

## Liverpool John Moores University

Title: The Science of Nutrition  
Status: Definitive  
Code: **4510SSLNBF** (124734)  
Version Start Date: 01-08-2018

Owning School/Faculty: Sports Studies, Leisure and Nutrition  
Teaching School/Faculty: Blackpool & Fylde College

Team	Leader
Sally Starkey	Y

**Academic Level:** FHEQ4  
**Credit Value:** 20  
**Total Delivered Hours:** 48  
**Total Learning Hours:** 200  
**Private Study:** 152

### Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	23
Practical	8
Seminar	8
Workshop	9

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Presentation	Pres	Pod Cast 15 mins.	50	
Report	Report	Lab Report 2500 words	50	

### Aims

*This module will allow you to develop a knowledge base of the importance of nutrition to human health. You will gain an overview of the key recommendations and policies regarding healthy eating and appreciation of the theoretical principles, policies and practices that underpin nutrition.*

## Learning Outcomes

After completing the module the student should be able to:

- 1 Assess the health consequences of poor nutritional practices and how nutrition practices can enhance health and disease status.
- 2 Demonstrate an understanding of key aspects of chemistry (including organic chemistry) to support further study of sports nutrition.
- 3 Undertake science based practical experiments appropriately following guidelines and 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:

Pod Cast 15 mins	1	2	3
Lab Report 2500 words	1	2	3

## Outline Syllabus

*The principles of nutrition.*

*Integration and control of metabolism.*

*Guidelines for a healthy diet.*

*Energy balance and nutritional intake.*

*Assessing body composition.*

*Managing weight and 'dieting'.*

*Obesity and the role of the diet.*

*The impact of alcohol.*

*Nutrition for health.*

*Nutrition for performance.*

*Nutrition and Policy (e.g. Food safety, promoting healthy food, nutrition intervention, food pyramid, dietary changes in modern society)*

## Learning Activities

Study skills techniques

Lecture based workshops and seminars

Presenting information in practical environments

Peer and Self-reflection

Laboratory Workshops/Observations

Online resources

VLE Forums online

Performance analysis tools

Evaluating case studies

## **Notes**

This module will allow you to develop a knowledge base of the importance of nutrition to human health. You will gain an overview of the key recommendations and policies regarding healthy eating and appreciation of the theoretical principles, policies and practices that underpin nutrition.

The lab report requires students to produce a report based around a selected based laboratory session or practical workshop. The report is expected to contain an experimental based summary including elements around a review of literature review, methods and procedures, results and discussion. The lab report assessment is fully supported by a series of seminars and workshops.