



Master of Science in Sport and Exercise Nutrition



THE UNIVERSITY OF HONG KONG
School of Professional and Continuing Education

Master of Science in Sport and Exercise Nutrition

Programme Code: HS174A / HS 37-137-00

Introduction

In association with Ulster University, U.K., HKU SPACE offers a programme leading to the awards of Master of Science (MSc) in Sport and Exercise Nutrition. The programme is offered on a part-time basis with online teaching which falls in line with the School's mission in delivering flexible programmes which meet the needs of potential students and the community.

Objectives

This programme provides a postgraduate pathway for graduates who are interested in pursuing a career in the area of sport and exercise nutrition. Building upon the students' existing knowledge gained within relevant biosciences, the overall aim of the programme is to provide an academically challenging, professionally relevant and focused programme of study for those who wish to pursue careers in sport and performance nutrition or undertake research in this area. The programme will equip students with opportunities for critical reflection and evaluation of current practice, enabling lifelong learning and fostering continuing professional development.

Programme Intended Learning Outcomes (PILOs)

On completion of the programme, students should be able to

1. Demonstrate a comprehensive knowledge of the major metabolic pathways and the role of nutrients in health and disease including the aetiology of nutritional and nutrition-related problems relevant to sports performance and the nutritional implications of the physiological and biochemical demands of training for and competing in sport;
2. Critically discuss diet and nutritional information relating to current issues and controversies in sports and exercise performance and report current nutritional requirements and dietary strategies necessary to enhance their ability to work with individuals and groups in the sport and exercise nutrition context;
3. Demonstrate a comprehensive understanding of the theoretical basis for, and methods of investigation of, the metabolic effects, efficacy of, health, ethical and safety issues, and legal aspects of ergogenic aids;
4. Demonstrate knowledge and understanding of the effects of disease processes upon capacity for activity in the forms of sports or exercise and on sports performance;
5. Understand the procedures for ensuring compliance with research governance and recognize the principles of scientific inquiry and research design necessary to plan a research project to test sports nutrition related hypothesis;
6. Critically discuss research findings generated from an independent MSc project to test sports nutrition related hypothesis.

Programme Structure and Content

The learning for the programme is divided into a series of modules. Core material in taught modules will be delivered through online teaching. Additional face-to-face support tutorials to each module and full support for the research project will be provided. For the research project, individual supervisor will be appointed to each candidate.

1. Evidence-Based Practice in Healthcare Sciences
2. Nutrition and Exercise Metabolism
3. Nutritional Assessment, Recommendations and Requirements
4. Sport-Specific Nutrition Issues
5. Research Methods and Biostatistics for Food and Nutrition
6. Nutrition for Health and Disease Prevention
7. Practical Sports Nutrition
8. Sport and Exercise Nutrition Research Project

Mode of Delivery:

The programmes will be delivered through online teaching materials and face-to-face tutorials, seminars and workshops.

Minimum Entry Requirements

Applicants must:-

- (i) hold a degree with at least 2ii Honours in a related discipline such as in Biochemistry, Dietetics, Food and Nutrition, Human Nutrition, Physiology, Sport and Exercise Science, Sports Science or other relevant degree discipline OR
(ii) demonstrate their ability to undertake the course through the accreditation of prior learning.

AND

2. provide evidence of English proficiency, such as:

- (i) HKDSE English Language 3 or above OR
- (ii) HKALE Grade D or above OR
- (iii) HKCEE English Language (Syllabus B) C or above OR
- (iv) an IELTS overall band of 6 with 5.5 or above in reading, writing, listening and speaking or equivalent.

Time And Venue

Online teaching

Face-to-face tutorial on Wednesday evening 7:00 pm – 10:00 pm and occasionally Saturday afternoons 2:30-5:30 pm.

Location for face-to-face sessions will be in any HKU SPACE Learning Centres (such as Admiralty, Causeway Bay, North Point)

Professional Recognition

Graduates of the programme followed by further mentored work experience in sport and exercise nutrition are eligible to apply for graduate registration of the British Dietetic Association (BDA) Sport and Exercise Nutrition Register (SENR).

Application Method

Applicants should apply by returning the special application form, together with relevant supporting documents, academic certificates and an application fee of HK\$300 (non-refundable) to either:

By post: Attn to Dietetics, Food and Nutritional Sciences, 13/F., Fortress Tower, 250 King's Road, Hong Kong.

OR

In person: any of the HKU SPACE Enrolment Counters (Attn: Dietetics, Food and Nutritional Sciences)

Fees

Application fee: HK\$300 (non-refundable)

Course fee: HK\$108,000 (to be paid in 2 installments; 1st installment \$60,000, 2nd installment \$48,000)

* Fees are reviewed annually and are subject to change without prior notice.

Study Period

2 years part-time

Medium of Instruction

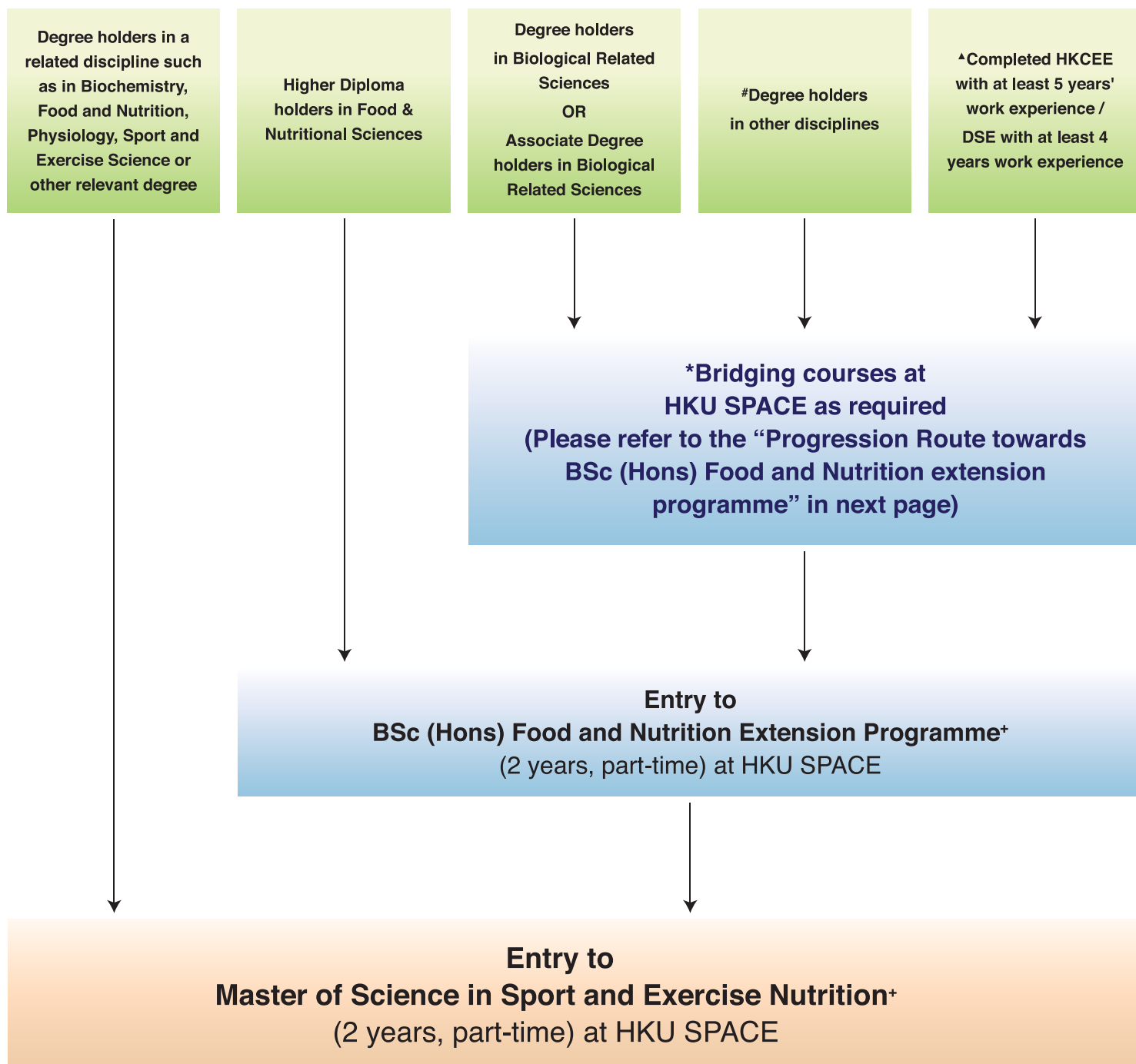
English

* This course is an exempted course under the Non-Local Higher and Professional Education (Regulation) Ordinance. It is a matter of discretion for individual employers to recognize any qualification to which these courses may lead.

* HKU SPACE is a non-profit making University company limited by guarantee.

Information in this leaflet is subject to change by HKU SPACE and Ulster University without prior notice. Please refer to HKU SPACE website or contact Programme Staff for latest information

Progression route towards MSc in Sport and Exercise Nutrition in collaboration with Ulster University, U.K.



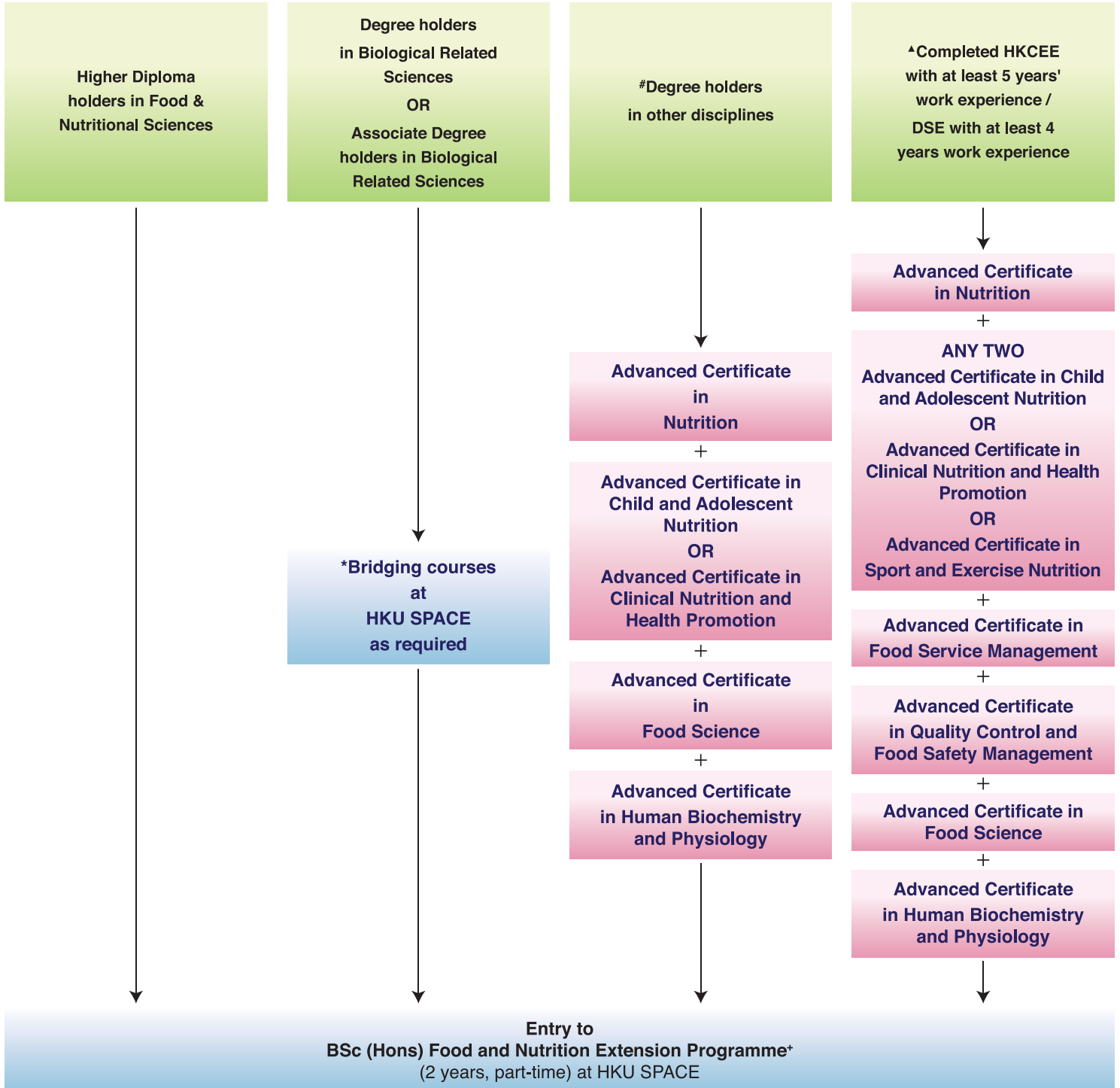
^{*} 5 HKCEE passes or 5 DSE passes or equivalent AND proficiency in English (e.g. HKCEE English Language (Syll. B) at Grade E or (Syll. A) at grade .C or (in or after 2007) at Level 2 or HKDSE English Language at level 2 or equivalent.

^{*} "Bridging courses" to be advised by programme team, based on the applicant's academic background. (e.g. Applicants with limited knowledge in food science are required to study Advanced Certificate in Food Science prior to entry to the BSc (Hons) Food and Nutrition Programme.)

[#] Degree holder in other disciplines who have successfully completed the HKU SPACE programmes namely Advanced Certificate in Nutrition, Advanced Certificate in Child & Adolescent Nutrition or Advanced Certificate in Clinical Nutrition & Health Promotion, Advanced Certificate in Food Science and Advanced Certificate in Human Biochemistry & Physiology, will normally have satisfied the entry requirements.

⁺ This is an exempted course under the Non-Local Higher and Professional Education (Regulation) Ordinance. It is a matter of discretion for individual employers to recognize any qualification to which this course may lead.

Progression route towards BSc (Hons) Food and Nutrition extension programme in collaboration with Ulster University, U.K.



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Enquiries

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