# THE PROGRAMME SPECIFICATION

## 1. Programme title and designation

<table>
<thead>
<tr>
<th>Nutrition and Dietetics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single honours</td>
</tr>
<tr>
<td>X</td>
</tr>
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</table>

## 2. Final award

<table>
<thead>
<tr>
<th>Award</th>
<th>Title</th>
<th>Credit value</th>
<th>ECTS equivalent</th>
<th>Any special criteria</th>
</tr>
</thead>
<tbody>
<tr>
<td>BSc</td>
<td>Nutrition and Dietetics</td>
<td>510</td>
<td>255</td>
<td>N/A</td>
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</table>

## 3. Nested awards

<table>
<thead>
<tr>
<th>Award</th>
<th>Title</th>
<th>Credit value</th>
<th>ECTS equivalent</th>
<th>Any special criteria</th>
</tr>
</thead>
<tbody>
<tr>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
<td>N/A</td>
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</table>

## 4. Exit awards

<table>
<thead>
<tr>
<th>Award</th>
<th>Title</th>
<th>Credit value</th>
<th>ECTS equivalent</th>
<th>Any special criteria</th>
</tr>
</thead>
<tbody>
<tr>
<td>BSc</td>
<td>Health Sciences (Nutrition) or Health Sciences</td>
<td>360</td>
<td>180</td>
<td>A student who achieves 360 credits (including condoned fails) but who has failed one or more core modules in the final year in the condoned fail range, or who has failed a placement module, may be awarded a BSc Health Sciences. A student who achieves 360 credits, including all core modules in years 1-3 and the dietetics research project in year 4, may be awarded a BSc Health Sciences (Nutrition).</td>
</tr>
</tbody>
</table>

| UG Cert | Biosciences | 120-235 | 60-117 | N/A |
| UG Dip  | Biosciences | 240-355 | 120-177 | N/A |

## 5. Level in the qualifications framework

H

## 6. Attendance

<table>
<thead>
<tr>
<th>Mode of attendance</th>
<th>Full-time</th>
<th>Part-time</th>
<th>Distance learning</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>X</td>
<td>X</td>
<td>No</td>
</tr>
<tr>
<td>Minimum length of programme</td>
<td>4 years</td>
<td>6 years</td>
<td></td>
</tr>
<tr>
<td>Maximum length of programme</td>
<td>10 years</td>
<td>10 years</td>
<td></td>
</tr>
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</table>

## 7. Awarding institution/body

King’s College London

## 8. Teaching institution

King’s College London

## 9. Proposing department

Nutrition and Dietetics

## 10. Programme organiser and contact details

Mrs Annemarie Knight
Programme approval 2006/07

<table>
<thead>
<tr>
<th>11. UCAS code (if appropriate)</th>
<th>B401</th>
</tr>
</thead>
<tbody>
<tr>
<td>13. Date of production of specification</td>
<td>December 2002/November 2006</td>
</tr>
<tr>
<td>14. Date of programme review</td>
<td>2016/17</td>
</tr>
</tbody>
</table>

16. Educational aims of the programme

- To enable students to acquire a sound background in basic and applied sciences essential for the understanding of nutrition & dietetics and to develop their ability to integrate knowledge from contributing disciplines.
- To develop students’ understanding of the role of nutrition in health and disease and the principles and application of dietary modification in the promotion of health and management of disease.
- To enable students to develop their analytical and critical skills and their ability to understand and apply the principles of scientific research and evaluation.
- To develop students’ ability to integrate theoretical and practical aspects of their studies.
- To develop the key characteristics of a competent dietitian and promote a reflective approach to practice, including commitment to professional behaviour and continued learning.

17. Educational objectives of the programme/programme outcomes

The programme provides opportunities for students to develop and demonstrate knowledge and understanding and skills in the following areas:

Knowledge and understanding

The programme provides a **knowledge and understanding** of the following:

1. Knowledge of the basic and applied sciences essential for the understanding of nutrition and dietetics;
2. Knowledge of the principles of nutrition, including the sources and functions of the essential nutrients and other major dietary components and the effects of deficiencies and excesses;
3. Understanding of the factors that determine the chemical composition, production and supply of food;
4. Understanding of the economic, social and psychological factors that determine patterns of food consumption and health

These are achieved through the following **teaching/learning methods and strategies**:

**Strategy:** Each topic is taught by subject specialists, including visiting professionals. Hence 1 is taught through modules offered by appropriate departments within the College; 2-8 are taught within the department of Nutrition and Dietetics; 9 is taught throughout the curriculum. 10 is introduced through Interprofessional Education, developed throughout the curriculum and reinforced by the placements.

**Methods:** Primarily through lectures and guided reading. Understanding is reinforced through practicals, tutorials, seminars,
behaviour;
5. Understanding of the role of diet in the causation, management and prevention of disease and the promotion of health;
6. Understanding of the policy issues concerned with nutrition in relation to public health;
7. Knowledge of food preparation methods and understanding of the basis for advising individuals and managers regarding modification of foods;
8. Understanding key aspects of medicine, pathology and pharmacology relating to diseases that require nutritional therapy;
9. Knowledge of a range of methods for acquiring and interpreting biological and epidemiological information;
10. Knowledge of current systems of health and social care and basic aspects of management, and understanding the different roles of a Registered Dietitian and the meaning of professional behaviour.

Skills and other attributes

**Intellectual skills:**
1. Recognising and applying theories, concepts and principles from a range of biological sciences;
2. Analysing, synthesising and summarising information critically;
3. Obtaining and integrating several lines of evidence to produce a balanced argument;
4. Formulating hypotheses and designing investigations to test them;
5. Recognising the moral, ethical and social implications of scientific investigations and human intervention in the food chain.

These are achieved through the following teaching/learning methods and strategies:

Intellectual skills are developed through the teaching and learning programme outlined above. The use of these skills is highlighted in most lectures, and discussed in depth in key lectures on the applied nutrition (2, 3), research methods (4, 5) and dietetics research project (4) modules. The skills are developed through tutorial assignments, discussion within seminars, tutorials, problem classes, case-study workshops, feedback on formative assessments and the supervised research project.

**Assessment:** These skills are assessed using a range of methods including unseen written exams, coursework essays, practical reports, case studies and seminar presentations with an expectation of increasing depth as the student progresses through the programme. 4 and 5 are specifically tested by the protocol written for the research methods module. All are tested by the project report.
Practical skills:
1. Being familiar with techniques used to assess nutritional status of individuals and populations;
2. Being familiar with methods used to analyse the composition of foods;
3. Planning, conducting and reporting on investigations in the laboratory and in the field in a responsible and safe manner;
4. Recording, collating and analysing data using appropriate quantitative and statistical methods.
5. Planning menus, preparing food, estimating portion sizes and nutrient contents;
6. Assessing dietary intake, interpreting clinical and biochemical data and planning and communicating dietary modification strategies;
7. Using basic motivational techniques to promote behavioural change.

These are achieved through the following teaching/learning methods and strategies:
1-6 through practical classes. 3 (planning) through lectures and assignments on the research methods module. 4 (data analysis) through lectures and exercises on the research methods module and through data handling exercises on biochemistry and physiology classes. 3 (fieldwork) through the group project on the eating habits module. 3, 4 through the supervised research project. 5, 6, 7 through lectures and assignments on food service and catering management, diet therapy, principles of clinical science and therapeutics, and through placement learning.

Generic/transferable skills:
1. Communication (written and oral), including the use of appropriate technology;
2. Information retrieval;
3. Interpersonal and teamworking skills;
4. Self-management and professional development;

These are achieved through the following teaching/learning methods and strategies:
Development of these skills is embedded throughout the curriculum. Communications skills and self-reflection are a major focus of the introduction to professional practice and the communication and health promotion modules, both of which include interprofessional education. These skills are also highlighted in specific sessions: written communication in essay tutorials, classes before and after mid-sessional exams, and through written feedback on coursework and mid-sessional exams; oral communication in seminar sessions and through oral and written feedback on seminar presentations; information retrieval through dedicated classes in the introduction to nutrition and research project modules; interpersonal and team working skills in practical classes and the eating habits group project; self-management and professional development through personal tutorials. All these skills
Programme approval 2006/07

Assessment: 1 is assessed in every piece of work (oral and written) produced by the student, and specifically by the reflective diary. 2 is assessed in essays, project, seminars and research methods protocol (introduction). 3 is assessed in practical reports, eating habits group project and applied nutrition seminar. 4 is assessed by the ability to meet exam and coursework deadlines and from the standards of presentation of assessed work. 5 is assessed by a reflective account and a reflective diary.

18. Statement of how the programme has been informed by the relevant subject benchmark statement(s)/professional and statutory body guidelines

The Health Care Programmes (Dietetics) and the Biosciences benchmarks were the main points of reference. There is a small amount of overlap with Agriculture, Forestry, Agricultural Sciences, Food Sciences and Consumer Sciences. The programme has been designed to meet the statutory requirements set out in the Health Professions Council (HPC) documents Course Requirements & Guidelines for Pre-Registration courses leading to State Registration in Dietetics (2000) and Standards of Education and Training (2004).

These specifications were also informed by discussions within a working group set up by the Nutrition Society and the Associations of Professors of Human Nutrition to identify criteria for accrediting nutrition degree programmes which would entitle graduates to accelerated entry to the Nutrition Society’s Register of Nutritionists.

The programme places equal emphasis on education in the biological science of Nutrition and the professional practice of Dietetics. This is consistent with the growing importance of evidence-based practice within the profession. Development of professional practice skills is supported by the learning which takes place on the placements. Placement learning is assessed by the named trainer, and successful completion of all the placements is a requirement for the award of the degree (see Appendix). The programme has been designed to equip graduates with the skills, knowledge and attitudes identified by the HPC in their documents Standards of proficiency for dietitians (2003) and Standards of conduct performance and ethics for dietitians (2003) at the point of eligibility for Registration. This includes a commitment to continuing professional development, which is a pre-requisite for continuing competence and is required for continuing registration.

19. Programme structure and award requirements (where relevant the information should also differentiate the particular requirements of pathways within a programme or linked/exit awards)

(a) numbers of compulsory and optional modules to be taken in each year of the programme

Year 1: 2 core and 4 compulsory modules (120 credits). No optional modules.
Year 2: 4 core, 1 compulsory and 1 optional modules (120 credits). Students must choose either Medical Microbiology or Physiological control: Exercise and environment. In addition, a 15 credit compulsory placement module taken between Years 2 and 3
Year 3: 4 core modules (90 credits) plus one optional module (15 credits), selected from those taught
by the School of Biomedical Sciences or from an approved list of science-based modules taught in other Schools. In addition, a 45 credit core placement module taken between Years 3 and 4.

*Year 4:* 3 core modules (60 credits) and one 45 credit core placement module. No optional modules.

(b) range of credit levels permitted within the programme
4, 5, 6

(c) maximum number of credits permitted at the lowest level
120

(d) minimum number of credits required at the highest level
150

(e) progression and award requirements (if different from the standard)
Standard requirements for progression. In addition, students must normally have completed placement 1 before progressing to year 3 and must normally have passed placement 2 before progressing to year 4.

Minimum requirement for award is 510 credits, including condoned fails.

(f) maximum number of credits permitted with a condoned fail (core modules excluded)
45

(g) are students permitted to take a substitute module, as per regulation A3, 20.7?
No

(h) other relevant information to explain the programme structure
The programme is normally studied full-time over four years, though provision exists for part-time study in the first year. It includes three practice placements in approved locations. Placements are normally taken at the following stages:

Between years 2 and 3: Placement 1 (2 weeks).
Between years 3 and 4: Placement 2 (12 weeks).
In the second half of year 4: Placement 3 (14 weeks).

Placement 1 is included in the programme as a compulsory module as it is not formally assessed. Placements 2 & 3 are core modules, but are taken on a pass/fail basis and are not included in the calculation of the C score.

The placement programmes are approved by KCL or another university offering dietetic programmes approved by the HPC, within a framework specified by the HPC. Student performance on the placements is assessed by approved supervisors within the training departments. Successful completion of these placements is required for award of the degree and for Registration with the HPC.

The first two years allow the student to build a broad base of biological science with nutrition as the major component, while being introduced to key aspects of professional practice that are relevant to placement 1. The third year covers much of the basic dietetic theory in preparation for placement 2, while continuing the study of nutrition and one other optional science to maintain appropriate breadth of knowledge at third year level. The final year involves more advanced study of dietetics, with considerable scope for reflection and linking with placement experience, together with a project which encourages the synthesis of a variety of skills and knowledge. By the end of placement 3 students are able to work independently as dietitians.

To proceed from year one to year two students will normally be required to pass a minimum of 90
credits, with any remaining credits within the condoned fail range (a mark greater than 32%).

To proceed from the year two to year three, a student will normally be required to pass a minimum of 210 academic credits with any remaining credits within the condoned fail range (a mark greater than 32%)

Exit Awards
The School will offer exit awards to students registering from 2012/13. Generic exit awards will be as follows to all undergraduate programmes.

- Students who achieve between 120 and 235 academic credits will be considered for the award of a UG Certificate in Biosciences (condoned fails not permitted).
- Students who achieve between 240 and 355 academic credits will be considered for the award of a UG Diploma in Biosciences (up to 15 credits of condoned fails permitted. A minimum of 90 level 5 or above credits required.

PAF Initially approved: 18 August 2007
PAF modified: February 2010
PAF modified exit awards: April 2010
PAF finalised for 2011/12: 23 August 2011
PAF modified re: exit awards, progression rules, module table and placements: 23 August 2012
PAF finalised for 2012/13: 23 August 2012
## Programme structure

<table>
<thead>
<tr>
<th>Title</th>
<th>Credit level</th>
<th>Credit value</th>
<th>Status (I, C, O) for each type of programme</th>
<th>Progression</th>
<th>Assessment</th>
</tr>
</thead>
<tbody>
<tr>
<td>4MNT0102 Introduction to Nutrition</td>
<td>4</td>
<td>30</td>
<td>Cr</td>
<td></td>
<td>Written exam/ coursework</td>
</tr>
<tr>
<td>4MNT0111 Social and psychological studies</td>
<td>4</td>
<td>15</td>
<td>Cp</td>
<td>No</td>
<td>Written exam/ coursework</td>
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<tr>
<td>4BBBF017 Introductory food science and technology</td>
<td>4</td>
<td>15</td>
<td>Cp</td>
<td>No</td>
<td>Written exam/ coursework</td>
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<tr>
<td>4MNT0103 Basic biochemistry for nutrition students</td>
<td>4</td>
<td>15</td>
<td>Cp</td>
<td>No</td>
<td>Written exam/ coursework</td>
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<tr>
<td>4MNTPP1 Introduction to professional practice</td>
<td>4</td>
<td>15</td>
<td>Cr</td>
<td>Yes</td>
<td>Coursework (4 assignments)</td>
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<tr>
<td>4BBL0111 Physiological systems</td>
<td>4</td>
<td>30</td>
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<td>No</td>
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<td>0MNTPP1 Dietetics Practice Placement 1</td>
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<td>Cp</td>
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<td>5MNT0201 Nutrition and Health</td>
<td>5</td>
<td>30</td>
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<td>5MNT0211 Food habits</td>
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<tr>
<td>5MNT0221 Research methods for Health Sciences</td>
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<td>Cp</td>
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<td>Coursework (in course tests &amp; a research protocol)</td>
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<tr>
<td>5BBL0210 Reproduction &amp; Endocrinology</td>
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<td>Cr</td>
<td>Yes</td>
<td>Written exam/ coursework</td>
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<tr>
<td>5BBB0223 Metabolism</td>
<td>5</td>
<td>15</td>
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<td>Yes</td>
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<tr>
<td>5BBBMB28 Medical microbiology</td>
<td>5</td>
<td>15</td>
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<tr>
<td>5BBL0211 Physiological control: Exercise and environment</td>
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<td>15</td>
<td>O</td>
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<tr>
<td>5MNTFSC2 Food service and catering management</td>
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<td>15</td>
<td>Cr</td>
<td>Yes</td>
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<tr>
<td>0MNTPP2 Dietetics Practice Placement 2</td>
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<td>0MNTPP3 Dietetics Practice Placement 3</td>
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<td>6MNT0302 Applied Nutrition</td>
<td>6</td>
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<td>Written exam/ coursework</td>
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<tr>
<td>6MNTDT03 Diet Therapy</td>
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<td>30</td>
<td>Cr</td>
<td>Yes</td>
<td>Written exam/ coursework</td>
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<tr>
<td>6MNTPCS3 Principles of clinical science and therapeutics</td>
<td>6</td>
<td>15</td>
<td>Cr</td>
<td>Yes</td>
<td>Written exam/ coursework</td>
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<tr>
<td>6MNTCHP3 Communication and health promotion</td>
<td>6</td>
<td>15</td>
<td>Cr</td>
<td>Yes</td>
<td>Written exam/ coursework</td>
</tr>
<tr>
<td>6MNTGG3 Nutrition &amp; Genetics</td>
<td>6</td>
<td>15</td>
<td>O</td>
<td>No</td>
<td>Written exam/ coursework</td>
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<tr>
<td>All other modules taught in the School of Biomedical Sciences</td>
<td>5, 6</td>
<td>15</td>
<td>O</td>
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<td>Various</td>
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<tr>
<td>Science based modules taught elsewhere in KCL</td>
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<td>15</td>
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<tr>
<td>6MNT0411 Dietetic research project</td>
<td>6</td>
<td>30</td>
<td>Cr</td>
<td>Yes</td>
<td>Dissertation, poster</td>
</tr>
</tbody>
</table>

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Programme approval 2006/07

<table>
<thead>
<tr>
<th>Module Code</th>
<th>Module Name</th>
<th>Credits</th>
<th>Level</th>
<th>Presentation</th>
</tr>
</thead>
<tbody>
<tr>
<td>6MNTADT4</td>
<td>Advanced diet therapy and medicine</td>
<td>6</td>
<td>15</td>
<td>Cr</td>
</tr>
<tr>
<td>6MNTMHP4</td>
<td>Public health and healthcare systems</td>
<td>6</td>
<td>15</td>
<td>Cr</td>
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</tbody>
</table>

20. Marking criteria

All modules will be marked in accordance with the School’s marking criteria where such exist, or else in accordance with the College’s generic marking criteria.

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**PROGRAMME APPROVAL FORM**  
**SECTION 2 – SUPPLEMENTARY INFORMATION**

### 1. Programme name

BSc Nutrition and Dietetics

### 2. If the programme is a joint award with an institution outwith the University of London has the necessary approval been sought from Academic Board?

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
<th>Not applicable</th>
</tr>
</thead>
</table>

Please attach a copy of the request to Academic Board

### 3. In cases of joint honours programmes please provide a rationale for the particular subject combination, either educational or academic

N/A

### 4. If the programme involves time outside the College longer than a term, please indicate how the time will be spent, the length of time out and whether it is a compulsory or optional part of the programme

- **Year abroad**
- **Year in employment**
- **Placement**
- **Other (please specify)**

<p>| | | | |</p>
<table>
<thead>
<tr>
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</thead>
</table>

Time spent ……28 weeks in three blocks………Compulsory ……………………………

### 5. Please provide a rationale for any such time outside the College, other than that which is a requirement of a professional or statutory body

HPC requirement

### 6. Please give details if the programme requires validation or accreditation by a professional or statutory body

- **Name and address of PSB**
  Health Professions Council, Park House, 184 Kennington Park Road, London, SE11 4BU

- **Date of commencement of validation/accreditation**: TBC

Date of last validation/accreditation

Most recent accreditation 2003, followed by annual monitoring/re-approval 2007. Annual monitoring has since commenced and February 2012 was the last confirmation from HPC that the programme meets requirements.

- **Frequency of validation/ accreditation**: Variable.
  - **Date of next validation/ accreditation**: Annual monitoring

### 7. In cases where parts or all of the programme (other than those in box 4 above) are delivered either away from one of the College campuses and/or by a body or bodies external to the College please provide the following details

N/A

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