

Liverpool John Moores University

Title: Current Issues in Nutrition
Status: Definitive
Code: **6005SPS** (129022)
Version Start Date: 01-08-2021

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

Team	Leader
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Academic Level: FHEQ6 **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
Seminar	20

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	AS1	Review article (2500-word)	60	
Presentation	AS2	Presentation (20-minute)	40	

Aims

This module builds upon previous nutrition and science based modules, to expand student knowledge of contemporary research. Nutritional science is rapidly

advancing in many different areas and is at the forefront of preventive medicine. While there will be some inevitable cross-over with other level 6 modules, this module will cover the latest research topics. For example, how artificial intelligence is becoming key for analysis of complex nutritional data and how new technology can continuously monitor human physiology for more precise intervention. The module aims to explore these, and other contemporary advancements, with critical discussion of the 'hows', the 'ifs', the 'when' in relation to translation into nutritional advice.

Learning Outcomes

After completing the module the student should be able to:

- 1 Critically evaluate recent advances in nutrition.
- 2 Critically examine the evidence that links nutrition to health, wellbeing and disease.
- 3 Critically evaluate an advanced nutrition topic and how it applies to a specific population group.

Learning Outcomes of Assessments

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

Review article (2500-word)	1	2	3
Presentation (20-minute)	1	2	3

Outline Syllabus

Examination and evaluation of key areas in advanced topics in nutrition: Contemporary nutrition issues and strategies; Advanced nutrition population groups.

Translation of research to practice in population advanced topics in nutrition: Overview of science communication; Science writing: structuring articles and reports, writing effectively for both specialist and non-specialist audiences.

Learning Activities

The module is taught through lectures and workshops. Workshops will be used to expand on lecture material and develop criticality. Students are expected to contribute, and this may involve researching material prior/during the workshop and sharing findings with the group. Students will further develop the ability to find and critically evaluate good quality information and formulate informed opinions.

Notes

The Association for Nutrition (AfN) competencies covered in this module include:
CC1c What nutrients are (including water & oxygen)

CC1d Nature and extent of metabolic demand for nutrients.

CC1e How nutrients are used by the body (either human or animal) consequences of deficiency and assessment of nutritional status.

CC1f Non-nutrient components of foods, feeds and drinks that affect diet and health including alcohol for either human or animal systems.

CC1g Nutrient analysis: calculating nutrient contents of foods, feeds and diets of an individual or group of individuals or animals, justifying choice of a method of dietary assessment for a specific stated purpose

CC1i Nutrition in health and disease, consequences of an unbalanced diet for either human or animal systems.

CC1j Nature of common conditions that require dietary manipulation or can affect physical activity, such as obesity, diabetes, hypertension, cardiovascular disease, cancer etc. for either human or animal systems.

CC1k How nutritional needs change with age, gender, physical activity, lifestyle etc. for either human or animal systems.

CC1n Ability to obtain, record, collate, analyse, interpret and report nutrition-related data using appropriate qualitative and quantitative research and statistical methods in the field and/or laboratory and/or intervention studies, working individually or in a group, as is most appropriate for the discipline under study.

CC1p Health research methods, dietary nutrition methodologies and nutritional epidemiology for either human or animal systems.

CC3b Significance of evaluation of nutrition in maintaining and driving public health agendas

CC3c Factors that affect an individual's, communities' and population groups' nutritional needs and practices for either human or animal systems.

CC3e Consideration of financial/social and environmental circumstances on diet and nutritional intake.

CC4b Theory and methods of investigating the dietary, nutrient and activity patterns of the general population, subgroups and the individual for either human or animal systems.

CC4c Scientific basis of the safety and health promoting properties of nutrients and nonnutrient components of food or feed, based on knowledge of the metabolic effects of nutrients, anti-nutrients, toxicants, additives, pharmacologically active agents (drugs); nutrient-nutrient interactions, nutrient-gene interactions, 'nutraceuticals', functional foods, and any other metabolically active constituents of foods or feeds and the diet.

CC4g Ability to recognise strengths and weaknesses in dietary, nutrition and health research methods, in order to understand the limitations of the scientific basis of nutritional knowledge for either human or animal systems.

CC4h Ability to integrate knowledge and understanding from a variety of sources to identify or propose solutions in one of the following areas: Improvement of human health or improvement of the welfare and/or productivity of animals or improvement of food production and sustainability.