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<b>Module Code:</b>	SES401
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<b>Module Title:</b>	Introduction to Nutrition
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<b>Level:</b>	4	<b>Credit Value:</b>	20
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<b>Cost Centre(s):</b>	GASP	<b>JACS3 code:</b>	C600
		<b>HECoS code:</b>	100433

<b>Faculty</b>	Social & Life Sciences	<b>Module Leader:</b>	Vicky Davies
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Scheduled learning and teaching hours	36 hrs
Placement tutor support	0hrs
Supervised learning eg practical classes, workshops	0 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
<b>Total contact hours</b>	<b>36 hrs</b>
Placement / work based learning	0 hrs
Guided independent study	164 hrs
<b>Module duration (total hours)</b>	<b>200 hrs</b>

<b>Programme(s) in which to be offered (not including exit awards)</b>	Core	Option
BSc (Hons) Applied Sport and Exercise Sciences	✓	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>

<b>Pre-requisites</b>
None

<b>Office use only</b>	
Initial approval: 01/04/2020	Version no: 1
With effect from: 28/09/2020	
Date and details of revision: 26/05/2022 Derogation added	Version no: 2

**Module Aims**

This module will support students to develop knowledge of the importance of nutrition to human health and performance with introduction of key concepts including: sources and functions of major nutrients, nutritional recommendations for adult 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	Explain the functions and sources of major nutrients
2	Communicate a public understanding of a nutritional science topic
3	Identify appropriate nutritional assessment techniques for individuals and groups
4	Interpret results of practical assessments to inform performance goals

<b>Employability Skills The Wrexham Glyndŵr Graduate</b>	<b>I = included in module content A = included in module assessment N/A = not applicable</b>
<b>CORE ATTRIBUTES</b>	
Engaged	I
Creative	A
Enterprising	A
Ethical	I
<b>KEY ATTITUDES</b>	
Commitment	A
Curiosity	I
Resilient	A
Confidence	I
Adaptability	I
<b>PRACTICAL SKILLSETS</b>	
Digital fluency	A
Organisation	A
Leadership and team working	I
Critical thinking	I
Emotional intelligence	A
Communication	A

### Derogations

Students must pass both elements of assessment at 40% to proceed to level 5.

### Assessment:

Indicative Assessment Tasks:

Assessment 1: **Portfolio** – involves communicating a public understanding of a nutritional science topic, including the development of promotional materials and/or information sources that would be suitable for the UK population. 2000 words equiv.

Assessment 2: **Case Study** – students are required to identify and conduct appropriate nutritional assessments for an adult case and discuss the results with reference to individual requirements and key performance goals. 2000 words equiv.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1 & 2	Portfolio	50%
2	3 & 4	Case Study	50%

### Learning and Teaching Strategies:

The module consists of lectures, workshops and fieldwork. The workshops will support class lectures and enable students to develop communication skills and foster creativity and innovation. The fieldwork will enable students to research other related topics and share their findings with each other.

### Syllabus outline:

Overview of recommendations for macro- & micro-nutrients in adult populations; functions, properties and sources of nutrients; introduction to dietary assessment methods; introduction to food tables; social, cultural and ethical considerations; eating behaviours.

### Indicative Bibliography:

**Essential reading**

**Indicative Bibliography:**

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

Food Standards Agency (2015). *McCance and Widdowson's The Composition of Foods*. 7<sup>th</sup> summary edition. Cambridge: Royal Society Chemistry.

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

McArdle, W.D, Katch, F.I. & Katch, V.L. (2019). *Sports and Exercise Nutrition*. 5<sup>th</sup> Edition. Philadelphia: Wolters Kluwer.

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

**Other indicative reading**

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

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

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