

Applied Nutrition for Professional Practice

MSc/PGDip/PGCert

There is increasing evidence in the scientific literature that poor nutrition is a major risk factor in promoting and maintaining many of the symptoms we associate with modern 'Western' diseases.

This is paralleled with the growing belief by the general public in the therapeutic effects of food beyond that of normal nutrition and as a consequence many people are now looking at dietary intervention as a way to modulate their symptoms. Unfortunately, advice on therapeutic nutrition is largely restricted to self-help books and magazines, with professionals in the health arena feeling unqualified to take on this role.

This course is aimed at professionals practising in the health-arena who wish to add the use of nutritional intervention to their skills portfolio. It is designed to give the practitioner knowledge on how to use food and food supplements to aid modulation of many symptoms associated with modern day chronic ailments. This course is principally founded on evidence-based research, although it is recognised that substantial empirical practitioner data when placed in the context of ethical application and showing due diligence may form part of a progressive research area.

This course isn't running in September 2011. Please visit the [Institute of Science and the Environment homepage](#) for details of other courses you may be interested in.

Validation

PG Cert is validated, MSc/PGDip subject to validation

Study options

Many of the modules can be taken on a 'certificate of attendance' basis as part of the student's continuing professional development requirement. The course teaching content will be delivered in modular structure. Each module will last four days being delivered as two-day blocks over a Friday and Saturday.

Get in touch

Admissions Office

01905 855111

admissions@worc.ac.uk

Must have a professional qualification that entitles the candidate to practice in a health related discipline. Candidates who wish to do modules as CPD will be considered on an individual basis

Must be able to give evidence of an advanced knowledge of nutrition (level 6 or above)*

Must be able to give evidence of a basic knowledge (level 4) of human physiology*

* Applicants who have an appropriate knowledge of these areas but who cannot supply evidence to confirm can sit an entry examination for a small fee. Applicants who do not have knowledge of nutrition or human physiology to the required standard can take a one-year part-time access course (subject to validation).

Modules

The Ageing Body

Gastro-intestinal Dysfunction

Poisons, Nutraceuticals and Detoxification

Neuroendocrine Disturbance

Immune Imbalance and Oxidative Stress

Regulating the Genetic/ Environment Interface

Understanding and Using Scientific Research Methods

Independent Scientific Study (double module)

Assessment

Knowledge, skills and attitudes will be developed through a variety of learning strategies including keynote lectures, group work, seminar presentations, group discussions, tutor evaluation, case study analysis, and tutorial support.

The assessment strategy is designed to provide students with the knowledge and skills that are required to provide nutritional advice in a professional practice environment. This will be achieved by formative and summative assessment and through the use of reflection and reflexivity. The assessments are designed to provide students with the opportunity to demonstrate specific advanced knowledge, skills and attitudes necessary to underpin the practice of applied nutrition and will assess the competence of students as independent applied nutrition practitioners.

Academic department

[Institute of Science and the Environment](#)

"The Institute's acclaimed research has a common thread: our belief that science should be centred around its impact on people"
Professor John Newbury, Head of Institute

Employability

This course is designed for people who are already in professional practice and regulated by the codes of practice of an accredited body for their profession. Its primary function is to allow such professionals to add value to their business model.

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