

MODULE DESCRIPTOR

Module Title	Nutrition Health and Disease
Course Title	
School	<input checked="" type="checkbox"/> ASC <input type="checkbox"/> ACI <input type="checkbox"/> BEA <input checked="" type="checkbox"/> BUS <input type="checkbox"/> ENG <input type="checkbox"/> HSC <input type="checkbox"/> LSS
Division	Food Sciences
Parent Course (if applicable)	N/A
Level	4
Module Code (showing level)	ASC_4_409
JACS Code (completed by the QA)	
Credit Value	20 credit points
Student Study Hours	Contact hours: 40 Student managed learning hours: 160 Placement hours:
Pre-requisite Learning	None
Co-requisites	None
Excluded combinations	None
Module co-ordinator	TBC
Short Description (max. 100 words)	This module aims to familiarise students with the fundamental principles of human nutrition as a multidisciplinary perspective relating to human health and wellbeing. Key concepts of nutritional requirements, food chemistry, macro and micronutrient functions will be explored. The relationship of diet to health will be explored with special reference to over and under nutrition states. Dietary recommendations for the maintenance of health and well-being are examined. Assessment of food intake is considered in this context. Factors determining food choice are reviewed. The role of nutrition in the context of physical activity will be explored.
Aims	<p>The aims of this module are:</p> <ul style="list-style-type: none"> • Appraise foods as a source of nutrients and appreciate the role of nutrients in the human body. • To introduce the concept of the role of nutrients/ macro and micro nutrients in maintaining health and well-being in relation to dietary recommendations. • To explore the role of diet and metabolism in relation to

	physical activity
Learning Outcomes (4 to 6 outcomes)	<p>Knowledge and Understanding:</p> <ul style="list-style-type: none"> • Understand homeostasis with regard to food intake and energy balance • Develop a critical approach to dietary evaluation and factors determining food choice • Understand the fundamentals of macronutrient metabolism/ATP production • Identify micronutrient deficiency and toxicity states <p>Intellectual Skills:</p> <ul style="list-style-type: none"> • Appreciate that nutrition is a multi-disciplinary subject and develop suitable vocabulary that enables the learner to communicate and evaluate the science, technology and practical skills apposite to those disciplines. Learners will be encouraged to join the Nutrition Society and to develop a portfolio of professional development. • Learning how to learn - using the subject of food to organise information, develop new ideas and identify areas of knowledge where the learner requires further support. Learners will be encouraged to develop as reflective practitioners of the subject. • Use of information and communication technology - the learner will develop skills in accessing and organising information using the internet, textbooks, direct contact with organisations and journals. <p>Practical Skills: The learner will develop skills in good laboratory practice (GLP), health and safety, anthropometry and dietary evaluation.</p> <p>Transferable Skills:</p> <ul style="list-style-type: none"> • Core scientific skills - quantitative techniques, experimental methodology. • Reasoning skills – communicating scientific principles using evidence. Developing conclusions from experimental investigations. • Communication skills - using suitable vocabulary to describe theory and practice and use ICT to present information.

	<ul style="list-style-type: none"> Numeracy skills - presenting data information using SI units.
Employability	The module will enable the learner to appreciate the wide career opportunities in 'nutrition' as a multi-disciplinary subject. Learner can attend optional tutorial sessions for nutrition specific career and personal development issues.
Teaching and learning pattern	<p>Keynote lecture followed by a tutorial/special topic session</p> <p>(please click on the checkboxes as appropriate)</p> <p>X Lectures <input type="checkbox"/> Group Work:</p> <p>X Seminars X Tutorial:</p> <p><input type="checkbox"/> Laboratory <input type="checkbox"/> Workshops</p> <p><input type="checkbox"/> Practical <input type="checkbox"/> VLE Activities</p>
Indicative content	<ul style="list-style-type: none"> Principles of gastrointestinal physiology & associated organs Energy Protein Fat Carbohydrate Minerals and trace elements Vitamins Over and under nutrition Dietary recommendations Nutritional assessment Food choice
Assessment method (Please give details – of components, weightings, sequence of components, final component)	<p>Various methods of formative assessment will also be included as core activities during coursework completion to help generate learning and understanding and prepare for the overall summative assessment.</p> <ul style="list-style-type: none"> Component 1 : Multiple choice examination (CW1 : 100%) in nutrition.
Mode of resit assessment (if applicable)	<ul style="list-style-type: none"> CW1 : 100% Multiple Choice Examination <p>Any deferral/referral in any aspect of this unit will be required to be undertaken at the next opportunity in the next academic year.</p>
Indicative Sources (Reading lists)	<p><input type="checkbox"/> Mann J & Truswell A.S (2012) <i>Essentials of Human Nutrition</i>, 4th Edition. OUP. Oxford.</p> <p><input type="checkbox"/> McArdle WD, Katch FI, Katch VL (2010) <i>Exercise Physiology: Nutrition, Energy, and Human Performance</i>. 7th Edition. Lippincott Williams & Wilkins. London. Maurice E. Shils, James A. Olson, Moshe Shike (Editor) <i>Modern Nutrition in Health and Disease</i> (Volumes One and Two) Lea & Febiger.</p>

	<p>□ Tortora, GJ and Derrickson, BH (2011) <i>Principles of Anatomy and Physiology</i>, 13th edition. John Wiley & Sons: New York.</p> <p>OPTIONAL MATERIALS</p> <p>□ Food Standards Agency (2002/12) <i>Food Portion Sizes</i>, 3rd edition/4th edition. The Stationery Office: London.</p> <p>□ Widamaier, E, Raff, H and Strang, K (2010) <i>Vander's Human Physiology: The mechanisms of body function</i>, 12th edition. McGraw Hill: New York.</p>
Other Learning Resources	<p>Useful web addresses British Nutrition Society http://www.nutrition society.org/ British Nutrition Foundation http://www.nutrition.org.uk/ The Physiological Society http://www.physoc.org/</p> <p>Search Engines Google (Scholar) http://scholar.google.co.uk/ PubMed http://www.ncbi.nlm.nih.gov/pubmed/</p>