

Module specification

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Module code	NAD 504
Module title	Food Nutrition and Behaviour
Level	5
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	30 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
Total active learning and teaching hours	30 hrs
Placement / work based learning	0 hrs
Guided independent study	170 hrs
Module duration (total hours)	200 hrs

For office use only	
Initial approval date	31/8/22
With effect from date	September 2023
Date and details of revision	
Version number	1

Module aims

To provide an understanding of the bio-psycho-social underpinnings of normal and abnormal eating behaviours, and to enable the development of basic skills in relevant counselling and psychological interventions

Critical appreciation of psychosocial contributions to eating behaviours, individual and societal health

Module Learning Outcomes - at the end of this module, students will be able to:

1	Critically understand the fundamentals sociological determinants of health and their contributions to health and social care settings.
2	Develop a critical awareness of sociological factors influencing health behaviour, with reference to key themes such as culture, ethnicity, gender and age.
3	Critically understand the psychological aspects of normal and disordered eating practice and their relation to health and disease, with particular reference to models of health beliefs, the effects of personality, group dynamics and aspects of counselling
4	Demonstrate a critical understanding of the theories of motivation and behaviour change and helping strategies such as counselling, motivational interviewing and cognitive behavioural techniques

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: 1500 word essay

Assessment 2: 1500 word psychology case study

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1-2	Coursework	50%
2	3-4	Coursework	50%

Derogations

A minimum grade of 40% must be achieved in all assessment components in order to pass the module and progress to level 6

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, seminars, interactive online content, practical demonstrations and activities. Practical sessions provide the opportunity to gain experience with different population groups across a range of settings and will support lectures, enabling students to develop applied skills and foster creativity and innovation through the sharing of ideas.

Indicative Syllabus Outline

The module will cover the following indicative content:

Overview of psychological and sociological contributions to health, lifestyle, and the impact of long-term health conditions

Theories of human behaviour and the psychological underpinning of health behaviour

The associations between physical and mental health

The psychology of eating behaviour, including normal and disordered eating.

Introduction to health psychology, specifically examining factors that affect health behaviours (social cognition models of health, personality factors, motivation, interpersonal communication and group dynamics)

An overview of research methods commonly used in sociology and psychology, including both quantitative and qualitative methods

Practical skills in behavioural change including counselling skills, motivational interviewing, cognitive behavioural techniques, health promotion, and health education to resolve barriers in communication (including telehealth and assistive technologies)

Review of socio-cultural factors related to food and eating, including the impact of culture, class, ethnicity, gender, deprivation.

Indicative Bibliography:

Please note the essential reads and other indicative reading are subject to annual review and update.

Essential Reads

Germov, J. & Williams, L. (2016). *A Sociology of Food and Nutrition: The Social Appetite*. Oxford.

Ogden, J. (2019). *Health Psychology* (6th ed). Mcgraw-hill.

Other indicative reading

Annandale, E. (2014). *The Sociology of Health and Medicine: A Critical Introduction*, (2nd Ed). Polity Press.

Ayora-Diaz. (2021). *The Cultural Politics of Food, Taste, and Identity: A Global Perspective*. Bloomsbury.

Gable, J. (2016). *Counselling Skills for Dietitians* (3rd ed). Wiley-Blackwell.

Mason, P. (2018). *Health Behavior Change: A Guide for Practitioners*, 3rd ed. Elsevier.

Miller, W & Rollnick, S. (2012). *Motivational Interviewing: Helping People Change (Applications of Motivational Interviewing)*. Guildford Press.

Ogden, J. (2010). *The psychology of eating* (2nd ed). Wiley-blackwell.

Russell, L. (2013). *Sociology for Health Professionals*. Sage Publications.

van Teijlingen, E, & Humphris, G. (2019). *Psychology and Sociology Applied to Medicine*, (4th Ed). Elsevier.

Employability skills – the Glyndŵr Graduate

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