

Summary Information

Module Code	6502YAUNUT
Formal Module Title	Nutrition Contemporary Practice
Owning School	Sport and Exercise Sciences
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 6
Grading Schema	40

Teaching Responsibility

LJMU Schools involved in Delivery
Sport and Exercise Sciences

Learning Methods

Learning Method Type	Hours
Lecture	72
Seminar	24

Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
SEP-PAR	PAR	September	12 Weeks

Aims and Outcomes

Aims	The aim of this module is for students to master the theory, knowledge and skills in relation to anthropometric measurement and interpretation in children and adults and to critically examine and discuss health, food and nutrition related behaviours in individuals and wider populations. The module will introduce current global issues in health and nutrition, develop students' ability to analyse and solve problems, and consider practical solutions to the raised current health and nutrition related issues. This module aims to develop a high level of understanding regarding problems and solutions in relation to food, nutrition and health outcomes.
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After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Critically develop a theoretical understanding of anthropometric measures and usage.
MLO2	2	Master anthropometrics measurement techniques and assessment and interpret anthropometric data at an individual and population level.
MLO3	3	Critically discuss behaviour change theories and health improvement approaches for individual and population health
MLO4	4	Develop behaviour change related intervention for individuals and/or populations
MLO5	5	Critically examine current global nutrition and health related issues and solutions.

Module Content

Outline Syllabus	This module will cover the following topics: Anthropometry: its measurement, interpretation and implications for health and nutrition related measurement in children and adults. The focus will be on anthropometric measurement in a low resource setting that requires affordable and accessible equipment to be used with individuals and larger populations. Behaviour change - scrutinize different approaches to health promotion and improvement and to develop an understanding of behaviour change theory in order to maximise health. Global issues in health and nutrition - develop students' ability to analyse and solve problems, and consider practical solutions to the raised current health and nutrition related issues.
Module Overview	
Additional Information	Through classroom teaching, classroom discussion and tasks students can obtain the theory, knowledge and skills relating to anthropometric, health, food and nutrition related behaviours in individuals and wider populations. Sessions will also cultivate students' ability to analyse and solve problems in relation to health, food and nutrition related behaviour change.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Essay	Essay 1500 words	40	0	MLO5
Exam	Practical and Theory	30	1	MLO1, MLO2
Presentation	Group Presentation 15 mins	30	0	MLO3, MLO4

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Elizabeth Mahon	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings
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