

Nutrition in the Lifecycle

Module Information

2022.01, Approved

Summary Information

Module Code	5102SSLN
Formal Module Title	Nutrition in the Lifecycle
Owning School	Sport and Exercise Sciences
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 5
Grading Schema	40

Teaching Responsibility

LJMU Schools involved in Delivery
Sport and Exercise Sciences

Learning Methods

Learning Method Type	Hours
Lecture	20
Practical	10
Workshop	10

Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
SEP-CTY	CTY	September	12 Weeks

Aims and Outcomes

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.
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After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Describe the nutritional requirements for people in different stages of the life cycle, from conception to old age
MLO2	2	Discuss nutritional issues relating to various population groups, recognising the link between early nutrition and nutritional problems later in life
MLO3	3	Describe how a nutritionally based menu can be achieved for a particular population group

Module Content

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.
Module Overview	This module will establish the scientific basis of human nutrition and develop relevant practical skills.
Additional Information	This module builds on level 4 modules, particularly Principles of Human Nutrition.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Report	Report	60	0	MLO1, MLO2, MLO3
Report	Practical report	40	0	MLO1, MLO2, MLO3

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Elizabeth Mahon	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings
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