

Summary Information

Module Code	4503YAUGEN
Formal Module Title	Nutrition
Owning School	Sport and Exercise Sciences
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 4
Grading Schema	40

Teaching Responsibility

LJMU Schools involved in Delivery
Sport and Exercise Sciences

Learning Methods

Learning Method Type	Hours
Lecture	20
Workshop	20

Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
SEP-PAR	PAR	September	12 Weeks

Aims and Outcomes

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.
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After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Explain the functions and describe dietary sources of all the major nutrients and the consequences of inappropriate intakes
MLO2	2	Compare nutritional intakes of individuals to Dietary Reference Values and to place them in the context of a nutritionally adequate diet
MLO3	3	Collect and analyse dietary data using appropriate methods and consider the limitations of the methods used to collect and analyse dietary data.

Module Content

Outline Syllabus	Teaching and learning methods include lectures, tutorials, seminars, debates and workshops. The taught component of the module explores a range of current issues within nutrition. Specific examples of the types of issues to be discussed include: <ul style="list-style-type: none">• Dietary reference values and energy.• Introduction to dietary assessment• The macronutrients• The micronutrients
Module Overview	
Additional Information	Students are expected to engage with the content as well as undertake all self-directed learning identified.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Exam	Nutrition Exam	50	1.5	MLO1
Portfolio	Diet Information Report	50	0	MLO2, MLO3

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Elizabeth Mahon	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings
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