

Liverpool John Moores University

Title: Nutrition Contemporary Practice
Status: Definitive
Code: **6502YAUNUT** (128010)
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 |

Academic Level: FHEQ6 **Credit Value:** 20 **Total Delivered Hours:** 97
Total Learning Hours: 200 **Private Study:** 103

Delivery Options

Course typically offered: Semester 1

| Component | Contact Hours |
|-----------|---------------|
| Lecture | 72 |
| Seminar | 24 |

Grading Basis: 40 %

Assessment Details

| Category | Short Description | Description | Weighting (%) | Exam Duration |
|--------------|-------------------|--|---------------|---------------|
| Essay | Essay | Essay 1500 words | 40 | |
| Exam | Exam | Anthropometric Practical and Theory Exam | 30 | 1 |
| Presentation | Group Pres | Group Presentation 15 minutes (Behaviour Change) | 30 | |

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.

Learning Outcomes

After completing the module the student should be able to:

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

Learning Outcomes of Assessments

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

| | | |
|----------------------------|---|---|
| Essay 1500 words | 5 | |
| Practical and Theory | 1 | 2 |
| Group Presentation 15 mins | 3 | 4 |

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.

Learning Activities

The module content will be delivered through lectures and seminar activities. Theoretical lectures will provide appropriate subject knowledge to support practical application within the seminars. Seminars: Measuring energy intakes, dietary reference values, food based dietary guidelines.

Notes

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.