

Module specification

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Module Code	BUS5B4
Module Title	Health and Nutrition
Level	5
Credit value	40
Faculty	Faculty of Social and Life Sciences
HECoS Code	100078
Cost Code	GABP

Programmes in which module to be offered

Programme title	Is the module core or option for this programme
FdA/ BA(Hons) Applied Business with Management	Core
FdA/ BA (Hons) Applied Business with Sustainable Food and Drink	Core

Pre-requisites

N/A

Breakdown of module hours

Learning and teaching hours	44 hrs
Placement tutor support	0 hrs
Supervised learning e.g. practical classes, workshops	0 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
Total active learning and teaching hours	44 hrs
Placement / work based learning	0 hrs
Guided independent study	356 hrs
Module duration (total hours)	400 hrs

For office use only	
Initial approval date	30/08/2024
With effect from date	30/08/2024
Date and details of revision	N/A
Version number	01

Module aims

This module will support students to develop knowledge of the importance of nutrition in relation to human health and performance with introduction of key concepts including: sources and functions of major nutrients, nutritional recommendations for populations, methods of nutritional assessment and consequences of inappropriate intakes. Students will gain an overview of evidence-based practice. It will also focus on raising awareness of the importance of bilingualism in Wales and place a focus on EDI and how nutrition can be contextualised to different types of people.

Module Learning Outcomes - at the end of this module, students will be able to:

1	Define the functions and sources of major nutrients.
2	Evaluate the dietary reference values and their application in generating nutritional targets for individuals and groups.
3	Analyse the factors influencing nutritional requirements across the lifespan.
4	Assess the process of fortified food and how these foods are marketed

Assessment

Indicative Assessment Tasks:

This section outlines the type of assessment task the student will be expected to complete as part of the module. More details will be made available in the relevant academic year module handbook.

The students will be required to produce a 4000 word portfolio of work which will define functions and sources of major nutrients, and then evaluate dietary reference values and their application. They will analyse different factors that influence nutritional requirements and critically assess the process of fortified foods, and their related marking strategies. The portfolio will be split into 4 different sections match the learning outcomes.



Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1-4	Portfolio	100%

Derogations

None

Learning and Teaching Strategies

The Active Learning Framework (ALF) will be utilised in the delivery of this module through synchronous and asynchronous content. It will consist of lectures, workshops, seminars, interactive online content and occasional practical sessions. The workshops will support class lectures and enable students to develop communication skills and foster creativity and innovation through the sharing of ideas. Practical sessions will allow students to apply theory to application.

Indicative Syllabus Outline

1. Structure, function and sources of nutrients that influence nutritional status
2. Introduction to dietary reference values
3. Nutritional assessment techniques, data analysis and interpretation for individuals and population groups
4. Links between nutrition, physical activity, body composition and health
5. Social, psychological, cultural and ethical considerations in the application of nutrition
6. Nutritional considerations over the lifespan (pre-conceptual through to elderly)

Indicative Bibliography:

Please note the essential reads and other indicative reading are subject to annual review and update.

Essential Reads

Gibney, M.J., Lanham-New, S.A., Cassidy, A. and Vorster, H.H. (2012), *Introduction to Human Nutrition*. Oxford: Wiley, Blackwell.

Other indicative reading

Food Standards Agency (2015), *McCance and Widdowson's The Composition of Foods*. 7th ed. Cambridge: Royal Society Chemistry.

Gibney, M. (2004), *Public Health Nutrition*. Oxford: Blackwell Science.

Lean, M. (2006), *Food Science, Nutrition and Health*. 7th ed. London: Hodder Education.

Employability – the University Skills Framework

Each module and degree programme are designed to support learners as they develop their graduate skills aligned to the University Skills Framework.



Using the philosophies of the Active Learning Framework (ALF) our 10 skills are embedded within programmes complementing core academic subject knowledge and understanding. Through continuous self-assessment students own their individual skills journey and enhance their employability and career prospects.

This Module forms part of a degree programme that has been mapped against the University Skills Framework.

The Wrexham University Skills Framework Level Descriptors: An incremental and progressive approach.

Learners can use this document to identify where and how they are building skills and how they can develop examples of their success.