

Liverpool John Moores University

Title: PUBLIC HEALTH NUTRITION
Status: Definitive
Code: **6052TEF** (103866)
Version Start Date: 01-08-2016

Owning School/Faculty: Sports Studies, Leisure and Nutrition
Teaching School/Faculty: Sports Studies, Leisure and Nutrition

Team	Leader
Elizabeth Mahon	Y

Academic Level: FHEQ6
Credit Value: 12
Total Delivered Hours: 33
Total Learning Hours: 120
Private Study: 87

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	20
Seminar	2
Workshop	8

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Exam	AS1		100	3

Aims

To create a critical awareness of current issues in community nutrition, especially food policy. To understand nutritional surveillance techniques. To be able to offer limited advice to individuals, groups or organisations.

Learning Outcomes

After completing the module the student should be able to:

- 1 Define and discuss contemporary issues relevant to community nutrition especially food policy.
- 2 Explain the value of epidemiological methods to community nutrition eg evaluate the 'national' diet (content, history and social context) by discussing a variety of nutritional surveillance techniques.
- 3 Discuss the prevalence of malnutrition in local communities, in the UK, in Europe and globally.

Learning Outcomes of Assessments

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

EXAM	1	2	3
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Outline Syllabus

Definition and examples of malnutrition (at home and abroad). Methods of nutritional surveillance (nutritional status and dietary survey methods). Nutritional epidemiology. The relationship of diet to disease and its study; current dietary advice; social context of malnutrition; the delivery of dietary advice (to individuals, groups and organisations). Current food policy.

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 LRC.

Notes

This module studies the techniques of nutritional surveillance and all aspects of the promotion of healthier eating (from a community perspective). It defines and discusses malnutrition. It relates health (food) policy to community initiatives and emphasises the complexity of achieving dietary changes and the value of epidemiology. It encourages critical evaluation of dietary and nutritional claims. Evidence from this module may contribute to WoW certification.