

### Summary Information

Module Code	4003SPS
Formal Module Title	Principles of Human Nutrition
Owning School	Sport and Exercise Sciences
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 4
Grading Schema	40

### Teaching Responsibility

LJMU Schools involved in Delivery
Sport and Exercise Sciences

### Learning Methods

Learning Method Type	Hours
Lecture	20
Practical	10
Seminar	10

### Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
SEP-CTY	CTY	September	12 Weeks

### Aims and Outcomes

Aims	The module will help students develop knowledge of the importance of nutrition to human health introducing the subject of nutritional recommendations in terms of energy and nutrients. Students will gain an overview of the chemistry, function and properties of nutrients and the consequences of inadequate intakes.
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**After completing the module the student should be able to:**

### Learning Outcomes

Code	Number	Description
MLO1	1	Identify the functions and sources of major nutrients and the consequences of inappropriate intakes.
MLO2	2	Explain Dietary Reference Values in the context of a nutritionally adequate diet.
MLO3	3	Explain basic aspects of nutrition chemistry including organic chemistry and the chemistry of food components.

### Module Content

Outline Syllabus	Energy and the Macronutrients:Nutrition and Energy; Fats; Protein; Carbohydrates; Oxygen and water.The Micronutrients:Water soluble vitamins; Fat soluble vitamins.
Module Overview	The module will help you develop knowledge of the importance of nutrition to human health introducing the subject of nutritional recommendations in terms of energy and nutrients. You will gain an overview of the chemistry, function and properties of nutrients and the consequences of inadequate intakes.
Additional Information	The Association for Nutrition (AfN) competencies covered in this module include:CC1a The human/ animal body and its functions, especially digestion, absorption, excretion, respiration, fluid and electrolyte balance, cardiovascular, neuro-endocrine, musculoskeletal and haematological systems, immunity and thermoregulation, energy balance and physical activity.CC1c What nutrients are (including water & oxygen).CC1d Nature and extent of metabolic demand for nutrients.CC1e How nutrients are used by the body (either human or animal) consequences of deficiency and assessment of nutritional status.CC1f Non-nutrient components of foods, feeds and drinks that affect diet and health including alcohol for either human or animal systems.CC1g Nutrient analysis: calculating nutrient contents of foods, feeds and diets of an individual or group of individuals or animals, justifying choice of a method of dietary assessment for a specific stated purpose.CC1i Nutrition in health and disease, consequences of an unbalanced diet for either human or animal systems.CC1l Ability to plan, conduct, analyse and report on investigations into an aspect of nutrition in a responsible, safe and ethical manner.CC4a Principles and methods of measurement and estimation of energy balance; energy expenditure physical activity and fitness; body mass; body composition; how body mass and energy balance are controlled for either human or animal systems.

### Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Essay	Written essay (2,500 words)	50	0	MLO1, MLO2, MLO3
Centralised Exam	Online Exam	50	2	MLO1, MLO2, MLO3

### Module Contacts

**Module Leader**

Contact Name	Applies to all offerings	Offerings
Katie Lane	Yes	N/A

**Partner Module Team**

Contact Name	Applies to all offerings	Offerings
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