

MODULE SPECIFICATION PROFORMA

<b>Module Title:</b>	Nutrition	<b>Level:</b>	4	<b>Credit Value:</b>	20
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<b>Module code:</b>	CMP408	<b>Is this a new module?</b>	Yes	<b>Code of module being replaced:</b>	CMP403
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<b>Cost Centre:</b>	GACM	<b>JACS3 code:</b>	B300
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<b>Trimester(s) in which to be offered:</b>	2	<b>With effect from:</b>	September 16
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<b>School:</b>	Social & Life Sciences	<b>Module Leader:</b>	Paul Battersby
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Scheduled learning and teaching hours	50 hrs
Guided independent study	150 hrs
Placement	0 hrs
<b>Module duration (total hours)</b>	<b>200 hrs</b>

<b>Programme(s) in which to be offered</b>	Core	Option
BSc (Hons) Acupuncture	✓	<input type="checkbox"/>
BSc (Hons) Complementary Therapies for Healthcare	✓	<input type="checkbox"/>
BSc (Hons) Rehabilitation and Injury Management	✓	<input type="checkbox"/>

<b>Pre-requisites</b>
None

Office use only

Initial approval August 16

APSC approval of modification *Enter date of approval*

Have any derogations received SQC approval?

Version 1

Yes  No ✓

**Module Aims**

The aims of the module are:

1. To develop the student's knowledge of diet and nutrition to enhance the treatment protocol with aftercare guidance: encompassing the physiological and biochemical importance of the macronutrients and micronutrients.
2. To understand what comprises a healthy diet or a poor diet, and how changing diet can affect health.

**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	
1	Describe the dietary components and their process of metabolism.	KS1	KS3
		KS4	KS6
		KS9	KS10
2	Compare and contrast different theoretical approaches to diet and nutrition and review current research into these areas	KS1	KS3
		KS4	KS6
		KS9	
3	Explain dietary disorders and the associated illnesses.	KS1	KS3
		KS4	KS6
		KS9	
4	Assess the dietary needs of clients.	KS1	KS3
		KS4	KS6
		KS7	KS9

5	Educate clients to adopt self-care procedures.	KS1	KS3
		KS4	KS6
		KS7	KS9

Transferable/key skills and other attributes

Ability to communicate well in groups and with others.  
Numeracy calculating BMI and BMR of self and peers  
The ability to compiling and writing reports.  
Engagement in managing their own learning and to see guidance to enhance personal development

***Elements of this module have been designed to match the National Occupational Standards for Nutritional Therapy.***

**Derogations**

Not Applicable

**Assessment:**

**Assessment One:**

The workbook is designed so that the student has the opportunity to reflect on each of the online lessons. It is also aimed at enhancing the students underpinning knowledge of the subject whilst widening their perception of diet and nutrition within the therapeutic environment.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)	Duration (if exam)	Word count (or equivalent if appropriate)
1	1 to 5	Coursework	100%		4,000

**Learning and Teaching Strategies:**

The module will be taught as an online learning module. Throughout the module students will work independently through each of the on-line sessions. Support to students is provided through individual tutorials and an online discussion forum.

**Indicative Syllabus outline:**

The physiological and metabolic use of major and minor nutrients and their roles in maintaining a balanced diet.  
 Dietary disorders, their causes and the ways in which nutritional or pharmacological intervention can help to prevent or treat the disorders.  
 Recognising eating disorders.  
 Orthodox and complementary therapeutic approaches to diet and nutrition and link this to current issues in health care.  
 Understanding vitamins and minerals.  
 Evaluation and process requests for nutritional therapy  
 Understanding and assessing BMR & BMI  
 Prepare to advise and educate the client  
 Enable the client to practise and use the self-care procedures  
 Evaluate the effectiveness and use of the self-care procedures

**Bibliography:**

**Essential reading**

Lanham-New, S., Macdonald, I. and Roche, H. (2010), *Nutrition and Metabolism*. London. John Wiley and Sons.

***This book is available as an e-book. Please note that you will need to be logged in to Athens to access it. It should also be available in print in the library in Edward Llwyd Building, main campus:***

Nelms, M., Long, S and Lacey, K. (2009), *Medical Nutrition Therapy: A Case Study Approach*. 3<sup>rd</sup> ed. Andover: Wadsworth Cengage Learning.

***This book should be available from the library in Edward Llwyd Building, main campus.***

Rolfes, R., Pinna, K. and Whitney, E. (2011), *Understanding Normal and Clinical Nutrition*. 9<sup>th</sup> ed. Andover: Wadsworth Cengage Learning.

***This book should be available from the library in Edward Llwyd Building, main campus.***

**Other indicative reading**

Lewith, G. (2011), *Clinical Research in Complementary Therapies*. 2<sup>nd</sup> ed. London: Churchill Livingstone.

***This book is available as an e-book. Please note that you will need to be logged in to Athens to access it. It should also be available in print in the library in Edward Llwyd Building, main campus:***

Great Britain. Department of Health (2012), *Manual of Nutrition*. 12<sup>th</sup> ed. London: The Stationery Office.

***This book should be available from the library in Edward Llwyd Building, main campus.***

Holford, P. (2010), *The Holford Low-GL Diet Made Easy*. London: Piatkus.

***This book should be available from the library in Edward Llwyd Building, main campus.***

Murray, M. (2002), *Encyclopedia of Nutritional Supplements*. London: Pearson Education.

***This book should be available from the library in Edward Llwyd Building, main campus.***

O'Dea, J. and Eriksen, M. (2010), *Childhood Obesity Prevention*. Oxford: Oxford University Press.

***This book should be available from the library in Edward Llwyd Building, main campus.***

Rich, E., Monaghan, L. and Aphramor, L. (2010), *Debating Obesity*. Basingstoke: Palgrave Macmillan.

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#### **Journals**

Nutrition ***This journal is available as an e-journal. Please note that you will need to be logged into Athens to access it.***

Nutrition and Health ***This journal is available as an e-journal. Please note that you will need to be logged into Athens to access it***