

Liverpool John Moores University

Title: Nutrition - Future Challenges
Status: Definitive
Code: **6117SSLN** (125930)
Version Start Date: 01-08-2021

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

Team	Leader
Elizabeth Mahon	Y
Lucinda Richardson	
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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	12
Seminar	28

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Presentation	AS1	Group Presentation (10 Minutes)	20	
Report	AS2	Article (3,000 words)	80	

Aims

To attain a high-level understanding of the future development of nutrition as a discipline and to experience presenting nutritional science to a wide audience.

Learning Outcomes

After completing the module the student should be able to:

- 1 Critically examine and evaluate contemporary and future nutritional strategies and/or interventions for enhancing health or performance
- 2 Communicate a public understanding of a nutritional science topic.

Learning Outcomes of Assessments

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

Group Presentation	2	1
Article	2	1

Outline Syllabus

Examination and evaluation of three key areas in nutrition for the future: personalised/precision nutrition - investigate the use of Systems Biology (metabolomics, proteomics, genomics), and the environome to provide more bespoke dietary strategies; periodised nutrition for athletes; translation of research to practice in population nutrition. Overview of science communication in; Science writing: structuring articles and reports, writing effectively for both specialist and non-specialist audiences; Use of oral presentations to communicate science.

Learning Activities

There will be guest speakers and in-house lectures to introduce the key areas. Seminars will be held on each topic for more in depth discussion, critical analysis and evaluation. Activities will be student-centred and will enable students to work individually and in groups to investigate the topics further and to discuss and practice science communication. Students will be given the opportunity to select from a range of workshops to attend, depending on the focus of their assessment tasks.

Notes

This module is intended to promote an understanding of the development and progression of nutrition as a multidisciplinary subject that has the potential to be at the forefront of health, wellbeing and performance. It also challenges the students to communicate nutritional science to wider audiences. By selecting a specific topic, students will critically investigate that area further and present an article designed for an online site, which communicates scientific research to a wide audience.