

## Liverpool John Moores University

Title: Principles of Human Nutrition  
Status: Definitive  
Code: **4105SSLN** (123058)  
Version Start Date: 01-08-2021

Owning School/Faculty: Sport and Exercise Sciences  
Teaching School/Faculty: Sport and Exercise Sciences

Team	Leader
Katie Lane	Y
Abdulmannan Fadel	
Lucinda Richardson	

**Academic Level:** FHEQ4      **Credit Value:** 20      **Total Delivered Hours:** 42  
**Total Learning Hours:** 200      **Private Study:** 158

### Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	17
Online	7
Workshop	16

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Report	AS1	Report (2,500 words)	50	
Exam	AS2	Exam	50	2

### Aims

*This 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 function and properties of nutrients and the consequences of inadequate intakes.*

## Learning Outcomes

After completing the module the student should be able to:

- 1 Explain the functions and sources of major nutrients and the consequences of inappropriate intakes
- 2 Compare nutritional intakes of individuals to Dietary Reference Values and to place them in the context of a nutritionally adequate diet
- 3 Collect and analyse dietary data using appropriate methods and consider the limitations of the methods used to collect and analyse dietary data

## 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

*Overview of dietary reference values for macro & micronutrient; Functions, properties and sources of macro & micronutrients; Introduction to dietary assessment methods; Introduction to dietary analysis software (Dietplan 7)*

## Learning Activities

The module consists of lectures, workshops and Blackboard discussion boards. The workshops will support in class lectures and enable students to develop analytical and research skills. The Blackboard discussion boards will enable students to research other related topics and share their findings with each other.

## Notes

Principles of Human Nutrition is an essential module for understanding the fundamental functions and properties of nutrients and the role they play in human health & disease.