

## MSc/PG Dip/Cert in Personalised Nutrition

This innovative programme started in January 2012 and has attracted considerable interest from many health professionals including doctors, pharmacists, nurses, psychologists, practising nutritionists and nutritional and complementary therapists. Non-bioscience degree qualified applicants with science degrees are also registering for this course.

### Course Overview

The MSc in Personalised Nutrition primarily aims to deliver an intellectually stimulating and rigorous advanced programme of study that directly supports the development of an evidence base for a personalised nutrition approach to healthcare, as well as promoting lifelong learning and career opportunities for graduates of this course. Person-centred 'diagnosis' underpins Functional Medicine (FM). The Institute for Functional Medicine founded in 1990 and led by bio-scientists and medical doctors has collaborated with CNELM to enable students on this course to access lectures from many IFM leaders in the field.

### Course Content

There are six available modules on the postgraduate programme as detailed in the table below. Each module is worth 30 credits, except for the Research Dissertation which is worth 60 credits.

- MSc students take 4 x 30 credit modules + the Research Dissertation (total 180 credits).
- PostGraduate Diploma (PG Dip) students take 4 x 30 credit modules (total 120 credits)
- PostGraduate Certificate (PG Cert) students take 2 x 30 credit modules (total 60 credits)

Some modules are mandatory, depending on which course of study you are taking, whether or not you have a nutrition background and/or prior qualification and whether you wish to qualify as a nutritional therapist. Please note that those who wish to qualify as a nutritional therapist will need to take the CNELM Nutritional Therapy Practice Diploma in combination with the MSc or PG Dip in Personalised Nutrition.

M: Mandatory

Module	Credits	MSc (180 credits)	PG Dip (120 credits)	PG Cert (60 credits)
Personalised Healthcare and Research Paradigms	30	M	M	
Research Dissertation	60	M		
Personalised Nutrition Requirements	30	NN	NN	NN
Personalised Nutrition and & Chronic Illness	30	NN, P	NN, P	
Personalised Nutrition & Longevity	30	NN, P	NN, P	
Personalised Sports Nutrition	30			

NN: Mandatory module for those without a nutrition background/prior nutrition qualification

P: Mandatory for those who are taking the MSc or PG Dip in combination with the CNELM Nutritional Therapy Practice Diploma as an accredited route to practice. Please note: PG Cert + CNELM Nutritional Therapy Practice Diploma is NOT an accredited route to practice.

## Summary of MSc Module Content

<p><b>Personalised Healthcare &amp; Research Paradigms</b></p> <p>You will refresh your understanding of research methodologies. In particular this module will provide the opportunity to critically analyse existing paradigms underpinning research and explore the potentials and challenges presented by new research paradigms and how they relate to healthcare and personalised nutrition. This leads into an understanding on how evidence for personalised nutrition can be produced. You will learn about factors that need to be considered in order to evaluate and apply various forms of evidence to personalised nutrition.</p>
<p><b>Personalised Nutrition Requirements</b></p> <p>Foundation principles of nutrition including: macro, micro and phytonutrients, food toxicology, soil-to-table concepts, food law and legislation are central to the module, alongside justifying personalised nutrition interventions in the management of obesity and type 2 diabetes for multi-symptomatic individuals. You should develop skills to critique and assess nutrient requirements for an individual with obesity taking government guidelines and concepts of optimal nutrient intakes into account; and apply the principles of the functional medicine model and how to devise personalised, evidence based, nutritional strategies taking biomedical data into account.</p>
<p><b>Personalised Nutrition &amp; Chronic Illness</b></p> <p>Inflammation is an accepted driver of chronic illness. You will have the opportunity to justify and evaluate personalised nutrition interventions for a range of chronic illnesses with shared disease processes. Pivotal to this module is the link between the gut and the brain. Using a functional matrix timeline you will consider how nutritional and environmental factors in an individual can lead to inflammatory processes as drivers of chronic illness. To deepen your understanding of the complexity of pathology the module draws on principles of psychoneuroimmunology and challenges of implementing and sustaining change are also considered.</p>
<p><b>Personalised Nutrition &amp; Longevity</b></p> <p>The influence of diet, environment and lifestyle on gene expression is a central to this module. It should enable you to justify a personalised nutrition approach to promote healthy aging and longevity from conceptus through all stages of adulthood. Key to the focus on longevity is an understanding of theories of aging, the impact of toxins and nutritional strategies throughout the lifespan and the body processes used to maintain balance. Appropriate use, validity, possible benefits and risks of genetic testing alongside other biomedical data are considered and debated.</p>
<p><b>Personalised Sports Nutrition</b></p> <p>Justifying personalised nutrition interventions for competitive athletes or sporting individuals who may be training alongside chronic health problems is central to this module. Appropriate strategies are considered in light of periodicity of training regimes with a focus on optimum performance. Understanding the physiology of exercise and muscle physiology in the context of the functional medicine model is fundamental. Topical issues e.g. use and abuse of ergogenic aids and steroids are taught as well as the validity of biomedical data to tailor approaches.</p>
<p><b>Research Dissertation</b></p> <p>You will be given the opportunity to engage in individual or group projects designed to contribute to the emerging evidence base for personalised nutrition. This project is an opportunity to focus on a specific area of nutritional research and will enable you to develop the skills to demonstrate a deep and systematic understanding of the techniques employed in meta-analysis and mechanism reviews and situate them within existing and emerging evidence based paradigms.</p>