

## Liverpool John Moores University

Title: Science for Health  
Status: Definitive  
Code: **4113SSLN** (123074)  
Version Start Date: 01-08-2019

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

Team	Leader
Leo Stevenson	Y

**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	20
Practical	16
Workshop	4

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Report	AS1	Report (1,000 words)	40	
Exam	AS2	Exam	60	2

### 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 essential aspects of human biology required for the further study of sports nutrition for health
- 2 Demonstrate an understanding of key aspects of chemistry (including organic chemistry) to support further study of sports nutrition
- 3 Produce laboratory reports showing analysis of results and critical evaluation of methods used

## Learning Outcomes of Assessments

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

Report	1	2	3
Exam	1	2	

## Outline Syllabus

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

## Learning Activities

The module consists of lectures and practical 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

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