

## Liverpool John Moores University

Title: NUTRITION IN THE LIFECYCLE  
Status: Definitive  
Code: **5021SPONUT** (120677)  
Version Start Date: 01-08-2016

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

Team	Leader
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**Academic Level:** FHEQ5  
**Credit Value:** 24  
**Total Delivered Hours:** 62  
**Total Learning Hours:** 240  
**Private Study:** 178

### Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	30
Practical	10
Workshop	20

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Portfolio	AS1	Portfolio of completed work (3000 word equiv)	50	
Exam	AS2	Exam	50	2

### Aims

*To understand the application of principles of nutrition to different groups of people and at different stages in the life cycle.*

## Learning Outcomes

After completing the module the student should be able to:

- 1 Describe the nutritional requirements for people in different stages of the life cycle, from conception to old age, recognising the link between early nutrition and nutritional problems later in life.
- 2 Discuss nutritional issues relating to various population groups, e.g. vegetarians, ethnic minority groups, less affluent, sports men and women.
- 3 Discuss international/global nutritional problems.
- 4 Design a nutritionally based menu for a particular population group.

## Learning Outcomes of Assessments

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

Portfolio (3000 word equiv)	4	3
EXAM	1	2

## Outline Syllabus

*Nutrition in the life cycle, i.e. pregnancy/lactation; infant feeding; childhood and adolescents; old age. Nutrition and sport, vegetarianism, poverty and minority groups. Some topical but controversial areas of nutrition, e.g. antioxidants, functional foods, coronary heart disease, cancer. Weekly seminars/workshops to develop understanding, apply theory to practical situations, review overall progress and discuss relevant topics.*

## Learning Activities

Formal lectures 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. Seminars/workshops will be held regularly to enable students to develop their understanding and take part in discussions to develop a critical awareness of issues. Further development of practical skills, such as use of 'Microdiet' software, will be encouraged via project work and each student will produce an independent account of their project which will develop to report writing skills.

## Notes

This module continues to establish the scientific basis of human nutrition and develop relevant practical skills. Nutritional recommendations are translated into practical application and practical menu plans. Evidence from this module may contribute to WoW certification.