

Module Code:	SPT413
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Module Title:	Introduction to Nutrition
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Level:	4	Credit Value:	20
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Cost Centre(s):	GASP	<u>JACS3</u> code:	C600
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School:	Social & Life Sciences	Module Leader:	Vicky Davies
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Scheduled learning and teaching hours	36 hrs
Guided independent study	164 hrs
Placement	0 hrs
Module duration (total hours)	200 hrs

Programme(s) in which to be offered (not including exit awards)	Core	Option
Bsc Sport, Health and Performance Science	✓	<input type="checkbox"/>
Stand Alone Module		✓

Pre-requisites
None

Office use only

Initial approval: 13/08/2018

Version no: 1

With effect from: 03/09/2018

Date and details of revision:

Version no: 1

Module Aims

This module will support you to develop knowledge of the importance of nutrition to human health and performance introducing key concepts including: nutritional recommendations in terms of energy and nutrients; dietary reference values; and legislative requirements. You will gain an overview of the function and properties of nutrients and the consequences of inadequate intakes.

Intended Learning Outcomes

Key skills for employability

KS1	Written, oral and media communication skills
KS2	Leadership, team working and networking skills
KS3	Opportunity, creativity and problem solving skills
KS4	Information technology skills and digital literacy
KS5	Information management skills
KS6	Research skills
KS7	Intercultural and sustainability skills
KS8	Career management skills
KS9	Learning to learn (managing personal and professional development, self-management)
KS10	Numeracy

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

Key Skills

At the end of this module, students will be able to		Key Skills	
1	Explain the functions and sources of major nutrients and the consequences of inappropriate intakes	KS1	
2	Compare nutritional intakes of individuals to Dietary Reference Values and to place them in the context of a nutritionally adequate diet	KS1	KS10
		KS3	
		KS5	
3	Collect and interpret dietary data using appropriate methods and consider the limitations of the methods used	KS1	
		KS2	
		KS10	
4	Communicate a public understanding of a nutritional science topic	KS1	
		KS2	
		KS3	
		KS4	

Transferable skills and other attributes

Written and communication skills, working individually and in groups, creativity and utilising digital technologies.

Derogations

N/A

Assessment:

Indicative Assessment Tasks:

Assessment 1: **Individual Report**. The students will be required to demonstrate an understanding of dietary assessment methods used within a sport or healthcare setting. They will be required to collect and interpret dietary intake data and explain key findings, outlining implications for performance or health.

Assessment 2: **Group Portfolio**. The students will develop a portfolio of promotional material that can be used to communicate public health messages relating to nutrition. Students will be required to summarise and present their key messages to a specified audience.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)	Duration (if exam)	Word count (or equivalent if appropriate)
1	2 and 3	Report	60		2,500
2	1 and 4	Group Project	40		1,500 (equivalent)

Learning and Teaching Strategies:

The module consists of lectures, workshops and fieldwork. The workshops will support in class lectures and enable students to develop communication skills and foster creativity and innovation. The fieldwork (such as visits to other organisations, supermarkets and/or formal events) will enable students to research other related topics and share their findings with each other.

This module can be undertaken as a stand-alone module within a separate cohort whilst maintaining the same structure, content and teaching strategies.

Syllabus outline:

Overview of dietary reference values for macro & micronutrients; Functions, properties and sources of macro & micronutrients; Introduction to dietary assessment methods; Introduction to food tables; Public health legislation and campaigns.

Indicative Bibliography:

Essential reading

DH (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*. 7th summary edition. Cambridge: Royal Society Chemistry.

Geissler, C. and Powers, H. (2011). *Human Nutrition*, 12th Edition. Edinburgh: Elsevier

Gibney MJ, Lanham-New SA, Cassidy A and Vorster HH *Introduction to Human Nutrition*. Oxford: Wiley-Blackwell.

McArdle, W.D., Katch, F.I. and Katch, V.L. (2015). *Exercise Physiology: Energy, Nutrition and Human Performance*. Philadelphia: Lippincott Williams and Wilkins.

Other indicative reading

Coulter, T.P. (2016). *Food: The Chemistry of its Components*. Cambridge: Royal Society of Chemistry.

Department of Health (2012). *Manual of Nutrition*. London: TSO.

Journals:

Journal of Nutrition

Proceedings of the Nutrition Society

British Journal of Nutrition

Public Health Nutrition

International Journal of Food Sciences and Nutrition

After each taught session students will be informed of further recommended reading to support learning and assessment preparation.