

## Liverpool John Moores University

Title: COMMUNITY NUTRITION  
Status: Definitive  
Code: **6021SPONUT** (120682)  
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
Ian Davies	

**Academic Level:** FHEQ6      **Credit Value:** 24      **Total Delivered Hours:** 48  
**Total Learning Hours:** 240      **Private Study:** 192

### Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	24
Seminar	12
Workshop	12

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Practice	AS1	Dietary Assessment	30	
Report	AS2	Report (2500 word equivalent)	70	

### Aims

*To create a critical awareness of current issues in community nutrition. To evaluate appropriate usage of nutritional surveillance techniques. To critically evaluate the design, delivery and evaluation of nutritional and food related interventions (information and practical) for individuals, groups or organisations.*

## Learning Outcomes

After completing the module the student should be able to:

- 1 Discuss the prevalence of, and policies designed to reduce the incidence of, nutrition-related disease in the UK, in Europe and globally.
- 2 Apply knowledge of dietary assessment techniques to critically evaluate an individual's nutritional intake.
- 3 Develop practical skills in the design, delivery and evaluation of nutrition education projects.

## Learning Outcomes of Assessments

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

Dietary Assessment	2	
Report (2500 words equivalent)	3	1

## Outline Syllabus

*Definition and examples of malnutrition. Methods of nutritional surveillance (nutritional status and dietary survey methods [measuring dietary exposure]). The relationship of diet to disease and its study (nutritional epidemiology); current dietary recommendations / advice; social context of malnutrition; the delivery of dietary advice (to individuals, groups and organisations). The current policy framework.*

## Learning Activities

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. The students are encouraged to interact during the lectures; to question, to express opinions and to influence the content. Thus the distinction between lecture / seminar and workshop is not rigid. Distinct workshops are held to enable students to develop relevant practical skills and to work in small groups to suggest solutions to problems set. Students are strongly encouraged to discover information for themselves and take responsibility for their own learning making full use of the Library.

## Notes

This module studies the techniques of nutritional surveillance and all aspects of the promotion of healthier eating (from a community perspective). It relates health policy to community initiatives and emphasises the complexity of achieving dietary changes and the need for evaluation.