

SEnr Accreditation Case Study

Leeds Beckett are delighted to have become the first institution to have been awarded the Sport and Exercise Nutrition Register accreditation status for their MSc in Sport and Exercise Nutrition after being invited to pilot the new Higher Education Institutions accreditation process.

The Leeds Beckett MSc in Sport and Exercise Nutrition has been running for ten years and sits within a suite of MSc programmes covering the different sport and exercise science disciplines. Since its inception the programme has been aligned to the SEnr competency framework and at its most recent revalidation event the course was highly commended by external reviewers for the applied practice opportunities available to students. Those opportunities are possible through support offered to our on-site sports scholars, and due to the University's location and partnerships with local sports clubs in rugby league and union, football and cricket.

There is an external driver from employers for graduates to have gained appropriate work experience and to have developed relevant, what might be termed 'soft' skills, alongside their studies. To support this, the course team has developed a series of sport and exercise nutrition internships and placement opportunities over recent years in collaboration with the sporting partners of the University. These provide successful applicants with an opportunity to gain experience working in an applied sports science setting whilst studying for the MSc in Sport & Exercise Nutrition.

We have introduced additional workshops and work-based placements for all students on the Sport and Exercise Nutrition course who want to gain applied experience. These are delivered through an applied practice programme which covers the following areas:

- Working in Sport & Exercise Nutrition
- Interviewing Skills
- Dietary Analysis
- Dietary Interpretation & Intervention
- Professional Conduct and Standards
- Workshop Skills Development.

Students also have the opportunity to gain a food safety qualification and other industry recognised qualifications alongside their formal academic programme.

Athletes and coaches from a range of sports actively engage in the applied practice programme to ensure students gain first-hand experience of understanding the athlete's lifestyle and training demands. Students are equipped for this interaction with athletes through the programme workshops and through peer and mentor observation. Students are prepared for the multidisciplinary nature of working in elite sport through a professional practice module. They are exposed to, and encouraged to work by the SENr Code of Conduct whilst engaging with athletes throughout the applied practice programme. Some students choose to integrate their applied work experience into their major independent research projects.

Students are required to audit their competencies against the framework on commencement of the course and at key time points throughout. This is used to inform and direct personal and professional development supported through the applied practice programme. Students undertake a final audit of their competencies against the framework and submit this as part of a portfolio assessment.

For further information on the programme offered at Leeds Beckett University contact l.sutton@leedsbeckett.ac.uk