

Liverpool John Moores University

Title: Nutrition in the Lifecycle
Status: Definitive
Code: **5102SSLN** (123085)
Version Start Date: 01-08-2021

Owning School/Faculty: Sport and Exercise Sciences
Teaching School/Faculty: Sport and Exercise Sciences

Team	Leader
Elizabeth Mahon	Y
Abdulmannan Fadel	
Lucinda Richardson	

Academic Level: FHEQ5
Credit Value: 20
Total Delivered Hours: 40

Total Learning Hours: 200
Private Study: 160

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	20
Practical	10
Workshop	10

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Report	AS1	Report (2,500 words)	60	
Report	AS2	Practical Write Up (1,500 Words)	40	

Aims

This module will establish the scientific basis of human nutrition and develop relevant practical skills. Nutritional recommendations are translated into practical application and practical menu plans.

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
- 2 Discuss nutritional issues relating to various population groups, recognising the link between early nutrition and nutritional problems later in life
- 3 Describe how a nutritionally based menu can be achieved for a particular population group

Learning Outcomes of Assessments

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

Report	1	2	3
Report	1	2	3

Outline Syllabus

Nutrition in the life cycle, i.e. pregnancy/lactation; infant feeding; childhood and adolescents; old age; vegetarianism, poverty and minority groups. It includes some topical but controversial areas of nutrition, e.g. antioxidants; functional foods; coronary heart disease, cancer. Workshops & a practical will develop understanding, apply theory to practical situations, review overall progress and allow for discussion of relevant topics.

Learning Activities

The module is taught via lectures, workshops and practical sessions. Workshops/Practical sessions will be used to expand on material covered by the lecture. You will be expected to contribute and this may involve researching material prior to/during the workshop and bring what you have found to share with the group. Please be prepared to contribute to the discussion.

Notes

This module builds on level 4 modules, particularly Principles of Human Nutrition.