



## NEW MSc Course MSc Personalised Nutrition Starting January 2012



CNELM is a Middlesex University MU collaborative partner and will commence teaching this newly validated course from January 2012. This course focuses 100% on the design, implementation and justification for personalized nutrition plans and adds to our well established portfolio of validated undergraduate and postgraduate accredited MU courses

Access the full prospectus online or call or email us to request a postal copy  
[www.cnelm.co.uk](http://www.cnelm.co.uk)                      [info@cnelm.co.uk](mailto:info@cnelm.co.uk)                      01189 798686

**Course Delivery:** The course will be delivered as a mix of attendance, webcams, online forums, and tutorials. Students around the UK and from overseas can access 50% of taught lectures direct from our website within twenty-four hours of delivery. CNELM is commended for making its courses widely accessible. Students accessing taught lectures online study in synch and at the same pace as those attending taught lectures. Students can complete the course in one year full time or up to three years part time. Attendance requirements average 4 days per module. Modules are delivered over a varying number of weeks followed by ample time to submit assessments. The course includes a viva voce exam for the Research Dissertation and is otherwise coursework assessed.

**Course Participants:** This innovative new course is designed for all bioscience graduates including doctors, pharmacists, dietitians, nutritionists, nutritional therapists, nurses, physiotherapists, osteopaths, chiropractors, sports scientists, psychologists and herbal practitioners. Science graduates including graduates of chemistry, engineering and computer science as well as nutrition diploma graduates may be required to complete a short bioscience course prior to entry. Nutrition diploma graduates with relevant experience may be considered for direct entry. All applicants must be fluent in written and spoken English. Applicants without a nutrition practice background can also apply to integrate or follow the MSc with a Person Centred Nutrition Practice Diploma. [See full prospectus](#)

### Postgraduate Awards in Personalised Nutrition

Applicants can apply to complete the following courses.

Postgraduate Certificate in Personalised Nutrition	60 Credits
Postgraduate Diploma in Personalised Nutrition	120 Credits
MSc in Personalised Nutrition	180 Credits

Students completing a Postgraduate Certificate or Diploma can apply to extend studies to complete to MSc.

## Why an MSc in Personalised Nutrition?

Personalised healthcare is at the heart of functional medicine and is an emerging mainstream paradigm with particular relevance to pharmacogenomics. Nutrigenomics is central to functional medicine. This MSc brings together parallel insights from systems biology, complexity science and relevantly applied computational techniques to justify, in an evidence-based manner, a person centred approach for the design, implementation and justification of personalised nutrition plans for the prevention and management of chronic illness, healthy aging, longevity and competitive sport.

This course has been developed in collaboration with the Institute for Functional Medicine (IFM), the global leader in functional medicine education. IFM is providing course content for this program to support the taught lectures. Laurie Hofmann, MPH, Executive Director of IFM had this to say  
*"The module narratives are very well conceived and thorough. I was thrilled reading through them!"*  
<http://www.functionalmedicine.org/>

### Tuition Fees inclusive of VAT Per module

Personalised Healthcare & Research Paradigms	£1000	30 Credits
Personalised Nutrition Requirements	£1000	30 Credits
Personalised Nutrition & Chronic Illness	£1000	30 Credits
Personalised Nutrition & Longevity	£1000	30 Credits
Personalised Sports Nutrition	£1000	30 Credits
Research Dissertation	£2000	60 Credits

### MSc in Personalised Nutrition

6000 180 Credits

Full-time students pay 12 equal installments of £500 payable from Jan-Dec

Part-time students will pay £6000 over 18-36 months by direct debit

### Postgraduate Diploma in Personalised Nutrition

£4000 120 Credits

Full-time students pay 12 equal installments of £333.33 payable from Jan-Dec

Part-time students will pay £4000 over 18-36 months by direct debit

### Postgraduate Certificate in Personalised Nutrition

£2000 60 Credits

Nine equal installments of £222.22 payable from Jan-Sept

Part-time students will pay this sum over 12-18 months by direct debit

### Annual Institution Fees inclusive of VAT

£1300

### Compulsory Modules:

All students completing to MSc will be required to complete Personalised Nutrition & Research Paradigms and the Research Dissertation. Students without a prior nutrition background will also be required to take Personalised Nutrition Requirements. All students will have one option module. This programme is led by Dr James Neil BSc PhD [james@cnelm.co.uk](mailto:james@cnelm.co.uk)

Module Leaders include:  
Michelle Barrow BSc MSc  
Ian Craig BSc MSc  
Catherine Broome BSc MSc  
Jess Keane BSc Dip PG Cert  
Lorraine Nicolle BA MSc

Applicants who have their own business and are VAT registered, or whose employers are paying for the course that are also VAT registered may be able to claim back the VAT. This brings tuition fees to £5000 and the Annual Institution Fee to £1083. Applicants running their own practice may be able to claim fees against business expenses. Postgraduate loans to advance career development can be explored.

The Annual Institution fee is inclusive of the following benefits and services.

1. Middlesex University Quality Assurance processes and conferment of the degree award
2. Internal quality assurance processes and accreditations
3. Annual student registration with the Royal Society of Medicine providing online access to 50+ E-books, 1300 journal publications, and 7 database search engines, as well as student discounts for their nutrition related seminars and conferences in London. Medical doctors would be required to register direct with the RSM at associate member fees.
4. Personal Mentorship with a qualified [CNELM](#) nutritional therapist/coach practitioner
5. Ongoing development of online student learning resources

**Payment Options:** The Institution fee of £1300 is due one month prior to commencing the course and one month prior to joining the next academic year. Tuition Fees increase by 4% per annum. Institution and Tuition Fees are inclusive of VAT. Tuition fees are payable by direct debit for all students with UK Bank accounts. Otherwise fees are paid monthly by direct bank transfer. Credit/debit card payments will be considered. Students preceding or following this course with a short bioscience bridging course and/or a Practice Diploma can combine costs and agree a longer payment period. Students can benefit from 10% discount if fees are paid in full in advance. Whichever payment method is chosen fees once paid are non-refundable.

# Course Content

## Personalised Healthcare & Research Paradigms

This module explores the wider emerging concepts of Personalised Healthcare and specifically introduces the deep-rooted personalised approach of Functional Medicine and how this applies to nutrition. The module aims to relate abstract and subtle issues in the philosophy of science to concrete paradigms and protocols in evidence based medicine and person-centred

functional nutrition. A deep and systematic understanding of the power and limitations of current research methodologies and an understanding of the role of cutting edge statistical techniques to produce clinical evidence for personalised nutrition programmes will be explored. This module will form the basis for later participation in the Research Dissertation module.

## Personalised Nutrition Requirements

This module critically reviews the strengths and limitations of existing research underpinning population based nutrition guidelines for macro and micronutrients and balanced diets. In this context opportunity is provided to analyse and interpret complex nutritional, biochemical, laboratory and scientific data to justify the design and implementation of person-centred

functional nutrition interventions for a range of common health problems including moderate obesity, whilst at the same time respecting social, cultural and ethical issues. The wider nutrition industry, European legislation, the impact of the Agricultural and Industrial Revolutions will be explored as well as the potential health impact of the 20<sup>th</sup> century 'chemical' revolution.

## Personalised Nutrition & Chronic Illness

Chronic illness is an economic burden to most industrialised countries. The current chronic care model of healthcare is not well suited to managing chronic disease. This module explores the central role of inflammation and shared biochemical imbalances across a range of chronic illnesses including cancer, allergy, auto-immune disease, cardiovascular disease, hormone imbalances, mental health disorders, inflammatory bowel disease, diabetes, obesity, inflammatory joint disease and osteoporosis.

Disruption of the gut-brain, gut-liver-pancreatic, hypothalamic-pituitary-thyroid-gonadal-neuronal axis and the principles of psycho-neuro-endocrine-immunology will be reviewed in context of design and implementation of person centred functional nutrition programmes to address chronic illness and co-morbidities. Models of reflection will be introduced to contextualise complex issues surrounding implementation of personalised nutrition programmes for chronically ill people.

## Personalised Nutrition & Longevity

The concept of maximising lifespan is not new. Importantly this module focuses on a person centred nutrition approach to promote healthy aging and longevity. The module critically reviews current scientific theories of aging, Type-B malnutrition, evolutionary perspectives and adaption to 21<sup>st</sup> century living. The module takes a central focus on the potential role of genetics, the efficacy and ethics of genetic testing and how diet, environment and lifestyle might impact

gene expression. Creating nutritional plans to promote healthy aging and longevity will be explored in context of preconceptional care, the health of the conceptus, pregnancy, pregnancy outcomes, infancy, childhood, adolescence and adulthood. Models of reflection will be introduced to contextualise complex issues surrounding implementation of personalised nutrition programmes to promote longevity from preconception to old-age.

## Personalised Sports Nutrition

An increasing number of individuals engage in competitive sports. This module focuses not only on person centred functional nutrition for the 'elite' athlete but comprehensively covers nutritional needs for all individuals engaging in competitive sport. Injuries and infections are common among competitive athletes and many athletes train alongside other health problems, or train in such a way that puts their general health at risk. The major aim of this module is to critically review the evidence base for

tailored person-centred functional nutrition interventions to support competitive athletes in a way that promotes sporting success as well as general health and wellbeing. Topical issues will be explored including: periodicity of training; quantity and timing of macronutrients; lactate and urea cycle metabolism; use and abuse of ergogenic aids and steroids; overtraining, fatigue, free radical pathology and premature aging; eating disorders and other sporting associated health problems.

## Research Dissertation

The Research Dissertation builds on the concepts delivered during Person Centred Healthcare & Research Paradigms enabling a novel piece of primary or secondary research to be undertaken that is designed to contribute to the evidence base for

personalised functional nutrition. The module will include project planning, structure and content, project boundaries and ethical approval, issues of confidentiality and consent and the rights of participants.

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All details correct at time of going to press.