Liverpool John Moores University

Title:	Introduction to Food & Nutritional Science
Status:	Definitive
Code:	**4102SSLN** (123053)
Version Start Date:	01-08-2021
Owning School/Faculty:	Sport and Exercise Sciences
Teaching School/Faculty:	Sport and Exercise Sciences

Team	Leader
Abdulmannan Fadel	Y
Elizabeth Mahon	
Lucinda Richardson	
Wendy Johnston	

Academic Level:	FHEQ4	**Credit Value:**	20	**Total Delivered Hours:**	41.5
Total Learning Hours:	200	**Private Study:**	158.5		

Delivery Options
Course typically offered: Semester 2

Component	Contact Hours
Lecture	20
Practical	16
Workshop	4

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Report	AS1	Practical Report (2,500 words)	60	
Exam	AS2	Exam	40	1.5

Aims

This module aims to provide students with an introduction to key aspects of human biology (anatomy and physiology) needed to support further study of human nutrition; as well as an introduction to key aspects of the physical sciences

(particularly organic chemistry) needed for the further study of food science, food chemistry and human nutrition.

Learning Outcomes

After completing the module the student should be able to:

1	Demonstrate an understanding of the essential aspects of human biology required for further study of nutrition
2	Demonstrate an understanding of key aspects of chemistry (including organic chemistry and the chemistry of food components) to support further study in food science and nutrition
3	Explain and evaluate experimental data collected from laboratory-based practical and experimental work

Learning Outcomes of Assessments

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

Report	1	2	3
Exam	1	2	3

Outline Syllabus

Chemistry for food & nutrition; Molecules, chemical bonding, moles & molarity; Chemistry of macronutrients (carbohydrates, lipids, protein, water) & energy; Fundamentals of anatomy and physiology; Cells, tissues, organs and organ systems; Introduction to biochemistry.

Learning Activities

The module consists of lectures, practicals and workshop sessions. The practical sessions are designed to develop lab-based skills, workshop sessions are designed to help support students develop data analysis and report writing skills.

Notes

The module is structured to provide a scientific underpinning (skills and knowledge) appropriate to support further study in food and human nutrition.