

## Liverpool John Moores University

Title: INTRODUCTION TO NUTRITIONAL SCIENCES  
Status: Definitive  
Code: **4061TEF** (103787)  
Version Start Date: 01-08-2016

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

Team	Leader
Elizabeth Mahon	Y

**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.*

### 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.
- 2 Undertake practical experiments appropriately following written guidelines.
- 3 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	3
Practical Test	2
EXAM	1

### **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).

This module will allow students to develop a range of skills. Evidence from this module may contribute to WoW certification.