

Liverpool John Moores University

Title: NUTRITION IN THE LIFECYCLE
Status: Definitive
Code: **5072TEF** (103835)
Version Start Date: 01-08-2019

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: 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	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 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	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.