

## Liverpool John Moores University

Title: Contemporary Practice in Nutrition  
Status: Definitive  
Code: **6118SSLN** (127230)  
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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Elizabeth Mahon	
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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
Workshop	20

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	AS1	Review Article (3,000 words plus supporting documents)	100	

### Aims

*To develop a high level understanding of contemporary topics in nutrition.*

### 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, well being and disease
- 3 Critically discuss the complexities involved in a multidisciplinary subject area

### **Learning Outcomes of Assessments**

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

Review Article	1	2	3
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### **Outline Syllabus**

*The students will build on level 4 and 5 materials and relate this to contemporary and current advances in the field of nutrition. They will gain an appreciation of the multidisciplinary nature of nutrition and how it interacts in aspects of health, wellbeing and disease. Students will further develop the ability to find and critically evaluate good quality information and formulate informed opinions.*

### **Learning Activities**

Modules taught by lectures and workshops. Workshops will be used to expand on lecture material and develop criticality. Students will be expected to contribute and this may involve researching material prior/during the workshop and sharing findings with the group.

### **Notes**

This module builds on the content of level 5 modules particularly Nutrition in the Lifecycle and Nutrition and Exercise Biochemistry.