

Module specification

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Module Code	NAD402
Module Title	Introduction to Nutrition
Level	4
Credit value	20
Faculty	Social and Life Sciences
HECoS Code	100744
Cost Code	GADT
Pre-requisite module	N/A

Programmes in which module to be offered

Programme title	Core/Optional/Standalone
BSc (Hons) Nutrition and Dietetics	Core
BSc (Hons) Food Science and Technology	Core
BSc (Hons) Nutrition	Core
BSc (Hons) Sport and Exercise Science	Core

Breakdown of module hours

Learning and teaching hours	36 hrs
Placement tutor support hours	0 hrs
Supervised learning hours e.g. practical classes, workshops	0 hrs
Project supervision hours	0 hrs
Active learning and teaching hours total	36 hrs
Placement hours	0 hrs
Guided independent study hours	164 hrs
Module duration (Total hours)	200 hrs

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 within the field of nutritional sciences.

Module Learning Outcomes

At the end of this module, students will be able to:

1	Define the functions and sources of major nutrients.
2	Describe the dietary reference values and their application in generating nutritional targets for individuals and groups.
3	Explain the factors influencing nutritional requirements across the lifespan.
4	Evaluate nutritional status using anthropometric, biochemical and dietary assessment data.

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.

Assessment 1: 3000 word case study.

Assessment number	Learning Outcomes to be met	Type of assessment	Duration/Word Count	Weighting (%)	Alternative assessment, if applicable
1	1 - 4	Coursework	3000 words	100	N/A

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 fieldwork. The workshops will support class lectures and enable students to develop communication skills and foster creativity and innovation through the sharing of ideas. Fieldwork will enable students to research other settings and share their findings with each other.

Welsh Elements

Students are entitled to submit assessments in the medium of Welsh.

Indicative Syllabus Outline

- Structure, function and sources of nutrients, phytonutrients and non-nutritive compounds that influence nutritional status
- Introduction to dietary reference values
- Nutritional assessment techniques, data analysis and interpretation for individuals and population groups
- Links between nutrition, physical activity, body composition and health
- Social, psychological, cultural and ethical considerations in the application of nutrition science
- 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. & Vorster, H.H. (2012). *Introduction to Human Nutrition*. Oxford: Wiley, Blackwell.

Other indicative reading

Department of Health (1991). *Dietary Reference Values for Food, Energy and Nutrients for the UK*. HMSO.

Food Standards Agency (2002). *Food Portion Sizes*. 3rd ed. London: TSO.

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

Gandy, J. (2018). *The Manual of Dietetic Practice*. 6th ed. London: Wiley.

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

Lanham-New, S., McDonald, I. & Roche, H. (2011). *Nutrition and Metabolism*. Oxford: Wiley Blackwell.

Public Health England (on-going). *National Diet and Nutrition Survey (data and reports)*. <https://www.gov.uk/government/collections/national-diet-and-nutrition-survey>

Schoeller, D.A. & Westerterp-Plantenga, M.S. (2017). *Advances in the Assessment of Dietary Intake*. London: Taylor & Francis Group.

Administrative Information

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Initial approval date	31/8/22
With effect from date	September 2022
Date and details of revision	July 2025 – included BSc (Hons) Food Science and Technology, BSc (Hons) Nutrition, BSc (Hons) Sport and Exercise Science programme titles for Sept 2025



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