

Liverpool John Moores University

Title: INTRODUCTION TO NUTRITIONAL SCIENCES
Status: Definitive
Code: **4061SPONUT** (120672)
Version Start Date: 01-08-2018

Owning School/Faculty: Sports Studies, Leisure and Nutrition
Teaching School/Faculty: Sports Studies, Leisure and Nutrition

Team	Leader
Elizabeth Mahon	Y
Julie Abayomi	
Ian Davies	

Academic Level: FHEQ4 **Credit Value:** 24 **Total Delivered Hours:** 80
Total Learning Hours: 240 **Private Study:** 160

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	44
Practical	20
Workshop	14

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Portfolio	AS1	Portfolio of Practical Reports	30	
Test	AS2	Practical Test	20	
Exam	AS3	Exam	50	2

Aims

This module aims to ensure all students develop a basic knowledge of human anatomy, physiology and the physical sciences in relation to nutrition and food.

Learning Outcomes

After completing the module the student should be able to:

- 1 Demonstrate an understanding of the key principles of human anatomy, physiology and inorganic chemistry in relation to nutritional sciences.
- 2 Demonstrate an understanding of the basic principles of inorganic chemistry.
- 3 Undertake practical experiments appropriately following written guidelines
- 4 Produce laboratory reports showing analysis of the results and critical evaluation of the methods used.

Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

Practical log book	4
Practical Test	3
EXAM	1 2

Outline Syllabus

Human body in health and disease; cells and tissues; systems; growth, development and reproduction; body composition; genetics; immunology; homeostasis – coping with extreme environments, adaptation and its limits; inorganic chemistry; specific/latent heat; temperature; energy; SG; and radioactivity (isotopes).

Learning Activities

The module consists of lectures, practical and workshop sessions, during which the students have the opportunity to gain experience in a variety of lab-based skills and learn how to handle data and develop report writing skills.

Notes

This module aims to provide students with an introduction to:

1. Human anatomy and physiology
2. Physical sciences (especially chemistry).