

PROGRAMME SPECIFICATION

KEY FACTS

Programme name	Nutrition and Food Policy Nutrition and Food Policy (with a Year in Industry)
Award	BSc (Hons)
School	School of Health & Psychological Sciences
Department or equivalent	Health Services Research and Management
Programme code	USNUFP USNFPY
Type of study	Full Time or Part Time (On campus/hybrid), Full Time or Part Time (Online Learning)
Total UK credits	360
Total ECTS	180

PROGRAMME SUMMARY

This programme is designed to give you a high quality and challenging education in nutrition and food policy with a view to becoming an effective professional. You can gain a career head start by going on placement opportunities as part of this programme.

The BSc in Nutrition and Food Policy equips you to help solve challenges in nutrition at individual, group, community, national, and global levels. It provides you with the skills and expertise to independently and collaboratively develop, implement and evaluate sustainable nutrition, and public health-promotion interventions as well as develop local food and health policies within a local or global context. You will be encouraged to take a panoramic view of the wider food system and complex debates, and to consider how food and nutrition policy is addressing, has addressed or could address the challenges posed by modern food systems. Given the global nature of the food system, the course explores links across different regions of the world and you will be expected to consider different countries' experiences when creating food and nutrition policies.

We provide an interdisciplinary education in an international study environment with students and faculty from many countries. Taught on campus (or through online learning) this course offers a holistic approach to nutrition, including its interrelationships with human physiology, public health and welfare, environment, agriculture, culture, economics, social justice, food aid, food science and safety, psychology/behavioural studies, social anthropology, community development, gender relations, education, trade, media, and food policy. The online learning mode allows diverse student participation to create an engaging and intercultural learning environment and an international alumni ambassador network. The ethos of the Programme is one that will encourage you to consider different perspectives, to read widely, to think comprehensively, to analyse critically, and explore collaboration with other disciplines

The key purpose of the BSc in Nutrition and Food Policy is to qualify the graduates to take an interdisciplinary and intercultural approach to nutrition and health challenges in a globalized world. Graduates will have the skills and expertise to work in local, national and international settings in a range of roles related to nutrition and food policy within public and private sectors and civil society organisations.

Programme Structure

The BSc in Nutrition and Food Policy is a three-year full-time course where you will study modules totalling 360 credits (120 credits or 60 ECTS per year). Part-time options are available following University guidance. The BSc in Nutrition and Food Policy (with an Optional Year in Industry) is a four-year full time course where you will study modules totalling 360 credits (120 credits or 60 ECTS per year). Students who choose to take the 4-year full time course incorporate a work experience placement taken between Programme Stage 2 and 3.

In each year of your degree, you will take a number of individual modules, normally valued at 15 or 30 credits, adding up to a total of 120 credits for the year. Modules are assessed in the academic year in which they are taken. All compulsory modules must be passed in order to progress to the next stage of the programme. You are encouraged and enabled to pursue your own interests by specialising in your own selected topics, possible assignments and taught modules.

The programme consists of 3 Programme Stages to enable mapping of the programme at different award levels:

Programme Stage 1 will be at HE level 4 (certificate),

Programme Stage 2 will be at HE level 5 (diploma), and

Programme Stage 3 will be at HE level 6 (degree).

This programme follows the principles outlined in the QAA's *Framework for Higher Education Qualifications* (Quality Assurance Agency (QAA), 2008).

Programme Stage 1 covers the foundations of human biology, food science, nutrition and aspects of public health. Core modules will consider the major body systems in health and disease. Biochemistry, physiology, and basic anatomy are integrated with an introduction to nutrition and metabolism. This introduces the concepts of nutrition and metabolic processes as they relate to the most common forms of malnutrition (*mal*-nutrition relates to both over-nutrition (e.g. obesity and obesity-related diseases such as type 2 diabetes) and under-nutrition (e.g. micronutrient deficiency and stunting). You will also receive a thorough grounding in the academic skills that you need for successful study at university level.

In Programme Stage 2, you will develop your knowledge and critical understanding of the concepts and principles introduced in Programme Stage 1, and the way in which these have developed over time. You will be able to apply these concepts and principles outside the context in which they are first studied. You will also acquire knowledge of the main methods of enquiry in nutrition and food policy, and develop the ability to evaluate critically the appropriateness of different approaches to solving nutrition problems within different contexts. You will also develop an understanding of the limits of your knowledge, and how this can influence the results of analyses and interpretations.

In Programme Stage 3, you will develop a systematic understanding of key aspects of nutrition and food policy, including acquisition of coherent knowledge and competences, which are informed by the most recent evidence and research at the forefront of the subject. You will acquire the ability to deploy accurately established techniques of analysis and enquiry within nutrition and food policy. You will sharpen your conceptual understanding, enabling you to devise and sustain arguments and/or to solve problems, and to describe and comment upon particular aspects of current research, or equivalent advanced scholarship, in nutrition and food policy. You will develop your appreciation of the uncertainty, ambiguity and limits of knowledge. You will also have opportunities for work-based learning experiences. Finally, you will be able to manage your own learning, and to make use of scholarly reviews and primary sources, such as refereed research articles and/or original materials relevant to nutrition and food policy. The dissertation

provides the opportunity to research in a topic of relevance to nutrition and food policy chosen by yourself. Optional elective modules on leadership, change and personal development provide those aiming to become self-employed nutritionists or consultants with the skills they need to stand out.

On successful completion of Programme Stages 1 and 2, students may elect to apply for a one-year work experience placement (called a “Year in Industry”). This opportunity offers 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.

You will have the additional opportunity to apply to undertake professional work experience in the form of a micro-placement or internship. These aim to develop your professional experience in a role relevant to the skills you have gained during your degree, or allow you the chance for alternative career exploration. In addition, you get the opportunity to practice your job application skills and your ability to reflect upon the relevance of the micro-placement or internship experience in relation to your future career goals.

By agreement with the Programme Director, and subject to module capacity and availability, you may also be able to take other modules offered by the School of Health & Psychological Sciences as alternative elective modules.

Upon successful completion of 360 credits, you will be awarded a BSc in Nutrition and Food Policy (Hons)

Equality, Diversity and Inclusion (EDI) of students is core to the values of this course. Indeed, our online learning mode enables students from a wide variety of backgrounds and geographies to participate in this course. Elements of EDI are provided in the Learning Outcomes, and assessment strategies of the BSc Nutrition and Food Policy – with EDI training embedded within modules. Finally, our governance structures and student feedback mechanisms are transparent and robust.

Student support and student identity

You will be fully supported as you develop the knowledge, skills, values and competencies required to address the complex and challenging problems within Nutrition and Food Policy. As this programme contains modules from across multiple academic disciplines, we have considered how your experience and identity as a health sciences student can best be geared for your benefit. You will be supported and advised in a number of ways including by academic and pastoral support from the programme team. All students will be offered online community building activities as part of the student experience. Further community building activities are integrated into classes and modules; these include ice-breaker, and networking sessions, and pre-class corridor time. All students (including Online) will be offered one online seminar or workshop to help translate any UK centric or wider health elective modules into a global nutrition and food policy context. We will also encourage cohort identify and career development through online activities (such as the “[Food Thinkers](#)” online seminar series hosted by the Centre for Food Policy).

You will be allocated a personal tutor at the beginning of your programme who will be responsible for overseeing your pastoral wellbeing and will also be able to advise you on a range of academic issues.

Throughout the period of study you are encouraged to raise any issues or difficulties that you experience with the programme of study with your personal tutor, your Year Lead, your module leader and/or the Programme Director. At least once a term, there is a Staff-Student Liaison Committee where student issues are addressed. Should you have

concerns or queries about any aspect of the programme, you will have opportunities to provide us with your thoughts and feedback in the Student-Staff Liaison Committees. The programme also has Programme Committee and Assessment Boards, and staff teaching on the programme will be invited to attend these.

Support for your general learning will be provided throughout your time on the programme. The Academic Skills for Higher Education module (in Programme Stage 1) provides you with the skills you will need for successful study at university level. In addition, the Academic Learning Support team organises regular workshops on a range of topics to help you learn more effectively (<http://www.city.ac.uk/current-students/academic/study-skills-support>). These include study skills (such as reading strategies and essay planning), writing skills, time management and revision and exam techniques. One-to-one and group tutorials with module tutors are also available on request. Extensive online learning resources are also provided via Moodle, the University's Virtual Learning Environment (<https://moodle.city.ac.uk/>). Additional support services are provided by the Learning Success, Dyslexia Support and Disability Support teams, who can provide advice and assistance, and offer one-to-one consultations (<https://www.city.ac.uk/study/student-support/learning-support>).

As a student at City you will also be part of a vibrant health and social care community that encompasses current and former students from a wide range of backgrounds, academics from various disciplines, practitioners and users of services.

To find out more about the extensive range of student support services available at City, see <https://studenthub.city.ac.uk/>

Location

The on-campus, in-person /blended learning delivery mode of this course is primarily taught at City, University of London Northampton Square Campus. Please note that locations are determined by where each module is taught and may vary depending on the modules you study. Some projects may take place at non-campus locations.

The online delivery mode of this course is primarily taught online using web-services, video meeting software, digital forums, and content streaming services. This enables a global audience of students to take this course. Dedicated computer access, a stable and high-speed internet connection, a mobile phone, a microphone, and web camera are required to fully participate in this delivery mode. Specific hardware and software requirements for each module may vary depending on the modules you study.

WHAT WILL I BE EXPECTED TO ACHIEVE?

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

Knowledge and understanding:

- Evaluate and identify the nutrients and nutrient content of food and beverages and how they affect health from the molecular through to the population level.
- Judge the nutritional requirements of individuals versus recommendations for populations in line with current dietary recommendations in different countries (e.g. UK, US, WHO).
- Apply nutritional concepts at biochemical, organismal and population level

- Distinguish and contrast the metabolic basis of food and nutrition demand through the life cycle.
- Understand laboratory-based investigations, including bioimpedance and anthropometry, commonly used to assess nutritional status.
- Evaluate the principle and key components of the practice of health education and health promotion policies and programmes.
- Construct and develop models of food and nutrition policy within the food system, and illustrate the dynamics that shape it at local, national, regional and global levels.
- Apply food and nutrition policy disciplinary perspectives, including: political and economic, social/cultural, environmental and public health perspectives, demonstrating how policy discord frequently arises.
- Distinguish the role of food in a social or behavioural context, at all stages of the life course.
- Appraise the scientific principles of nutrition for the promotion of health and wellbeing of individuals, groups and populations (including recognising benefits and risks).
- Describe the links between food production, food security and human dietary intake.
- Critically evaluate trends in food and nutrition policy and the food system.
- Develop potential solutions to real world food policy, nutrition and public health and environmental problems.
- Describe the links between nutrition, food and sustainability policies; including the Sustainable Development Goals.
- Judge the effects of physical activity on energy balance.

Skills:

- Critically evaluate the nature and development of contemporary food and nutrition policy from a range of differing disciplinary perspectives.
- Apply research skills (quantitative and qualitative) as an increasingly self-confident learner and critically reflect upon these skills and the learning process.
- Use acquired knowledge and appropriate skills to make professional judgements.
- Find and critically evaluate scientific literature and other appropriate sources of material.
- Act as an independent and self-critical learner who manages their own requirements for continuing academic and professional development.
- Demonstrate competence in commonly used nutrition, both quantitative and qualitative, research methodology.
- Communicate effectively both orally and in writing.
- Gather, analyse and interpret qualitative and quantitative data.
- Work effectively and independently on a given project or task.
- Work effectively in small groups and teams towards a common goal/outcome
- Communicate ideas, principles and theories effectively by oral, written and visual means.
- Practice basic statistical and numerical skills to nutritional, public health and food data.
- Employ Information Technology to network and work effectively in online and offline settings.
- Construct wider food and academic networks

Values and Attitudes

- Engage the diversity of values and interests in food and nutrition with respect.
- Evaluate the pursuit of the public good in the analysis of food's role in human, ecosystem and planetary well-being.
- Demonstrate reflective, ethical and respectful practice when debating moral or ethical issues.
- Examine your own social and political values, attitudes and assumptions and evaluate how these may affect your learning and your practice.
- Show professionalism and integrity, and promote diversity, equity and dignity in all encounters with other students and staff.
- Demonstrate respect and tolerance when working with other peers and tutors.

- Recognise and reference the work of other people.
- Recognise and put into practice the rules and regulations of City University of London.
- Apply a Professional Conduct and Ethics to your career and continued development e.g. according to AfN.

HOW WILL I LEARN?

There are three concurrent delivery routes for the BSc in Nutrition and Food Policy:

- Students who are United Kingdom nationals, and International Students who are taught on-campus using in-person/blended learning options.
- Students who are United Kingdom nationals who are taught online.
- International students who are taught online.

Due to these three concurrent routes, the programme uses a hybrid approach encompassing both in-person, and online learning and teaching strategies – this includes teaching using technology such as rooms enabled by the Designing Active Learning Initiative aligned teaching equipment, hybrid rooms modified for Inclusive Synchronous Learning Activities, as well as state-of-the-art live-streaming and lecture capture services, web forums, and pre-recorded content. The variety of methods used 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. The learning strategies will require you to engage in increasingly advanced and more analytical work as the programme progresses. Students who are United Kingdom nationals can move from in-person delivery to online delivery, and vice versa at the end of each year, subject to director approval, and the application process. Please note: Switching between in-person/blended, and online (and vice versa), is not available for international students due to current immigration rules.

A typical 15-credit module involves a total of around 25 hours of contact time (i.e. lecturers, seminars and class activities). In addition, you will be expected to undertake roughly 125 independent study hours for the module (for 30-credit modules, the hours will be roughly double). Some of these hours will include use of online learning platforms, such as Moodle. A range of methods will be used throughout the programme, including:

- 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. All lecturer sessions will be live streamed for the online students, and will be recorded/captured so they can be re-watched at later dates.
- Seminars: these small group sessions are essential supplements to the lectures and give you the opportunity to apply the material covered in the lectures and your independent reading to practical situations within nutrition and food policy. The seminars will extend the depth and breadth of your knowledge and encourage team working; they are designed to motivate, enhance your communication skills and develop your powers of reasoning. Small group work may entail: 1) giving a presentation, to demonstrate that you have achieved a set task, or 2) engaging in a debate, which will encourage you to develop group discussions around contemporary issues or inspire you to pursue specific lines of enquiry. Seminars will provide you with a range of nutrition and food policy-related materials and resources, and enable you to apply the learning from the lectures to the fields of nutrition and

food policy. Seminars may include small group activities where student's role play as nutrition or food policy actors and are set real-world scenarios to engage with. This provides opportunity to apply principles to specific real-world job situations. All seminar sessions will all be live streamed for the online students, and will be recorded/captured so they can be re-watched at later dates.

- 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.
- Online learning: online learning uses computer and internet-based technologies and resources. These technologies will be used extensively to facilitate, supplement and enhance your learning. The portal to e-learning at City is situated within the Moodle Virtual Learning Environment, and you will be given access to this and other appropriate online resources. Online learning may include forum interaction for presentation, review and discussion of course content, and role playing as policy actors to explore scenarios.
- External visits and walks: during the programme you will have the opportunity to participate in external visits, e.g. to different settings and environments in which applied nutrition and/or food policy is delivered. You will also take part in guided and self-guided walks, both in large groups as well as smaller study groups with specific self- and tutor-directed activities. These activities are designed to help you understand how some of the theories and principles you have encountered on the programme are put into practice. Online Learning will engage with this through video recordings and/or live-streams of these walks with follow-up Q&A sessions.
- Laboratory work and Practical's: These will enable you to consolidate material taught in the lectures, facilitate the acquisition of manual and team skills and provide opportunities for you to use conceptual knowledge and cognitive processes. You will be involved in laboratory/practical sessions within specific modules. All laboratory sessions will be run as virtual activities. For example, anthropometry and bioimpedance sessions will be run with-in specific modules, using a mix of virtual simulated devices, and practical hands on equipment use.

WHAT TYPES OF ASSESSMENT AND FEEDBACK CAN I EXPECT?

Overview

A range of assessment strategies will be used throughout the programme to test your knowledge, attitudes and skills in all aspects of the programme. A variety of assessment types suits the spectrum of ability and learning preferences within the student body. Some

of the strategies used will be familiar to you, others may not. The assessments will require increasing levels of analysis, evaluation and critical reflection as the programme progresses. Details of module specific assessments can be found in the module assessment guidelines.

The menu of assessment strategies used within the programme may include:

- Written assignments, including essays: these enable you to explore and critically analyse key concepts and theories, and apply these to nutrition, food policy, and wider health problems or situations. You will be expected to develop coherent discussions relating to set subject areas, critically appraise the evidence base and critically reflect upon your own beliefs and assumptions. Written assignments may take the form of case study essays, in which you will be expected to structure your argument around a particular service or issue, or they may be reflective accounts of what learning you achieved whilst undertaking set tasks such as community profiling or patchwork texts. In some assessments you will be required to provide a paper to support another assessment such as a poster presentation. Written assignments may also be mixed media in presentation: this includes Placement Reports (where you reflect upon your placement activity) through a reflective blog and recorded video clip or podcast. The majority of these assignments will be summative assessment - e.g. assignments submitted at the end of a unit, allowing teachers to measure your understanding of topics covered against standardised criteria. Written assignments may also be transcripts or reflections upon student created podcasts, media content, individual or group presentations
- Written examinations (short answer questions, multiple choice questions): these enable you to demonstrate your ability to recall knowledge which can be applied to practical situations. These assessments are used when accurate factual recall is required.
- Dissertation: the final project in Programme Stage 3, this will enable you to 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. You will be assigned an academic supervisor who will guide you through the entire process, from choosing your topic through to submission. Potential project options include a literature review, a research proposal, a case study, or a policy analysis.
- Formative assessments and feedback: Formative assessment refers to a wide variety of methods that teachers use to conduct in-process evaluations of student comprehension, learning needs, and academic progress during a lesson, unit, or course. The method allows teachers to frequently check their learners' progress and the effectiveness of their own practice, thus allowing for self assessment. Some modules use formative assessments (ungraded) to provide students with the opportunity to answer questions under exam conditions and to receive an indication of their performance and understanding of the module content up to that point. Other modules use formative feedback offered through peer review in in-person teaching and by participation in online discussion forums.

For each module, you will be given assessment guidelines which will outline the nature of the specific summative assessment and give clear guidance on how you can achieve the set assessment criteria for this. The pass mark for all graded assessments is 40%.

What do I have to do to pass? Assessment Criteria are descriptions, based on the intended learning outcomes: the skills, knowledge or attributes you need to demonstrate in order 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 as you prepare and complete assessments. They will be provided in programme handbooks, module specifications and in the virtual learning environment, or they will be 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 within three weeks 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 projects or dissertations may be longer. The full policy can be found at:

<https://www.city.ac.uk/about/education/quality-manual/6-assessment>

Feedback will normally be provided via Moodle, and will be written unless otherwise specified in the module specification (e.g. verbal feedback on a presentation). 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. On campus and Online Learning students have opportunities to discuss feedback with tutors through booked appointments.

For some modules lecturers and/or the module leader will be available to provide formative feedback and advice on the written assignments prior to submission.

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.

Your overall degree classification will be weighted as follows. 15% will be based on the marks awarded to you in Programme Stage 1; 35% will be based on the marks awarded to you in Programme Stage 2; 50% will be based on the marks awarded to you in Programme Stage 3.

The Pass mark for the taught modules is 40%. If you fail an assessment or a module, you will usually be offered one resit attempt. However, if you did not participate in the first assessment and have no extenuating circumstances, you may not be offered a resit.

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 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 pass requirements for a module and do not complete your resit by the date specified you will not progress to the next Programme Stage and the Assessment Board will require you to be withdrawn from the Programme.

If you fail to meet the requirements for a particular Programme Stage or the Programme, the Assessment Board will consider whether you are eligible for an Exit Award as per the table below. 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:

https://www.city.ac.uk/_data/assets/pdf_file/0007/453652/s19.pdf

WHAT AWARD CAN I GET?

Bachelor's Degree with Honours:

To qualify for the award of BSc (Hons) Nutrition and Food Policy you will be required to complete 120 credits at Level 4, 120 credits at Level 5 and 120 credits at Level 6 (totalling 360 credits).

Programme Stage	HE Level	Credits	Weighting (%)	Class	% required
1	4	120	15	I	70
2	5	120	35	II Upper	60
3	6	120	50	II Lower	50

Ordinary Degree:

To exit with the award of BSc (Ordinary) Nutrition and Food Policy you will be required to complete 120 credits at Level 4, 120 credits at Level 5 and 60 credits at Level 6 (totalling 300 credits). This is without the dissertation module.

Programme Stage	HE Level	Credits	Weighting (%)	Class	% required
1	4	120	15	With Distinction	70
2	5	120	35	With Merit	60
3	6	60	50	Without Classification	40

Diploma of Higher Education:

To exit with the award of Diploma of Higher Education in Nutrition and Food Policy you will be required to complete 120 credits at Level 4 and 120 credits at Level 5 (totalling 240 credits).

Programme Stage	HE Level	Credits	Weighting (%)	Class	% required
1	4	120	35	With	70

				Distinction With Merit	60
2	5	120	65		

Certificate of Higher Education:

To exit with the award of Certificate of Higher Education in Nutrition and Food Policy you will be required to complete 120 credits at Level 4.

Programme Stage	HE Level	Credits	Weighting (%)	Class	% required
1	4	120	100	With Distinction	70

In addition to the standard award of “Nutrition and Food Policy” we also provide an alternative award title based on entry routes and modules taken during your time at City, University of London.

Nutrition and Food Policy (with a Year in Industry)

There are two methods of being awarded this degree title.

- 1) Directly enrol in this Degree option with existing company sponsorship, and undertake the “Year in Industry” placement between Programme Stage 2 and 3 of their degree with this company.
- 2) Students who enrol on the Nutrition and Food Policy degree and undertake the “Year in Industry” placement between Programme Stage 2 and 3 of their degree.

WHAT WILL I STUDY?

Programme Stage 1

You will take the six core (compulsory) modules listed below (totalling 120 credits):

Module Title	SITS Code	Module Credits	Core/ Elective	Compensation Yes/No	Level
Introduction to Food and Nutrition	FN1001	30	Core	No	4
Introduction to Food Science & Technology	FN1002	15	Core	No	4
Nutrition Across the Life Course	FN1003	15	Core	No	4
Poverty, Housing and Welfare	SC1002	15	Core	No	4
Health, Illness and Society	SC1005	30	Core	No	4
Academic Skills for Higher Education	SC1004	15	Core	No	4

Programme Stage 2

You will take the seven core (compulsory) modules listed below (totalling 120 credits):

Module Title	SITS Code	Module Credits	Core/ Elective	Compensation Yes/No	Level
Food, Public Health, the Economy and the Environment	FN2001	15	Core	No	5
Food and Nutrition Security in the Food System	FN2002	15	Core	No	5
Public Health Nutrition	FN2003	15	Core	No	5
Developing Complex Interventions	FN2004	15	Core	No	5
Introduction to Public Health and Epidemiology	SC2002	30	Core	No	5
Food, Nutrition & Global Health	FN2005	15	Core	No	5
Communities and Health	HS2446	15	Core	No	5

Optional “Year in Industry” placement between Programme Stage 2 and 3 of your degree.

Programme Stage 3

You will take six or seven modules (totalling 120 credits):

- The five core (compulsory) modules listed below (90 credits);
- Plus one to two further elective (optional) modules chosen from the list below (30 credits).

Module Title	SITS Code	Module Credits	Core/ Elective	Compensation Yes/No	Level
Dissertation	FN3001	30	Core	No	6
Using research Knowledge	NM3270	15	Core	No	6
Nutrition and Food Policy	FN3002	15	Core	No	6
Nutritional Assessment	FN3003	15	Core	No	6
Food, Culture and Society	SC3001	15	Core	No	6
Internship*	FN3004	30	Elective	No	6
Micro-placement**	MP3001	15	Elective	No	6
Personal and People Development	CH3002	15	Elective	No	6

* Internship module is competitive entry; availability is subject to successfully completing the selection process. International students who attend in-person/blended will have access to apply for these modules subject to Visa requirements.

**Micro-placements module is competitive entry. It will be available to international students enrolled in the online delivery approach. However, these Micro-placements will be completed remotely from your home country.

Others that could be included

Health Policy & Politics	PH3001	15	Elective	No	6
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Health Informatics	CH3043	15	Elective	No	6
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All Elective modules availability is subject to module capacity, availability and in discussion with your Programme Director.

By agreement with the Programme Director, and subject to module capacity and availability, you may be able to take other Level 6 modules offered by the School of Health & Psychological Sciences as alternative elective modules (list to be advised).

TO WHAT KIND OF CAREER MIGHT I GO ON?

You will enhance your practical, research, and academic skills and competencies, and graduate with the necessary grounding to go on to a career in private consultation, self-employment or other roles in the broader public or private sector (including in major food companies, non-governmental organisations (NGOs), charities, and local, national and international governmental organizations). The programme is an excellent preparation for further training in Nutrition, Public Health or Food Policy at MSc level, but is also very well suited for those interested in pursuing careers across a broad range of food related industries.

Potential roles include:

- Management and administration positions with food, health and policy organisations.
- Public health, food and community development-related roles, such as health promotion, public information and health training.
- Personnel and resource management posts in the private sector, local authorities, and voluntary organisations.
- Policy-oriented work (including lobbying and advocacy) in the local, national and international government, voluntary, or charity sector (including non-governmental organisations).
- Research and evaluation of nutrition, health and food policy programmes and interventions.

The programme is also excellent preparation for further postgraduate-level study, such as a clinical, education or social work qualification. City's School of Health & Psychological Sciences offers a varied portfolio of Postgraduate Diploma and Masters programmes, including the MSc in Food Policy (see <https://www.city.ac.uk/health/courses/postgraduate-study>).

Please note: this course focuses on human nutrition, health and food policy. Limited time is given to animal nutrition.

Career planning at City

Developing your skills and enhancing your employability while at university is becoming increasingly important in today's job market. The BSc 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 students 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.

If you would like more information on the careers support available at City, please visit <https://www.city.ac.uk/careers/your-career>.

WHAT PLACEMENT OPPORTUNITIES ARE AVAILABLE?

In-person students will have up to three opportunities to apply to undertake professional work experience in the form of micro-placement, a “Year in Industry”, and/or an internship offered as part of the programme (see above, ‘Programme structure’). We offer these optional placement/internship modules of different length (and focus) to give flexibility to you and the placement organisation.

Going on a micro-placement, “Year in Industry”, or internship helps the student to:

- Develop professionalism and the ability to act out the knowledge and skills gained in the course.
- Convert theory into practice.
- Learn to handle relevant communication, development, and management skills and activities required to real-world nutrition and food policy.
- Become a part of and practice the daily activities of a placement organisation.
- Gain experience in the profession’s main fields of competency.
- Gain experience related to their dissertation project.
- Establish wider professional networks with expert and potential employers.

Due to some modules running concurrently students cannot apply to both Internship and Micro-placement.

International students who attend in-person/blended will have access to apply for these modules subject to Visa requirements.

Micro-Placement (MP3001)

The Careers and Employability Service offers in-person students the option to undertake professional level work experience opportunities as part of the Level 6, 15-credit bearing Micro-Placements module (MP3001); The micro-placement opportunity is short and not related directly to your area of study and will support the development of key employability skills whilst enabling you to gain valuable work experience. Micro-placements are competitive and are subject to availability. Formal module selection taking place when students complete Level 5.

- Queries relating to the Micro-Placement Programme (MPP) will come directly to the Micro-Placement team. The Careers and Employability Service administer all aspects of the early stages of the MPP and then hand over for assessment marking and assessment boards to SHS.
- Following the preparation workshops you will be on placement for a period ranging typically 4 weeks and will take place from June, once your second-year finishes.

Please note the timing of your Micro-Placement does not follow the standard academic timetable. The module is delivered by Careers Consultants and Employer Engagement Professionals in the Careers and Employability department.

- Due to safeguarding and visa requirements, only in-person full-time UK students can opt to undertake Micro placements.
- Micro-placements will be available to international students enrolled in the online delivery approach. However, these Micro-Placements will be completed remotely from your home country.
- Due to demand, places on the Micro-placements are competitive.

Internship (FN3004)

The School of Health & Psychological Sciences offer in-person students within the School the option to undertake professional level work experience opportunities as part of the Level 6, 30-credit bearing Internship module (FN3004). The internship is directly related to nutrition and food policy. Students are encouraged to find their own host organisations as part of the internship and network building process (with support from the internship officer). Internships are competitive and are subject to availability. All eligible students will be contacted and invited to express their interest during Term 1 of Level 5 (Year 2), with formal module selection taking place when students complete Level 5.

There is a wide variety of possible internship organisations such as those involved in food production, processing, distribution and retail; media and journalism; education; public health – particularly maternal, infant and child health; local, national and international government departments such as education, health, trade, agriculture, food safety etc.; NGOs and charities involved in environmental sustainability, food distribution, fair trade; etc.

You will play a role in finding your internship organisation to match your interests. You will find your possible Internships locations in cooperation with the programme staff as part of the application to this module.

It is important that your internship is approved before it begins. We will work with in-person students to find placement opportunities that suit you and are in line with School of Health & Psychological Sciences Work Experience and Internships Policy.

- You should discuss your plans with the relevant Department Internship Officer at the earliest opportunity, preferably during the autumn term of your First and Second years (depending on internship).
- Following the preparation workshops the work internship must extend over a minimum of 1 month and a maximum of 4 months (including holidays allowed by the employing body). This is typically an average of 8 weeks (2 months). The internship should normally start in the summer holidays and run into the following year.
- The internship must be approved by City as providing suitable supervision and training.
- Due to safeguarding and visa requirements, only in-person full-time UK students can opt to undertake Internship modules.
- Internships will not be available to students enrolled in the online delivery approach.
- Due to demand, places on the internship are competitive.

“Year in Industry”

BSc (Hons) Nutrition and Food Policy is available as a 3-year full time course or a 4-year “Sandwich” course. Students who choose to take the 4-year full time course incorporate a

work experience placement taken between Programme Stage 2 and 3. Participant students are required to pay an administrative charge to cover the School's costs associated with the work placement which will cover continued enrolment with City and access to all of its facilities.

On successful completion of Years 1 and 2, students may elect to apply for a one-year work experience placement. This opportunity offers 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 courses and preparation workshops which must be passed for this "Year in Industry" year to be recognised. Work Experience placements are competitive and successful acceptance cannot be guaranteed. The programmes' internship officer will support for students in the application process and while on their Year in Industry. 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.

WILL I GET ANY PROFESSIONAL RECOGNITION?

The course is currently not yet accredited by The Association for Nutrition (AfN).

Students are also encouraged to become Student Members of the Nutrition Society and American Society for Nutrition to help further develop their skills from the Society's training workshops, in addition to providing important opportunities to network with peers and experts within the field of Nutritional Science. <https://www.nutritionociety.org/become-member> and <https://nutrition.org/our-members/>

HOW DO I ENTER THE PROGRAMME?

Entry requirements:

- A-level grades: BCC
- A/AS-level: 104 UCAS tariff points •GCSE: grade C or equivalent in *in English Language, Maths and two sciences (Chemistry, Biology, Physics or double science equivalents (England & Wales only) and at least one appropriate science subject at A Level, Irish Leaving Certificate, Scottish Highers or equivalent.*
- Access to Higher Education Diploma (Health Science Professions - Nutrition and Dietetics): Pass in a QAA-recognised Access to HE Diploma with full award (60 credits), of which a minimum of 45 credits must be at Level 3, including 21 credits at Distinction and 24 at Merit. With additional maths and Eng Lang GCSEs 4 (C) or above)

Alternative entry requirements

BTEC: DMM (Health and Social Care or Science-related subject only)

International Baccalaureate: 28

European Baccalaureate: 77-80%

Scottish: BBCCC

Irish: H2, H2, H2, H3, H3, H3

French: 12/20

German: 2.4

Italian: 80%

Chinese Gaokao: Please contact the Programme Director to discuss this option.

Individuals with alternative Level 3 Food and Nutrition related courses (such as the BTEC, WJEC, or Eduqas Level 3 Certificate and Diploma in Food Science and Nutrition), may be accepted as entry requirements for the course on a case-by-case basis. Please contact the Programme Director to discuss this option.

Please note that applicants who apply through an alternative entry pathway will have an Interview a part of the admissions process onto the programme.

University foundation programmes - Introduction to Health Sciences

If you do not meet the entry requirements for this course, you may be interested in our [Introduction to Health Sciences](#) course. This is completed over one year and provides an introduction to clinical and professional healthcare, enabling you to progress on to this course on successful completion (subject to meeting progression criteria, please visit the Introduction to Health Sciences course page for more details).

English language requirements

If your education has not been conducted in the English language, you will be expected to demonstrate evidence of an adequate level of English proficiency. At admission, students whose first language is not English must have English Language requirements which must not be less than 6.5 IELTS (or equivalent), with no individual section less than 6.0.

Other evidence of proficiency in the English language, which satisfies the board of studies concerned.

Scholarships

Further details on scholarships for new undergraduate students can be found on the University's website at <https://www.city.ac.uk/study/fees-and-funding>.

Recognition of Prior Learning

The programme follows the University's guidelines on Recognition of Prior Learning (RPL); where credit is awarded for learning derived from study at this or another institution which has previously been assessed and/or awarded credit. This programme does not accept Recognition of Prior Experiential Learning (RPEL, where credit is awarded for learning derived from the candidate's life experience which has not previously been assessed and/or awarded credit).

You may apply for RPL for a minimum of one module and a maximum of 120 UK credits or 60 ECTS (direct entry to Programme Stage 2). If you can demonstrate that you have completed modules that are directly equivalent to the modules for which RPL is claimed in terms of both curriculum content and academic standing and these modules are still current (completed within two years of enrolment) then RPL may be recognised on a direct equivalent basis. Alternatively, you will be required to complete the assessment for those modules for which RPL is claimed although you are not required to attend the taught sessions. (Please note that other UK or equivalent overseas institution / modules must be accredited by the Association for Nutrition, or equivalent).

If you wish to gain direct entry onto Programme Stage 2 you must be able to demonstrate that you have passed Programme Stage 1 of an equivalent programme at another institution. (Please note that other institutions must be accredited by the Association for Nutrition, or equivalent). You must also demonstrate that you have met the learning outcomes for Programme Stage 1 of the programme. The award calculation for a student successfully claiming RPL for stage 1 would be 40%-60% (Stage 2-Stage 3).

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