MSc/PG Diploma Nutrition and Lifestyle Medicine

FAQs (Frequently Asked Questions)

Structure and content of the course:

What does a highly blended delivery mean?

Some of the lectures take place on the campus: 13 days per year for full time and between 4-5 per year for part time students (depending on the year of study). The highly blended delivery means that the teaching content is delivered in 3 modes:

Campus lectures: are face to face and take place on campus.

Synchronous (Live Online) lectures: are online and take place at the times on the lecture schedule.

Asynchronous (Pre-recorded) lectures: are recorded lectures, accessed as videos. They are either linked to taught lectures so you need to view them before a lecture, or they are completed at your own pace.

What is the difference between the MSc and PG Diploma?

The PG Diploma is 120 credits at Level 7 and gives you the qualification to practise as a Nutritional Therapist. You can complete this quicker as you study fewer modules than the MSc. You can complete the PG Diploma in 1 year (Full time) or 2-3 years (Part time).

The MSc comprises 180 credits and adds the research element to the qualification, including research methods and dissertation.

Do you have more than one intake/starting point?

No, we only take 1 cohort of students per year and this is in September (the semester begins the second week in September). Within that cohort, there can be a range of Full and Part time students, studying the MSc and PG Diploma.

To see the dates for next year, please see the links to the timetable on the course webpage.

Can I do the course if I'm working?

Yes, however, it is highly recommended that if you are already working full or part-time (more than 10 hours per week) and/or have other commitments (e.g. dependents under 16 or care responsibilities), you should follow the Part Time pathway of the course.

What is the difference between the Full time and Part time study?

Full time study requires you to commit at least 35 hours per week to the course, including the campus, synchronous and asynchronous content, as well as independent study. You will studying modules concurrently, sometimes 3 modules at one time.

Part time study means you can work the course around your existing commitments (work, family etc) and follow the modules over 2-6 years. You are normally studying one module at one time, although if you choose to follow the course in 2 years, this may mean you are studying two modules at one time.

Do I have to attend the campus days?

Yes, and the synchronous lectures. The timetable dates for each academic year are accessible on the webpage, so you know in advance the dates that you are expected to attend.

What does the clinic practice element of the course involve?

It is a taught module that runs in Semester 3 (June-September). There are 3 campus days at the beginning of the module, followed by synchronous lectures. However, most of the module is managed by you. You are required to see 3 clients for 2 appointments each, and you communicate with the clients to book and manage the appointments. There is a substantial amount of preparation work required for each client. You work with a clinic assessor (a member of the Team) throughout the module who assesses you for competence and safety.

Applying for the course:

I have an Undergraduate degree, but it's not in a science subject. Can I still do the course?

Yes, we have an Access Course. You must successfully complete this before starting the course. It is studied online at your own pace using pre-recorded and prepared resources. There are opportunities for live Q&A sessions with a tutor.

What is covered in the Access course?

It starts with the very basics of chemistry (atoms and bonding), physiology (cell biology) and nutrition (nutrients), and then covers the digestive system and scientific thinking. The course is usually made available early in the calendar year (Jan/Feb) and you will be sent a link by email to register on it.

How many hours study is required to complete the Access Course?

We suggest about 20-30 hours of study should be enough, although you may spend more time if you explore suggested wider resources. There is a multiple-choice test at the end consisting of 30 randomly chosen questions from the content of the course. You have up to 3 attempts to reach the pass rate, which is 70%.

You must complete and pass the Access Course by the end of July to enable sufficient time to process your application before the start of the Nutrition & Lifestyle Medicine course in early September.

What happens after I submit an application form?

Please allow 14 days from submitting the application before emailing to follow up because you haven't heard anything. Normally, your application will be viewed within that time. Once your application has been reviewed, and you are deemed a suitable candidate for the course, you will receive an email from the Admissions Tutor to offer you an interview. This will take place on MS Teams.

If the outcome of the interview is positive, you will be made an offer. If you need to do the Access course prior to starting the course, you will be given an offer that is conditional based on successful completion of the Access course.