

Liverpool John Moores University

Title: Nutrition
Status: Definitive
Code: **4503YAUGEN** (127942)
Version Start Date: 01-08-2021

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

Team	Leader
Elizabeth Mahon	Y

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 1

Component	Contact Hours
Lecture	20
Workshop	20

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Exam	Exam	exam	50	1.5
Report	Report	report	50	

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 describe dietary sources of all the 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:

Nutrition Exam	1	
Diet Information Report	2	3

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:

- *Dietary reference values and energy. Introduction to dietary assessment*
- *The macronutrients*
- *The micronutrients*

Learning Activities

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.

Notes

Students are expected to engage with the content as well as undertake all self-directed learning identified.