

## Applied Sports Nutrition – PGCert/PGDip/MSc

### Dates for September 2025 entry

**Please note:** you will take either SNU7025 or SNU7032 depending on your academic background. Those with a nutrition or dietetics undergraduate degree will study SNU7032. Those with sport science based undergraduate degrees will study SNU7025. If you are unsure please contact the course lead James Fleming at [james.fleming@stmarys.ac.uk](mailto:james.fleming@stmarys.ac.uk)

### Full-time pathway

| Module Code | Module Name  | Dates   |
|-------------|--|---|
| SNU7025     | Principles of Human Nutrition                      | 26 <sup>th</sup> – 28 <sup>th</sup> September 2025                          |
| SNU7032     | Exercise Physiology & Metabolism of Exercise       | 26 <sup>th</sup> – 28 <sup>th</sup> September 2025                          |
| SNU7033     | Sports Nutrition                                   | 14 <sup>th</sup> – 16 <sup>th</sup> November 2025                           |
| SNU7031     | Research Methods and statistics                    | 12 <sup>th</sup> – 15 <sup>th</sup> January 2026<br><i>(Intensive Week)</i> |
| SNU7034     | Applied Sports Nutrition                           | 27 <sup>th</sup> February – 1 <sup>st</sup> March 2026                      |
| SNU7036     | Advanced Sports Nutrition – Specialist Populations | 24 <sup>th</sup> – 26 <sup>th</sup> April 2026                              |
| SNU7026     | Anthropometry and Body Composition Management      | 8 <sup>th</sup> – 11 <sup>th</sup> June 2026<br><i>(Intensive Week)</i>     |
| SNU7010*    | Directed Study                                     | From Mid Jan 2026   |
| SNU7023^    | Research Project                                   | From Mid Jan 2026   |

\* PGDip only: Note. PGDip will not study SNU7031 nor SNU7023.

^ The project VIVA Day and hand in will take place on the second Monday of October

### Part-time pathway

**Please note:** orange modules are taken in the second year. Students are advised to liaise with the course lead to discuss the best pathway to meet their needs. Part-time students must re-register for modules prior to commencement of year 2.

| Module Code | Module Name  | Dates   |
|-------------|--|---|
| SNU7025     | Principles of Human Nutrition                      | 26 <sup>th</sup> – 28 <sup>th</sup> September 2025                          |
| SNU7032     | Exercise Physiology & Metabolism of Exercise       | 26 <sup>th</sup> – 28 <sup>th</sup> September 2025                          |
| SNU7033     | Sports Nutrition                                   | 14 <sup>th</sup> – 16 <sup>th</sup> November 2025                           |
| SNU7031     | Research Methods and statistics                    | 11 <sup>th</sup> – 14 <sup>th</sup> January 2027<br><i>(Intensive Week)</i> |
| SNU7034     | Applied Sports Nutrition                           | 27 <sup>th</sup> February – 1 <sup>st</sup> March 2026                      |
| SNU7036     | Advanced Sports Nutrition – Specialist Populations | 23 <sup>rd</sup> – 25 <sup>th</sup> April 2027                              |
| SNU7026     | Anthropometry and Body Composition Management      | 8 <sup>th</sup> – 11 <sup>th</sup> June 2026<br><i>(Intensive Week)</i>     |
| SNU7010*    | Directed Study                                     | From Mid Jan 2027   |
| SNU7023     | Research Project                                   | From Mid Jan 2027   |

^ The project VIVA Day and hand in will take place on the second Monday of October