

Liverpool John Moores University

Title: PRINCIPLES OF APPLIED HUMAN NUTRITION
Status: Definitive
Code: **5049TEF** (103817)
Version Start Date: 01-08-2016

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

Team	Leader
Julie Abayomi	Y

Academic Level: FHEQ5
Credit Value: 12
Total Delivered Hours: 39.5
Total Learning Hours: 120
Private Study: 80.5

Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	13
Practical	19
Seminar	6

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Exam	AS1	examination - 3 questions from 6	50	1.5
Portfolio	AS2	practical project - 1,500 words	25	
Portfolio	AS3	practical project - 1,500 words	25	

Aims

*To understand some topical applications of the principles of nutrition.
To provide continuing, subject specific, tutorial support.*

Learning Outcomes

After completing the module the student should be able to:

- 1 discuss nutritional issues relating to various population groups eg vegetarians, ethnic minority groups, less affluent, sports men and women
- 2 discuss international/global nutritional problems
- 3 demonstrate a critical awareness of selected topical controversial areas of nutrition based on an in-depth understanding of underlying mechanisms
- 4 design a nutritionally based menu for a particular population group
- 5 carry out an investigation of the nutrient composition of food

Learning Outcomes of Assessments

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

EXAM	1	2	3
Project	4		
Project	5		

Outline Syllabus

Nutrition and sport, vegetarianism, poverty and minority groups. Some topical but controversial areas of nutrition eg antioxidants, functional foods, coronary heart disease, cancer. Dietary analysis related to menu planning and laboratory analysis of foods. Weekly tutorials for small groups of students with staff/ postgraduates to 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 will be held to enable students to develop their understanding and take part in discussions to develop a critical awareness of issues. Practical classes enable the students, working in small groups, to solve problems, develop practical skills (especially from ECSCS2008) and acquire a range of new ones. Each student produces independent accounts of the projects which will develop 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 menu plans and an aspect of the chemical composition of food is investigated.