

Course Specification

Course Summary Information				
1	Course Title		BSc (Hons) Sport and Exercise Nutrition	
2	BCU Course Code	UCAS Code	US0623	B400
3	Awarding Institution		Birmingham City University	
4	Teaching Institution(s) (if different from point 3)			
5	Professional Statutory or Regulatory Body (PSRB) accreditation (if applicable)		Sport & Exercise Nutrition Register (SENr)	

6	Course Description			
	<p>Our practice-based, innovative Sport and Exercise Nutrition BSc degree will provide you with the underpinning scientific knowledge of nutrition, science and physiology for sports performance, exercise and health. This course is based at our newly extended £71 million university City South Campus in Edgbaston, Birmingham and is approved by the Sport & Exercise Nutrition Register (SENr); to ensure that the knowledge and competencies are aligned with professional standards.</p> <p>What's covered in the course?</p> <p>You'll study nutrition and exercise at both ends of the spectrum, from assessing professional sports teams to health-based clients with specific nutritional issues. It's a chance for you to gain experience in developing nutritional strategies that aid performance, health and wellbeing. You'll undertake physiological and nutritional assessment of sports performers in our state-of-the-art laboratories. However, it's important to know that the course isn't just about analysing elite athletes - you'll also have the opportunity to learn how nutrition and exercise can impact upon people with different physiques and states of health.</p> <p>Upon graduating, you can apply for jobs as a performance nutritionist, as well as within other areas of sport science, health and fitness.</p> <p>We also boast partnerships with both Warwickshire Cricket Club and Sport Birmingham. These partnerships not only keep our courses fresh and relevant, they also provide valuable placements, trips and case studies for you and your fellow students.</p>			