as full-time or part-time, in-person or online. Please note that part-time in-person mode is for home students only because the part-time student visa route for international students is very restrictive. It is unlikely you will be able to change your study mode once you have completed your registration.

The programme will be delivered via hybrid teaching technology. This is an educational model in which in-person students attend a lecture or seminar as normal in a classroom, while online students join virtually from home to engage in synchronous learning. Lecturers therefore teach remote and in-person students at the same time using tools like MS Teams or Zoom, alongside the full range of digital tools at City. This hybrid teaching mode will maximise interaction among students regardless of attendance in-person or online.

In-person mode of study

On the in-person mode of study you participate in classes in-person by attending at the university. You will learn through lectures, workshops, laboratory sessions, small group activities and discussions, and whole class discussion. The teaching will be delivered by research active lecturers and experts in relevant disciplines at City and is supplemented by occasional outside guest speakers from the world of nutrition. You are encouraged to exchange your own

experiences and perspectives on issues under discussion during small group activities and debates, as well as question and answer sessions and whole class activities. You are also expected to undertake self-directed study using reading lists, online activities and resources provided in specific modules. The Module Leaders are available during office hours for discussion about their module and associated assignments via Moodle Forum. For the Dissertation Module you will work with a supervisor, drawn from academic staff, meeting them regularly for support and feedback in one-to-one or group supervision sessions in-person or online via MS Teams or Zoom. Teaching is supplemented by support from Professional Services as well as subject specialists from City's library, Academic Skills staff and other university student services such as the Careers Service. You will share all timetabled sessions with online students participating in real-time online via a livestreaming platform (Zoom or MS Teams) in the same class apart from the laboratory sessions.

Online mode of study

On the online mode of study, you participate in all timetabled classes in real-time online via tools like Zoom or MS Teams) together with in-person students participating in-person at the university in the same class apart from the laboratory sessions. The teaching will be delivered by research active lecturers and experts in relevant disciplines at City and is supplemented by occasional outside guest speakers from the world of nutrition. You are encouraged to exchange your own experiences and perspectives on issues under discussion during small group activities and debates, as well as question and answer sessions and whole class activities. You are also expected to undertake self-directed study using reading lists, online activities and resources provided in specific modules. The Module Leaders are available during office hours for discussion about their module and associated assignments via Moodle Forum. For the Dissertation Module you will work with a supervisor, drawn from academic staff, meeting them regularly for support and feedback in one-to-one or group supervision sessions online via MS Teams or Zoom. Teaching is supplemented by support from Professional Services as well as subject specialists from City's library, Academic Skills staff and other university student services such as the Careers Service.

A range of teaching and learning methods will be used throughout the programme, which will develop your strengths and preferred learning styles but will also help you to acquire further educational strategies to meet the required outcomes of the programme.

- **Lectures:** a lecture enables information to be presented in a logical manner to groups of students. This is a useful method for presenting an overview of new materials and stimulating you to read further around the subject area. Lectures may be in 'real time' or recorded. A lecture can help you to feel secure in the foundational knowledge required and point you to significant areas for further study. Lectures will be delivered by university staff, and there will also be a range of external experts and service users who will provide their unique perspectives on the topics covered in the lectures.
- **Workshops:** Workshops are essential supplements to the lectures and give you the opportunity to apply knowledge obtained in the lectures and your independent reading to practical situations. You will learn hands-on skills and technologies and analyse case studies to deal with real life situations.

All lectures and workshops (some workshops may not be suitable for recording e.g., small group activities) will be recorded and available so you can re-watch them at later dates.

- **Laboratory sessions:** There are a few laboratory sessions (up to 3) within specific modules that will enhance your understanding of some basic nutritional sciences, e.g., anthropometric measures, body fat composition using bioelectrical impedance analysis (BIA) etc. The protocols of the laboratory work will be provided to you prior to the sessions. For online students you will receive asynchronous laboratory sessions via Moodle and will be provided hand-out materials with illustration pictures and videos to consolidate your learning. Drop-in sessions will be scheduled to discuss any queries arising from these sessions.
- **Guided independent study:** during the programme you will be allocated time to undertake prescribed activities individually or in study groups. These activities may form part of the formative assessment strategy to help you to complete the summative assessment or may be set tasks which you should complete prior to attending a taught session.
- **Student-directed learning:** a proportion of study time for each module will be self- directed and during these times you should explore areas of interest, read widely, and prepare for assessments. Whilst this time counts towards the total hours allocated to the programme, it will be up to you to decide exactly how you spend this time and which areas of learning you wish to pursue.

Moodle - your virtual learning environment

Moodle is the University's online learning environment, where you will find programme and individual module specifications, assignment guidelines and all programme materials, including lecture slides and recordings, reading lists and other learning resources. Extensive use will also be made of Moodle's communication and discussion features (i.e., Forums) to facilitate information sharing and interaction between academic staff and students. Most of your assignments will be submitted via Moodle. To login to Moodle, all you need is access to the internet and your City username and password, and you are ready to go.

A typical 15-credit module involves a total of around 20-30 hours of contact time, while a 30-credit module involves around 40-50 hours of contact time, including lectures, workshops, laboratory sessions. In addition, you will be expected to undertake roughly 120-130 independent study hours for a 15-credit module (for 30-credit modules, the hours will be roughly double). The dissertation module (60-credits) involves 600 hours of study, comprising of lectures / workshops, supervision meetings and self-directed study.

You will be offered the opportunity to join a study group with peers on a similar mode of study to facilitate peer to peer independent learning.

WHAT TYPES OF ASSESSMENT AND FEEDBACK CAN I EXPECT?

Assessment and Assessment Criteria

The programme's assessment strategy has been designed to allow module assignments to be tailored to your specific learning and professional development needs.

There will be a variety of assessment methods to evaluate your knowledge and skills in all aspects of the programme.

Formative assessment: This type of assessment monitors your learning and provides ongoing feedback to you. It helps you identify your strengths and areas to develop, can enable you to improve your self-regulatory skills. It can take the form of quizzes, tests or engaging forums. Formative assessments can be tutor led, peer or self-assessment, and usually carry no grade.

Summative assessment: This type of assessment evaluates your learning at the end of an instructional unit by comparing it against some standard or benchmark, called assessment criteria. Summative assessments contribute to your overall grade. The followings list the common types of summative assessment in the programme.

- **Essays:** An essay is a written piece of work that analyses or describes a particular topic and normally includes an introduction, main body and a conclusion. You are asked to explore and critically analyse key concepts and theories on a given topic and expected to develop a coherent line of argument, critically appraise the evidence base and critically reflect upon your own beliefs and assumptions.
- **Case study analysis:** Case study assignments are common in health-related disciplines. Their main purpose is to show that you can relate theory to real-life situations. You are asked to analyse a specific case (e.g., organisation, group, person, event, issue etc.) and explain how the elements and complexities of that case relate to theory. You will also have to produce solutions to problems or recommendations for future action.
- **Individual and group oral presentation:** Oral presentations are a form of assessment that calls on you to use the spoken word to express your knowledge and understanding of a topic. It will evaluate your analysis, presentation, team working, influencing and time management skills.
- **Secondary data analysis:** This kind of assignment is designed to use and analyse the data collected in other studies to come to new conclusions. This gives you an opportunity to apply what you have learned, including subject knowledge and statistics, to a real dataset.
- **Project dissertation:** You will undertake a substantial independent research project including the design, planning, and conducting of the project, and present and critically discuss your findings in the form of a dissertation. You will choose a relevant topic of interest to you and demonstrate an in-depth understanding of this topic. You will be expected to appraise the current body of knowledge (and/or practice) and make suggestions for future practice, policy, and research relevant to the programme. You will be assigned an academic supervisor who will guide you through the entire process, from choosing your topic through to submission.

Comprehensive information and guidance on what are required to complete each module assessment will be provided in class and made available on Moodle via assessment specification. Academic staff will be available to provide formative feedback and advice on written assessments prior to submission. All dates for submission of assessments will be notified in advance of the start of each module.

What do I have to do to pass?

Assessment Criteria are descriptions, based on the intended learning outcomes, of the skills, knowledge, or attributes you need to demonstrate to complete an assessment successfully, providing a mechanism by which the quality of an assessment can be measured.

Grade-Related Criteria are descriptions of the level of skills, knowledge, or attributes you need to demonstrate in order to achieve a certain grade or mark in an assessment, providing a mechanism by which the quality of an assessment can be measured and placed within the overall set of marks.

Assessment Criteria and Grade-Related Criteria will be made available to you to support you in completing assessments. These may be provided in programme handbooks, module specifications, on Moodle or attached to a specific assessment task.

Feedback on assessment

Feedback will be provided in line with our Assessment and Feedback Policy. In particular, you will normally be provided with feedback to your summative assessments within three weeks (for your interim assessments) or four weeks (for your final assessments) of the submission deadline or assessment date. This would normally include a provisional grade or mark. For end of module examinations or an equivalent significant task (e.g. an end of module project), feedback will normally be provided within four weeks. The timescale for feedback on final year projects or dissertations may be longer.

Feedback is structured and provided in such a way as to help you to further develop your knowledge and skills as well as understand areas for development. Markers will be available to answer queries about the marks and feedback if these are not clear.

A selection of all assessments will be internally moderated by a staff member who does not involve in marking and sent to the external examiner. All initial marks will be therefore provisional, pending external examiner approval and ratification by the Assessment Board. The full Assessment and Feedback Policy can be found at <https://www.city.ac.uk/about/education/quality-manual/6-assessment>.

Assessment Regulations

In order to pass your Programme, you should complete successfully or be exempted from the relevant modules and assessments and will therefore acquire the required number of credits. You also need to pass each Programme Stage of your Programme in order to progress to the following Programme Stage.

The pass mark for each module is 50%. The weighting of a module's different components may be found in the Module Specification.

If you fail an assessment component or a module, you will be offered one resit attempt. If you are successful in the resit, you will be awarded the credit for that module. The mark for each assessment component that is subject to a resit will be capped at the pass mark 50% for the module. This capped mark will be used in the calculation of the final module mark together with the original marks for the components that you passed at first attempt.

If you do not meet the requirements for a module and do not complete your resit by the date specified, you will not progress, and the Assessment Board will require that you be withdrawn from the Programme.

If you fail to meet the requirements for the Programme, the Assessment Board will consider whether you are eligible for an Exit Award as per the table in the section of 'WHAT AWARD CAN I GET'.

If you would like to know more about the way in which assessment works at City, please see the full version of the Assessment Regulations at: [Senate-Regulation-19-Assessment- Regulations](#)

WHAT AWARD CAN I GET?

Master's Degree

To qualify for the award of MSc Applied Nutrition you will be required to complete all the taught modules (totalling 120 credits), plus the 60-credit Dissertation module.

By completing the MSc in Applied Nutrition, you will have demonstrated original and critical application of knowledge and integrative thinking within nutrition and health area. You will have acquired research skills to critically and systematically investigate nutrition related health issues using appropriate research methods and you will have engaged in original research that contributes new views to the area.

Programme credits and weighting

Programme Stage	HE Level	Credits	Weighting (%)
Taught	7	120	67
Dissertation	7	60	33

Class requirements

Class	% required
With Distinction	70
With Merit	60
Without classification	50

Postgraduate Diploma

To exit with the award of Postgraduate Diploma in Applied Nutrition you will be required to complete all the taught modules (totalling 120 credits).

If you exit the programme at Postgraduate Diploma level will have demonstrated original and critical application of knowledge and integrative thinking within nutrition and health area. You will have acquired research skills to critically and systematically investigate nutrition related health issues using appropriate research methods.

Programme credits and weighting

Programme Stage	HE Level	Credits	Weighting (%)
Taught	7	120	100%

Class requirements

Class	% required
With Distinction	70
With Merit	60
Without classification	50

Postgraduate Certificate

To exit with a Postgraduate Certificate in Applied Nutrition you will be required to successfully achieve 60 credits by any combination of taught modules.

If you exit the programme at Postgraduate Certificate level, you will have demonstrated original and critical application of knowledge and integrative thinking within nutrition and health area.

Programme credits and weighting

Programme Stage	HE Level	Credits	Weighting (%)
Taught	7	60	100%

Class requirements

Class	% required
With Distinction	70
With Merit	60
Without classification	50

EMPLOYABILITY AT CITY

What kind of career might I go onto?

You will enhance your practical, research, and academic and transferrable skills and competencies, and graduate with the necessary grounding to go on to a variety of roles directly relating to nutrition, including: as a nutritionist, nutrition counsellor, wellness coach, health educator, health advocate, nutrition researcher, menu analysis and designer, researcher in academic institutions or in roles that do not directly relate to nutrition, but adopt transferable skills in the broader public or private sectors including in major food companies, non-governmental organisations (NGOs), charities, and local, national and international governmental organizations etc.

Career planning at City

Developing your skills and enhancing your employability while at university is becoming increasingly important in today's job market. This MSc programme places a high value on career planning, and your career development is emphasised throughout the programme. As a

City, University of London student you will enjoy full access to the University's Careers, Student Development & Outreach service, which provides a professional, high-quality careers and information service for students and graduates of City, University of London. The service works closely with local, national, and international employers, and with other University departments. Their aim is to support and develop you by providing the tools they need to enhance their employability.

The service offers qualified advisors who can work with you to provide tailored, individual support and careers advice during your time at City, and after you graduate. It includes one-to-one coaching, CV advice and interview preparation to help you maximise your future opportunities. It also organises career, development, and outreach activities, including skills sessions, employer events, community volunteering, widening participation, professional mentoring, and a Buddy Scheme.

For more information on the careers support available at City, please visit [Career Development](#) and [Careers Hub](#) websites.

Graduates of the programme will be prepared to work in a variety of healthcare and community roles directly relating to nutrition, including: as a nutritionist, nutrition counsellor, wellness coach, health educator, health advocate, nutrition researcher, menu analysis and designer and more (see below), including roles that are not directly related to nutrition, but adopt transferable skills. More information on the career path is available at City, please go to: <https://www.city.ac.uk/careers/your-career>

WILL I GET ANY PROFESSIONAL RECOGNITION?

The programme has been designed to meet the [core competencies for the Association for Nutrition \(AfN\)](#). As such graduates will be able to apply for the title of Registered Associate Nutritionist of the UK Voluntary Register of Nutritionists (UKVRN) governed by AfN via [Portfolio](#) pathway. The UKVRN is an internationally accepted mark of professional status and competence in nutrition. We will be supporting you in the development of your portfolio throughout your study period. Specific guidance on portfolio development will be given in the module of Developing Professional Practice. You can find more information via the <https://www.associationfornutrition.org/register/apply-registration/apply-anutr/anutr-via-portfolio>

During your study with us, you are also encouraged to become a Student Member of the Nutrition Society and American Society for Nutrition to help further develop your skills from the Society's training workshops, webinars, conferences, in addition to providing important opportunities to network with peers and experts within the field of food and nutritional Science. More information can be found at the websites of [Nutrition Society](#) and [American Society for Nutrition](#).

Version: 1.0

Version date: 03/01/2024

For use from: 2024-25

Information is provided subject to Terms and Conditions for study at City, University of London.