

## 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

### Programmes in which module to be offered

Programme title	Is the module core or option for this programme
BSc (Hons) Nutrition and Dietetics	Core

### Pre-requisites

N/A

### Breakdown of module hours

Learning and teaching hours	36 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
<b>Total active learning and teaching 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>For office use only</b>	
Initial approval date	31/8/22
With effect from date	September 2022
Date and details of revision	
Version number	1

## Module aims

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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

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### 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:** 3000 word case study

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

## Derogations

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A minimum grade of 40% must be achieved to permit progression to level 5. A minimum grade of 40% must be achieved in all assessment components in order to pass the module and progress to level 5

## Learning and Teaching Strategies

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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.

## Indicative Syllabus Outline

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The module will cover the following indicative content:

- 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:

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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.

## **Employability skills – the Glyndŵr Graduate**

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Each module and programme is designed to cover core Glyndŵr Graduate Attributes with the aim that each Graduate will leave Glyndŵr having achieved key employability skills as part of their study. The following attributes will be covered within this module either through the content or as part of the assessment. The programme is designed to cover all attributes and each module may cover different areas.

### **Core Attributes**

Engaged  
Creative  
Ethical

### **Key Attitudes**

Commitment  
Curiosity  
Resilience  
Confidence  
Adaptability

### **Practical Skillsets**

Digital Fluency  
Organisation  
Critical Thinking  
Emotional Intelligence  
Communication