

## Liverpool John Moores University

Title: Nutrition Today  
Status: Definitive  
Code: **4106SSLN** (123059)  
Version Start Date: 01-08-2021

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

Team	Leader
Wendy Johnston	Y
Abdulmannan Fadel	

**Academic Level:** FHEQ4      **Credit Value:** 20      **Total Delivered Hours:** 40  
**Total Learning Hours:** 200      **Private Study:** 160

### Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Workshop	40

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Portfolio	AS1	Portfolio (4,500 words)	100	

### Aims

*This module aims to introduce students to the ideas, issues and current landscape of nutrition*

### Learning Outcomes

After completing the module the student should be able to:

- 1 Discuss and examine issues around nutrition today and how the food we consume affects aspects of society
- 2 Explore the nutrition landscape and its relationship with consumers

### **Learning Outcomes of Assessments**

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

Portfolio	1	2
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### **Outline Syllabus**

*Introduce to the nutritional landscape. Including staple foods, main sources of nutrients. To explore different needs and societal pressures across different demographic groups. Looking at food from farm to fork and how this impacts on food choices and health.*

### **Learning Activities**

The module will be run through interactive student centred workshops which are designed to encourage thinking and discussion of the issues surrounding nutrition today.

### **Notes**

This module encourages students to think about the nutritional landscape across demographic groups.