

**LJMU Postgraduate Taught Experience Survey (PTES) 2019**

MS.Sport Nutrition

**August 2019**

**Introduction**

Information about PTES background, mode of delivery, response rates, confidentiality, use of results and the questionnaire itself are available in the institutional level report.

In programme level reports only scores for each question (without commentary) are presented and accompanied by student comments where applicable.

If a more detailed breakdown of responses (e.g. number or percentage of neutral or negative responses) or programme demographic profile are required (only for 10+ responses), please contact Elena Zaitseva E.Zaitseva@ljmu.ac.uk

**Staff are encouraged to use their professional /academic judgement when interpreting the results and developing action points from the student evaluation.**

**Results**

28 students responded to the survey. The response rate for the programme is 100%

**Overall satisfaction**

|  |  |  |  |
| --- | --- | --- | --- |
| Overall satisfaction (% of Strongly Agree and Agree) | LJMU | SCS | Programme |
|  | 85% | 83% | 96% |

**Teaching**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Staff are good at explaining things | Staff are enthusiastic about what they are teaching | The course is intellectually stimulating | The course has enhanced my academic ability | The learning materials provided on my course are useful | There is sufficient contact time between staff and students | I am happy with the support for my learning |
| LJMU | 90% | 92% | 86% | 88% | 85% | 72% | 79% |
| SCS | 88% | 87% | 88% | 91% | 87% | 61% | 76% |
| Programme | 93% | 96% | 96% | 96% | 93% | 64% | 82% |

**If you have any further comments on these issues then please provide them here. Please be as specific as possible:**

*Just want to give credit to [NAME REMOVED], J[NAME REMOVED], [NAME REMOVED] & [NAME REMOVED]! Their lectures, explanations and enthusiasm about the topics they have taught have been thoroughly enjoyable and interesting. When asking for further help from some of them after lectures they taken their time to speak to you and it doesn't feel like a burden to then helping you out. Times available for meetings with [NAME REMOVED] are sometimes during other classes reducing the total number of spaces available. Leading to sometimes the only times available being during class time if it is a busy time with lots of people wanting to see him. When asking questions about placement ideas to members of staff ([NAME REMOVED] in particular) on occasions their answers can be extremely patronising, belittling and just not helpful. Subsequently putting off students to ask for help again. Feels like [NAME REMOVED] didn't want to give away his tip even though the goal of this course is to create the best sports nutritionists.*

*Certain members of staff, more notably those higher up, do not reply to emails!*

*Tutors are always willing to help and go out of their way to arrange tutorials when requested by students, even if this is remotely.*

*All staff, teaching materials and course content excellent*

**Engagement**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | I am encouraged to ask questions or make contributions in taught sessions | The course has created sufficient opportunities to discuss my work with other students | My course has challenged me to produce my best work | The workload on my course has been manageable | I have appropriate opportunities to give feedback on my experience |
| LJMU | 90% | 82% | 84% | 69% | 80% |
| SCS | 87% | 79% | 87% | 65% | 78% |
| Programme | 86% | 71% | 96% | 64% | 85% |

**If you have any further comments on these issues then please provide them here. Please be as specific as possible:**

*There hasn't been a lot of group work, especially in the first semester. Mountains of reading to do that gets send out last minute in exercise metabolism which is slightly unfair especially when it's send out on the Sunday night. The amount of reading can be overwhelming at time! Especially with coursework and lectures. Having the stress of 100% of the module grade being on one assignment, I didn't enjoy. The second semesters work load is significantly more than the first semester and this is now with the placement in full swing plus 2 modules and dissertation data collection beginning soon. I personally think it is going to be too much work and stress. Module evaluations had to be submitted before the module had actually been finished which I thought was poor.*

*I feel like there are one or two unnecessary modules for examples applied placement module should not have a case study assignment, it should just be a chance to get hands on experience in my opinion*

*The workload in semester 1 was fine but semester 2 is ridiculous, having 2 exams, 2 assignments and a viva all due in the space of a few weeks is way too much especially with the added stress of trying to start major projects and still attending placements*

*Although the course is challenging and involves a large volume of work to be completed (particularly second semester), this has taught me how to manage my time effectively (needed in this industry) and has resulted in an in-depth understanding of the related topics.*

*Second semester way too much in short space of time*

*The workload is too heavy, especially in the second semester which creates a huge contrast from the first one, making it really hard to produce good quality work*

**Assessment and feedback**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | The criteria used in marking have been made clear in advance | Assessment arrangements and marking have been fair | Feedback on my work has been prompt | Feedback on my work (written or oral) has been useful |
| LJMU | 81% | 80% | 77% | 76% |
| SCS | 82% | 72% | 62% | 72% |
| Programme | 96% | 96% | 68% | 96% |

**If you have any further comments on these issues then please provide them here. Please be as specific as possible:**

*on a whole feedback has been on time but one occasion we had to wait over 2 months for feedback on a short assignment. other than that, feedback has been on time*

*Marking criteria and examples (except metabolism) for each assignment has been put up in advance which was useful. It would be useful to have the marking criteria put up for the examples too to see where there was room for improvement on the examples which we could implement into our own coursework. Found it absolutely shocking the for the research methods critical appraisal of the study design that was submitted in the first week of November was not marked and given back to us until the end of January. The assignment was 2 sides of A4 and we had underlined all of the answers in the essay. Don't understand why it took months for us to receive it back and we were only updated once saying we wouldn't be given the marks back at the turnaround deadline. Some of the feedback on the consensus assignment I didn't agree and even after speaking to [NAME REMOVED]. I didn't agree with where he was coming from with his comments. Some of the comments where patronising. Just felt with some of them it was like I'm right, you're wrong and there's nothing you can do about it [NAME REMOVED] feedback for the case study was clear and helpful with where to improve. I understand where I can improve with future case studies.*

*Research methods 1st assignment took 3 months*

*Research methods assignment grade took 2 month*

**Organisation and management**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | The timetable fits well with my other commitments | Any changes in the course or teaching have been communicated effectively | The course is well organised and is running smoothly | I was given appropriate guidance and support when I started my course | I am encouraged to be involved in decisions about how my course is run |
| LJMU | 83% | 80% | 73% | 81% | 67% |
| SCS | 85% | 85% | 73% | 75% | 72% |
| Programme | 96% | 100% | 96% | 93% | 100% |

**If you have any further comments on these issues then please provide them here. Please be as specific as possible**:

*we have been given choices about extra lectures (what we focus on, whether we want them during reading week) organisation for lab work in exercise metabolism, e,g. timings of labs and waiting around for equipment . could an extra treadmill been provided? or one group in the other lab?*

*Would prefer the courses to have been in the afternoon as I work well in the morning and would rather be doing personal study/work time then. Always had multiple emails and canvas announcements for changes in class times, rooms etc. The 2nd lab for the course work (5km and 20km time trial week 1) was not organised optimally. I was in a group where it took the group doing the 5km 1.5hrs to complete their trial. We then had to start our 20km time trial at 11:30am having wasted time waiting for something which should have taken 45min max to complete. Having 3 treadmills in one room or us split between labs would have been much more time efficient. Guidance was good in the beginning and the staff were very involved with us in getting to know us but as time went on it felt like it just dropped off. The relationships between the students and staff aren't as good as they could be. Having a facebook groups allows us to coordinate how we want things to happen, deadline dates etc to be given to us to be a decision that suits us better. Was a bit annoying giving us a choice to have the deadline date in May and then after saying we couldn't have it. Only downside of it in my opinion. The deadlines then got moved to a slightly less optimal date due to the logistics.*

**Learning resources**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | The library resources and services are good enough for my needs | I have been able to access general IT resources when I needed to | I have been able to access subject specific resources necessary for my studies | I am aware of how to access the support services at my institution |
| LJMU | 87% | 91% | 87% | 80% |
| SCS | 92% | 92% | 90% | 76% |
| Programme | 96% | 93% | 93% | 67% |

**If you have any further comments on these issues then please provide them here. Please be as specific as possible:**

*only one point; having use of end note to download for our own laptops would be very useful. used end note on uni computers throughout semester 1, upgraded my laptop and now cannot use it on it*

*Not enough copies of the James Mortons Exercise Metabolism book in the library. Some of the panopto lecture recordings haven't worked. SPSS software download license expired 2 weeks before the exam which wasn't ideal for revising for the exam. The online services are a bit of a nightmare to direct and find the things that I need. No idea how to access health, careers and accommodation services.*

*It took a GP to make me aware of support services (health)*

**Skills development**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | As a result of the course I am more confident about independent learning | My confidence to be innovative or creative has developed during my course | My research skills have developed during my course | My ability to communicate information effectively to diverse audiences has developed during my course | I have been encouraged to think about what skills I need to develop for my career | As a result of the course I feel better prepared for my future career |
| LJMU | 84% | 77% | 83% | 78% | 80% | 80% |
| SCS | 85% | 73% | 85% | 83% | 80% | 82% |
| Programme | 93% | 86% | 93% | 93% | 96% | 89% |

**If you have any further comments on these issues then please provide them here. Please be as specific as possible:**

*I don't feel like I have developed further with my independent learning after completing a UG degree where it was all independent learning in that degree to. The placement has helped me be more creative, innovative, made me more confident in communicating with players and lay audience about nutrition at the club I am at. The placement has taught me what to expect in the future for working with athletes.*

*With the help of my tutors (particularly [NAME REMOVED]), I have been able to develop confidence in my ability as a practitioner. Through the placement module, I have even able to develop core skills needed within the field and have an insight into the working world of sport nutrition.*

**Information**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Information provided by your institution: easy to find | Information provided by your institution: useful | Information provided by your institution: accurate |
| LJMU | 89% | 90% | 85% |
| SCS | 90% | 90% | 85% |
| Programme | 89% | 89% | 89% |

**If you have any further comments on these issues then please provide them here. Please be as specific as possible:**

**Language support**

When you started your course, did you consider yourself to be fluent in English?

|  |  |  |
| --- | --- | --- |
|  | Yes | No |
| LJMU | 94% | 6% |
| SCS | 93% | 7% |
| Programme | 100% | 0% |

**Motivation to study**

|  |  |  |  |
| --- | --- | --- | --- |
|  | LJMU % Agree | SCS% Agree | Programme |
| To improve my employment prospects | 57% | 68% | 82% |
| To progress in my current career path (i.e. a professional qualification) | 64% | 68% | 75% |
| For personal interest | 47% | 56% | 50% |
| To enable me to progress to a higher level qualification (e.g. PhD) | 36% | 45% | 32% |
| To change my current career | 24% | 14% | 7% |
| As a requirement to enter a particular profession | 30% | 30% | 50% |
| To meet the requirements of my current job | 10% | 5% | 4% |
| Other | 1% | 2% | 0% |

**Comments ‘other’:**

**Choose this course because:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | LJMU % agree | SCS % agree | Programme |
| The location of the institution | 48% | 34% | 18% |
| The content of the course | 44% | 46% | 57% |
| I have studied at this institution before | 32% | 36% | 32% |
| The overall reputation of the institution | 32% | 39% | 39% |
| Funding was available to study this particular programme | 22% | 14% | 4% |
| Delivery of the programme is flexible enough to fit around my life | 25% | 11% | 7% |
| Reputation in chosen subject area/department | 28% | 48% | 79% |
| The way the course is structured or assessed | 21% | 17% | 29% |
| The reputation of the course tutors | 20% | 35% | 82% |
| My employer advised or encouraged me to do it | 8% | 5% | 7% |
| The cost of the course compared to other institutions | 21% | 23% | 29% |
| It was recommended to me | 19% | 18% | 29% |
| Other | 4% | 2% | 0% |
| It is the only institution offering this programme | 11% | 18% | 4% |
| Graduates from this institution have good career and employment prospects | 13% | 20% | 50% |

**Comments ‘other’:**

*Would have appreciated a time table earlier on as an international student. Info / schedule seemed to arrive a bit late. It all worked out fine, but coming from another country I would have appreciated an update from either the institution or program*

## **Have you considered, for any reason, leaving your postgraduate course?**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Yes | No | Prefer not to say |
| Programme | 18% | 82% | 0% |

If 'Yes', what was the main (or most recent) reason that led you to consider leaving?

|  |  |
| --- | --- |
|  | Programme % Agree |
| Difficulty balancing study and other commitments | 40% |
| Financial difficulties | 20% |
| Family, health or personal problems | 0% |
| There is not enough support for personal issues | 0% |
| There is not enough support for my learning | 0% |
| There is too much work | 40% |
| I have found this level of study difficult | 0% |
| I feel unsupported by my fellow students | 0% |
| The course is not what I expected | 0% |
| I might have chosen the wrong course | 0% |
| I might have chosen the wrong institution | 0% |
| Studying might not have been the right choice for me | 0% |
| Prefer not to say | 0% |
| Other | 0% |

**Please comment on one thing that has been most enjoyable or interesting on your course:**

*Get taught theoretical content that is applicable in practice, lab practicals, exchange of experience between lecturers and students*

*I have enjoyed the extra lab sessions this semester. these have increased overall lab time and now feel more comfortable in the labs. this has translated into my dissertation lab testing which I have enjoyed. I have enjoyed my placement experience so far as well*

*Having the choice and being guaranteed to have a placements. The option to take further athletes on if you wanted more work to get more hand on experience has been a great opportunity*

*The quality of the lecturers has been outstanding. I have really enjoyed developing my understanding of the mechanisms and research behind practices.*

*Interacting and learning from leaders in the field of sports nutrition that seem to care about my understanding and development.*

*It has improved me in so many ways. The Sports Nutrition MSc course has been brilliant on the whole. The most enjoyable is the added perks that come with the course such as ISAK, UKAD and SENr accrediations*

*The practitioners who have been brought in to share their experiences of working in the applied setting around sports nutrition*

*Where do I start? every aspect of the course is fantastic! For me, the applied placement module is what separates LJMU from other institutions in the UK. I am lucky that my placement is at an elite premier league club. I have learnt an incredible amount, and been able to transfer the theory into practice!*

*The teaching styles of [NAME REMOVED] and [NAME REMOVED] in particular has been a pleasure and has been inspiring. The course and all staff are a credit to the university*

*Insight into high level practice*

*Very tight-knit community between staff and students*

*Really liked having the theoretical side of nutrition aswell as the more practical side of it and being able to put it into practice at placement*

*The practical opportunities are second to none. Also, the cohort have been fantastic. I give credit to the course leader for choosing the cohort to enrol on this extremely popular course.*

*I have absolutely loved my time on this course so far. Although it has been very challenging and stressful at times, support has been provided by all tutors who offer help when needed. In addition to placement, opportunities for further experience have been offered throughout the year, allowing further development of core skills. Tutors also help us to gain contacts for future career prospects on completion of the course. I would recommend this course to anyone wanting to pursue a career in sport nutrition, not only for the amazing experiences and opportunities it presents, but also for the welcoming atmosphere within the school.*

*The access to the calibre of practitioners and their openness into life in the real world regarding this line of work.*

*Access to tutors who are leaders in their field of interest, but also very accessible and keen to help students. (Also outstanding facilities)*

*Lab practicals*

*Being able to communicated and ask questions daily with world leading practitioners in the field I inspire to work in.*

*The subjects were based on what I truly wanted to learn*

*The close relationship with lecturers / opportunity to develop high quality research.*

*Being able to learn from our lecturers experiences in the field we are going to work in. This has better prepared us and allowed us to understand how theory can be applied to practise*

**Please comment on one thing that would most improve your experience of your course:**

*More practical advice for consultations would be nice (e.g. practice how to do a dietary recall, coaching techniques/conversational skills)*

*nothing that stands out massively. but I do like having guest speakers in with applied experience in the field who talk about their progress to becoming successful. so maybe more guest speakers to talk about their career and experiences*

*I wasn't happy with the choices of dissertation this year. There was a lot on GI stuff but nothing in some areas. I know we had the choice of creating our own study but after doing that in undergrad and having no funding I was hesitant in doing that again. A wider variety of projects would have been nicer! Having the transport costs included by the placement. Would give students less worry and stress about something that is compulsory about the course. It's slightly unfair that some placements cover the cost of travel and some don't.*

*The only thing that has been difficult has been booking labs for project data collection as they have been quite busy.*

*If lecturers replied to more emails. They complain they get a lot of emails but would they rather all students went to them face to face?*

*Potentially trying to spread out assessment deadlines/ exams, however I am aware that this could be vey difficult to do.*

*N/A*

*I would suggest a practical cooking element to the course in order to better prepare for applied environments and recipe building workshops to facilitate working with athletes*

*Support on career/ after uni that may not be pro sport*

*Spreading of workload. I think semester 1 was spread well. As for semester 2 an intense workload has been crammed into 6 weeks, almost to the point where the quality of work becomes diminished. Even though we had leneacy on deadline dates, the time frame given was still too small. Causing myself to be under a high level of stress, more than I would expect even at an advanced level of academia.*

*The metabolism module should have been in semester 1 to create a deeper understanding of nutrition then semester 2 should be the more practical modules and learning how to apply it*

*The university should make support services easier to access. It's my impression undergrads are slightly more aware of whats available. Also, upon driving across country to the open day I was disappointed to not meet any of the academic staff on the programme. It would have been nice to hear about the course in more detail from somebody teaching on it. If lecturers are unable to attend im sure former students in liverpool would be happy to (myself included)*

*In the practical sport nutrition module, it may be beneficial to include a practical computer session showing students how to make an eye catching infographic as this is something I struggled with at the beginning of the year.*

*n/a*

*Guidance to future careers*

*more practical skill workshops i.e consultation practice etc. that will benefit us in placement and when we leave.*

*The personal connection between group and lecturers. Felt lecturers were too busy to get personally involved with students.*

*Different types of learning assessments: more group work, oral presentations, development of creative content, and less heavy coursework especially when exams are also used as a way to assess a subject.*

*More time between deadlines - spread them out over the semester rather than all at once*