

Liverpool John Moores University

Title: Applied Practice in Nutrition
Status: Definitive
Code: **6106SSLN** (123118)
Version Start Date: 01-08-2016

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

Team	Leader
Julie Abayomi	Y
Elizabeth Mahon	
Lucinda Richardson	

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	10
Practical	12
Workshop	18

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Presentation	AS1	Role play (10 minutes)	40	
Report	AS2	Report (2,500 words)	60	

Aims

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

evaluation. This module leads on from "Nutrition in the Life Cycle". It is assumed that you will be familiar with the ground covered in this module, in particular a working knowledge of all nutrients, food groups, food tables, Dietplan 7 and the Dietary Reference values is taken for granted.

Learning Outcomes

After completing the module the student should be able to:

- 1 Discuss and use a variety of nutritional surveillance techniques
- 2 Critically evaluate different means of promoting healthier diets in a variety of community settings
- 3 Apply knowledge of dietary assessment techniques to critically evaluate the nutritional intake of individuals and community groups

Learning Outcomes of Assessments

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

Presentation	1	2	3
Report	1	2	3

Outline Syllabus

Nutritional surveillance: Measurement of 'nutrition' - what measurements are possible and what are the problems? Emphasis on anthropometrical measurements. Dietary survey methods; their variety, scope (use) and limitations. Current eating habits, what they are and how they have changed? What is current dietary advice? Who gives it? What limitations apply? What do the changes suggested mean in practice (who should change, what should they do, why is change so difficult to achieve)? Role of 'Policy', the media and commercial influences; identification and evaluation of claims (consumer protection). The role of government policy will be highlighted and the theoretical and practical basis of promoting healthier eating habits will be considered. How to plan (in theory and practice) a nutrition education programme (typically a single event) and its evaluation.

Learning Activities

The course consists of a series of lectures and workshops which are supported by practical sessions that aim to explore key areas in more detail in order to improve understanding and provoke discussion. Tutors would be delighted if you ask questions during sessions and conversely tutors may direct questions to you. Some practical tasks will be carried out e.g. taking a diet history and measuring nutritional status, as well as a nutrition education project designed by yourselves as part of the assessment for this module.

Notes

This module builds on level 5 modules, particularly Nutrition in the lifecycle.