

## Liverpool John Moores University

Title: PRINCIPLES OF HUMAN NUTRITION  
Status: Definitive  
Code: **5008TEF** (103794)  
Version Start Date: 01-08-2016

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

Team	Leader
Ian Davies	Y

**Academic Level:** FHEQ5  
**Credit Value:** 24  
**Total Delivered Hours:** 45  
**Total Learning Hours:** 240  
**Private Study:** 195

### Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	30
Seminar	8
Workshop	4

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Exam	AS1	Exam (Semester 1)	20	1
Report	AS2	An evaluation of dietary intake (2000 words plus computer printouts / tables)	30	
Exam	AS3	Exam - including a seen topic (Semester 2)	50	2

### Aims

*To develop a knowledge base of the importance of nutrition to health from the level of sub-cellular activity to the whole animal.*

*To appraise critically some current issues in nutrition.*

To enable evaluation of dietary intake.

## Learning Outcomes

After completing the module the student should be able to:

- 1 Explain functions of all major nutrients.
- 2 Illustrate appropriate food sources of all major nutrients.
- 3 Identify disorders caused by inappropriate intake / output of nutrients.
- 4 Use 'food tables' effectively.
- 5 Use dietary reference values appropriately.
- 6 Convert nutrient requirements into dietary advice.
- 7 Interpret nutritional requirements of varied population groups.

## Learning Outcomes of Assessments

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

EXAM	1	2	3			
Evaluation	1	2	3	4	5	6
EXAM	1	2	3	5	6	7

## Outline Syllabus

*The nature of food: macro and micro nutrients - functions, effects of deficiency and excess and dietary sources. Nutrient balance. Some current controversies. Use of food tables and tables of dietary reference values. Requirements of infants, children, adolescents, the elderly and pregnant and lactating women.*

## Learning Activities

Formal lectures predominate and serve to map out the module syllabus and indicate the level of study required. This develops the students' skills in listening and processing technical information. In workshops, students are given the opportunity to become proficient in solving a variety of numerical problems and in utilising related statistical concepts. A formal ICT workshop is held to introduce professional dietary analysis software which also serves to develop an understanding of tables of food composition. Students will explore the software in a student centred problem solving way. Seminar sessions enable students to clarify and discuss any aspects of the module and items of current interest from the media raised by them.

## Notes

This module concerns the scientific basis of the study of human nutrition. It

concentrates on basic principles of nutrition from the biochemical level to that of the whole animal. The nutritional needs of, and dietary advice for, various groups are discussed and the basis of dietary advice examined.