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| 4103SSLNSemester 1*Nutrition* | Advanced Learning Skills(10c) | *Aim:*To develop students as independent and reflective learners; able to take responsibility for their own performance, learning and actions within the context of their future profession. To enable students to develop a broad range of effective academic skills. | *Learning activities:*Activities will be student centred and facilitate group and individual work, through workshops and seminars. Material from other modules in the programme will form the basis of some of the activities where students will reflect on feedback from peers and tutors. Support for Personal Development Planning will be built into the module encouraging self-evaluation and personal action planning. | *Assessment:*Portfolio (80%) Self Awareness Statement (20%) |
| 4105SSLNSemester 1*Nutrition* | Principles of Human Nutrition(20c) | *Aim:*This module will help you develop knowledge of the importance of nutrition to human health introducing the subject of nutritional recommendations in terms of energy and nutrients. You will gain an overview of the function and properties of nutrients and the consequences of inadequate intakes. | *Learning activities:*The module consists of lectures, workshops and Blackboard discussion boards. The workshops will support in class lectures and enable students to develop analytical and research skills. The Blackboard discussion boards will enable students to research other related topics and share their findings with each other. | *Assessment:*Report (50%) Exam (50%) |
| 4106SSLNSemester 1*Nutrition* | Nutrition Today(20c) | *Aim:*This module aims to introduce students to the ideas, issues and current landscape of nutrition | *Learning activities:*The module will be run through interactive student centred workshops which are designed to encourage thinking and discussion of the issues surrounding nutrition today. | *Assessment:*Portfolio (100%) |
| 4109SSLNSemester 1*Nutrition* | Food Studies(10c) | *Aim:*The module aims to introduce the subject of Food Studies from a theoretical and practical perspective to enable students to apply basic skills and knowledge to the practical preparation of food commodities | *Learning activities:*The module will use a combination of lectures and practical sessions | *Assessment:*Exam (100%) |
| 4111SSLNSemester 1*Nutrition* | Introduction to Sport & Nutrition for Health 1(20c) | *Aim:*To provide an introduction to the topic area of Sport and Nutrition for Health. To examine operational definitions and to set them into a theoretical context. To ensure students are aware of and understand the factors that may influence people's activity and eating behaviours as well as the recommended requirements for both activity and nutritional needs in relation to health. | *Learning activities:*Students will participate in lectures and seminars throughout the module. They will work as groups and individuals to investigate the area of sport, nutrition and health. Students will engage in tutorials and activities will be student centred. | *Assessment:*Presentation (20 Minutes) (100%) |
| 5102SSLNSemester 1*Nutrition* | Nutrition in the Lifecycle(20c) | *Aim:*This module will establish the scientific basis of human nutrition and develop relevant practical skills. Nutritional recommendations are translated into practical application and practical menu plans. | *Learning activities:*The module is taught via lectures, workshops and practical sessions. Workshops/Practical sessions will be used to expand on material covered by the lecture. You will be expected to contribute and this may involve researching material prior to/during the workshop and bring what you have found to share with the group. Please be prepared to contribute to the discussion. | *Assessment:*Report (60%) Report (40%) |
| 5103SSLNSemester 1*Nutrition* | Food and the Media(20c) | *Aim:*This module aims to introduce students to the major aspects of food and the media including television, social media, blogs, magazines and events. It allows students to develop practical and visual communication techniques and strategies to present food for the media and to evaluate the effectiveness of different media platforms | *Learning activities:*Practical development sessions, Lectures, Guest speakers | *Assessment:*Artefact (50%) Presentation (50%) |
| 5109SSLNSemester 1*Nutrition* | Physiology & Nutrition for Performance(20c) | *Aim:*The aim of this module is to assess the needs of athletes in terms of nutritional requirements, body composition and specific strategies that would lead to enhanced sporting performance. | *Learning activities:*The module consists of lectures, practicals, workshops and Blackboard tasks/discussion boards. The practicals and workshops will support in class lectures and enable students to develop analytical and research skills. The Blackboard tasks/discussion boards will enable students to research other related topics and share findings with each other. | *Assessment:*Portfolio (100%) |
| 5469SSLNSemester 1*Nutrition* | Methods of Enquiry(20c) | *Aim:*This module will enhance students' understanding of the research process and related methodological approaches whilst also developing their knowledge and skills to complete investigations involving primary data collection, analysis and interpretation. | *Learning activities:*This module is designed to equip students with the skills required for the final year project/dissertation in level 6 but it will also prepare them for 'real world' research that students will face in the workplace. The module is designed to provide students with an understanding of different types of research that are relevant to the area of study. Students will gain an understanding of different research approaches and analysis methods that will allow them to make decisions about their final year dissertation. The tools and techniques taught in this module will contribute to developing students' research and critical analysis skills which are needed across the programme. Lectures comprising a combination of computer-based and classroom-based learning plus seminars will be delivered. | *Assessment:*Portfolio (100%) |
| 6016SSLNSemester 1*Nutrition* | Enterprise & Entrepreneurship for Tourism(20c) | *Aim:*To develop an understanding of the concepts of entrepreneurship and business enterprise. To introduce the principles of setting-up a small business or social enterprise. | *Learning activities:*Students will work individually on their chosen business idea. They will present their business idea to a panel of tutors and they will receive feedback from their presentation which will inform the subsequent development of an assessed businessplan | *Assessment:*Business Plan (70%) Individual Pitch (30%) |
| 6101SSLNSemester 1*Nutrition* | Product Development(20c) | *Aim:*Students will demonstrate a systematic understanding of the commercial food development life cycle process from concept generation, product launch and post market maintenance. | *Learning activities:*Lectures and practicals. Practical work will allow students to work collectively to develop understanding of important food-related product development methodologies, help develop analytical and critical thinking, and develop report writing skills. Student practicals will require students to apply their understanding of food processing operations to specific foods, critically evaluating the effects of such processing operations orally to small groups of fellow students. | *Assessment:*Presentation (50%) Report (50%) |
| 6104SSLNSemester 1*Nutrition* | Food Biotechnology and Advanced Food Science(20c) | *Aim:*Students will evaluate biotechnical and advanced food science methods used to analyse food for technical and nutritional purposes. Students will investigate and analyse current issues surrounding food biotechnology and advanced food science including enzymes, microbiology, bio-fermentation and genetic engineering in food production. | *Learning activities:*Lectures, practicals, and student-led seminars. Group-based practical work will allow students to work collectively to develop understanding of important food-related experimental methodologies, help develop analytical and critical thinking, and develop report writing skills. Student-led seminars will require students to apply their understanding of food processing operations to specific foods, critically evaluating the effects of such processing operations orally to small groups of fellow students. | *Assessment:*Report (60%) Presentation (40%) |
| 6105SSLNSemester 1*Nutrition* | Health Epidemiology(20c) | *Aim:*This module aims to develop an understanding and basic skill in epidemiological methods as applied to nutrition and public health in a national and international setting, in particular in the areas of epidemiological concepts, measures, research designs and interpretation. | *Learning activities:*The module will be delivered by means of lectures and workshops. Students will participate in group discussions based around material presented in the lectures using prescribed reading and case studies. | *Assessment:*Essay (100%) |
| 6111SSLNSemester 1*Nutrition* | Applied Practice in Sport and Nutrition for Health(20c) | *Aim:*The aim of this module is to develop a critical awareness of the physical activity evidence base, strategies, policies and initiatives and their application in the area of public health and health improvement . | *Learning activities:*Many of the elements of this module will be explored in class based lectures, seminars and tutorials. However there will be an element of independent study. Activities will be student centred .Seminars will support students in the application of their knowledge in developing their views in the area. This may be supported through the seminars hosting 'masterclass' sessions by current practitioners | *Assessment:*Essay (40%) Presentation (60%) |
| 6113SSLNSemester 1*Nutrition* | Clinical Nutrition(20c) | *Aim:*To understand the relationship between nutrition, pathology and clinical outcomes for selected disorders and the value of therapeutic nutrition. This module examines the role of nutrition in the treatment and outcome of a variety of disorders. It examines the theory of dietary change and nutritional support. | *Learning activities:*The module is taught via lectures, practical sessions and workshops. Practicals and workshops will be used to expand on material covered by the lecture. You will be expected to contribute and this may involve researching material prior to/during the practical/workshop and bring what you have found to share with the group. Please be prepared to contribute to the discussion. You will need to bring your white kitchen/lab coats to the practical sessions as they will involve food preparation or lab work. | *Assessment:*Report (50%) Exam (50%) |
| 6117SSLNSemester 1*Nutrition* | Nutrition - Future Challenges(20c) | *Aim:*To attain a high-level understanding of the future development of nutrition as a discipline and to experience presenting nutritional science to a wide audience. | *Learning activities:*There will be guest speakers an in-house lectures to introduce the key areas. Seminars will be held on each topic for more in depth discussion, critical analysis and evaluation. Activities will be student-centred and will enable students to work individually and in groups to investigate the topics further and to discuss and practice science communication. Students will be given the opportunity to select from a range of workshops to attend, depended on the focus of their assessment tasks. | *Assessment:*Group Presentation (20%) Article (80%) |
| 6118SSLNSemester 1*Nutrition* | Contemporary Practice in Nutrition(20c) | *Aim:*To develop a high level understanding of contemporary topics in nutrition. | *Learning activities:*Modules taught by lectures and workshops. Workshops will be used to expand on lecture material and develop criticality. Students will be expected to contribute and this may involve researching material prior/during the workshop and sharing findings with the group. | *Assessment:*Review Article (100%) |
| 7012SSLNSemester 1*Nutrition* | Promoting Events(10c) | *Aim:*The aim of the module is to equip students with the theoretical knowledge and practical skills needed to promote a live event. | *Learning activities:*There will be a series of lectures and small group activities. Students will also have the opportunity to have one-to-one tutorials to support the development of the e-portfolio assessment. | *Assessment:*E-Portfolio (100%) |
| 7301SSLNSemester 1*Nutrition* | Population Nutrition(20c) | *Aim:*The module provides an understanding of the nutritional requirements of population groups throughout the life-course, considering the nutritional needs of mothers and infants; children and adolescents; as well as adults and the aging population. The module will also provide an understanding of current dietary guidelines (how they are derived, and why they might vary for different population groups or different global regions). The module will also identify different international nutrition priorities and look at how public health nutrition intervention strategies can be designed, implemented and evaluated. | *Learning activities:*Formal lectures provide an introduction to the main topics and themes being introduced in this module. Seminar and online materials are designed to encourage critical thinking and critical discussion; whilst work-related case studies and placements will support the development and evaluation of public health nutrition interventions in practice. | *Assessment:*Report (60%) Poster (40%) |
| 7304SSLNSemester 1*Nutrition* | Professional Practice in Nutrition(10c) | *Aim:*The module studies the practical techniques of nutritional assessment, advanced communications skills and aspects of the promotion of healthier eating (from an individual and community perspective). It relates health policy to community initiatives and emphasises the complexity of achieving dietary changes and the need for evaluation. | *Learning activities:*Formal lectures provide an introduction to the main topics and themes being introduced in this module. Workshops and online materials are designed to encourage practical and communication skills and critical discussion of the issues surrounding the translation of healthy eating messages into practical advice. | *Assessment:*Role Play (100%) |
| 4102SSLNSemester 2*Nutrition* | Introduction to Food & Nutritional Science(20c) | *Aim:*This module aims to provide students with an introduction to key aspects of human biology (anatomy and physiology) needed to support further study of human nutrition; as well as an introduction to key aspects of the physical sciences (particularly organic chemistry) needed for the further study of food science, food chemistry and human nutrition. | *Learning activities:*The module consists of lectures, practicals and workshop sessions. The practical sessions are designed to develop lab-based skills, workshop sessions are designed to help support students develop data analysis and report writing skills. | *Assessment:*Report (60%) Exam (40%) |
| 4108SSLNSemester 2*Nutrition* | Nutrition & Exercise Physiology(20c) | *Aim:*To introduce students to physiology in relation to nutrition and exercise. | *Learning activities:*Lectures and laboratory practical sessions will be the main form of student learning activities, but use of Blackboard with blended learning including quizzes, problem solving will be incorporated. Students will be required to carry out a series of practicals (linked to an overall project) designed to investigate techniques used in the measurement of physiological parameters associated with human nutrition and exercise. | *Assessment:*Exam (50%) Report (50%) |
| 4110SSLNSemester 2*Nutrition* | Society, Health & Behaviour(20c) | *Aim:*To provide an introduction to behavioural, social, cultural, political, psychological and environmental issues associating to behaviours related to food choices and health preferences and practices. | *Learning activities:*The module will be delivered by means of lectures followed by workshops. Here students will participate in small group discussions based around material presented in the lectures using prescribed reading and case studies. | *Assessment:*Essay (50%) Exam (50%) |
| 4112SSLNSemester 2*Nutrition* | Introduction to Sport & Nutrition for Health 2(20c) | *Aim:*This module aims to give students an understanding of processes of good practice in sport and nutrition community based delivery. It aims to introduce students to working and delivering. | *Learning activities:*In this module students will undertake work-related learning that exemplifies the theory delivered through lectures and seminars. This will enable the assessment to consider both the theoretical underpinning and the practice of the processes within sport and nutrition for health. | *Assessment:*Report (60%) Reflection (40%) |
| 4114SSLNSemester 2*Nutrition* | Understanding Theories & Practice of Sport and Nutrition for Health(20c) | *Aim:*Introduce students to psychological, sociological and physiological theoretical and methodological frameworks of sport, physical activity/exercise and nutrition. Encourage students to think in an informed and critical way about the role and impact of sport, physical activity and nutrition related behaviours from these theoretical perspectives. The module also aims to give students an understanding of good practice in a community based setting. | *Learning activities:*This module will be taught in Lectures and in smaller group seminars that could include, practicals, IT support sessions, group-work, the use of discussion boards and debates. | *Assessment:*Report (40%) Essay (60%) |
| 4115SSLNSemester 2*Nutrition* | Food Web(20c) | *Aim:*This module enables students to understand the structure and size of the global food industry. The module also introduces models of consumer behaviour and how these can be applied to the food consumer. The mechanics of food marketing (including how this impacts on consumer behaviour) are also introduced to students | *Learning activities:*These include lectures as well as seminar and workshop activities. The seminar and workshop activities enable more critical group discussion on the topics introduced in the lecture sessions. Guest speakers from industry contribute to the delivery of this module. | *Assessment:*Presentation (100%) |
| 5005SSLNSemester 2*Nutrition* | Business Events(20c) | *Aim:*To provide students with an insight into the business event sector. | *Learning activities:*Lectures and workshops | *Assessment:*Short Report (30%) Report (70%) |
| 5007SSLNSemester 2*Nutrition* | Business Ethics(20c) | *Aim:*To examine the theories and practices of business ethics in national and global contexts and provide an awareness of the relevance and importance of business ethics in a global economy. | *Learning activities:*The module will be delivered by means of interactive, discussion-focused lectures and case studies. | *Assessment:*Portfolio (50%) Report (50%) |
| 5104SSLNSemester 2*Nutrition* | Product Development 1(20c) | *Aim:*The module aims to introduce the subject of new food product development. The main emphasis will be on the roles of ingredients, the constraints imposed by scaling up recipes, the nutritional integrity of products, marketing opportunities and current developments in food | *Learning activities:*The module will use a combination of lectures and practical sessions | *Assessment:*Essay (40%) Report (60%) |
| 5107SSLNSemester 2*Nutrition* | Nutrition & Exercise Biochemistry(20c) | *Aim:*To extend students’ knowledge of biochemistry in relation to nutrition and exercise. | *Learning activities:*Lectures and laboratory practical sessions will be the main form of student learning activities, but use of Blackboard with blended learning including quizzes, problem solving will be incorporated. Students will be required to carry out a project designed to investigate the effect of nutrition and exercise on a biochemical marker. | *Assessment:*Report (50%) Exam (50%) |
| 5108SSLNSemester 2*Nutrition* | Food and Health Politics and Policy(20c) | *Aim:*This module aims to foster an understanding of the regulation of the food industry, and the dynamics of the health policy processes at both national and international levels. This will include the rationale for government intervention and the impact of policy. Following the module, students should be able to critically appraise current and proposed food and health policy. | *Learning activities:*The module will be delivered by means of lectures and workshops. Students will participate in group discussions based around material presented in the lectures using prescribed reading and case studies. | *Assessment:*Essay (60%) Exam (40%) |
| 5110SSLNSemester 2*Nutrition* | Eating Behaviours & Appetite(20c) | *Aim:*For the student to comprehend the extent of the interdisciplinary nature of eating behaviour and appetite; to know how this might affect an individual’s relationship with food, to be able to discuss the consequential health implications of dysfunctional eating; and demonstrate a knowledge of how health professionals may attempt to heal a dysfunctional relationship with food. | *Learning activities:*The module will be delivered by means of lectures followed by workshops. Here students will participate in small group discussions based around material presented in the lectures using prescribed reading and case studies. | *Assessment:*Essay (50%) Exam (50%) |
| 5113SSLNSemester 2*Nutrition* | Physical Activity Across the Lifecycle(20c) | *Aim:*The aim of this module is to examine the role of sport and physical activity in relation to health across the lifespan (from childhood to old age). | *Learning activities:*Students will participate in lectures and workshops throughout the module. Activities will be student-centred and will enable participants to work individually and in groups to investigate the field of sport, physical activity and health. | *Assessment:*Essay (60%) Presentation (40%) |
| 5114SSLNSemester 2*Nutrition* | Health Improvement(20c) | *Aim:*The module will introduce students to the theoretical concept of health promotion and practical evidence based health improvement principles that could be used to elevate the health status of individuals and communities and enable people to have more control over their health behaviour choices. | *Learning activities:*Lectures. Experiential and skills building exercises with opportunities for feedback and coaching. Discussions and debates. During the module health attitudes and beliefs will be evaluated and to examine how individual practitioner behaviours may assist or undermine engagement and behaviour change in client groups. The module also provides opportunities to practise the skills involved in evidence based approaches, such as motivational interviewing. Formal lectures serve to map the module syllabus and indicate the level of study required. This develops the students' skills in listening and processing technical information. The students are encouraged to interact during the lectures; to question, to express opinions and to influence the content. Thus the distinction between lecture/seminar and workshop is not rigid. Distinct workshops are held to enable students to work in small groups to analyse policies and behaviour, debate issues and suggest solutions to problem set. Students are strongly encouraged to discover information for themselves and take responsibility for their own learning making full use of the LRC. A significant proportion of this module is through participation & attendance at a WBL placement that meet the student's individual needs | *Assessment:*Portfolio (100%) |
| 6102SSLNSemester 2*Nutrition* | Work Related Learning(20c) | *Aim:*This module aims to provide students with an opportunity to gain insight and to experience selected areas of the programme of study from a work related learning perspective; to develop the process of making links between placement experiences and theoretical studies; to develop and practice world of work skills to increase self-awareness and employability in an area relevant to their future career choices. | *Learning activities:*The majority of this module is spent out on placement. Students will be placed with an agency where they will be required to understand the working of the agency .Students will be required to work independently and as part of a team, managing time and setting their own objectives. Lectures and seminars will help to develop high level graduate skills. Guest speakers from various industries will support the theory. | *Assessment:*Report (20%) Presentation (80%) |
| 6114SSLNSemester 2*Nutrition* | Advanced Topics in Sport, Food & Nutrition for Health(20c) | *Aim:*To develop a high level understanding of problems, solutions in sport, physical activity, food and nutrition in relation to health outcomes. | *Learning activities:*Student will participate in workshops throughout the module. Real life problems will be presented in order to find sustainable, achievable solutions suitable for the current climate. Activities will be student-centred and will enable participants to work individually and in groups to investigate the field of sport , physical activity, nutrition and health. | *Assessment:*Portfolio (100%) |
| 7010SSLNSemester 2*Nutrition* | International Event Studies(20c) | *Aim:*To equip students with a theoretical understanding of international event studies. | *Learning activities:*There will be a series of lectures with discussion/student led debates built in. Students will also have the opportunity to have one-to-one tutorials to support the development of the assignment with formative feedback exercises built into this. | *Assessment:*Annotated Bibliography (10%) Essay (90%) |
| 7302SSLNSemester 2*Nutrition* | Food Chain, Sustainability and Health(10c) | *Aim:*The module provides knowledge and understanding of the global food supply chain and its impact on food choice, nutrition, health and the environment. The module introduces the main staple foods and food commodities; an overview of the structure of global food supply chain (including primary production, food processing & manufacturing, food distribution and food retail);; an understanding of the political and ethical issues of food production and supply; as well as issues associated with food sustainability. | *Learning activities:*Formal lectures provide an introduction to the main topics and themes being introduced in this module. Seminar and online materials are designed to encourage critical thinking and critical discussion of the political and ethical issues surrounding the sustainable production of safe, nutritious and healthy foods. | *Assessment:*Exam (100%) |
| 7303SSLNSemester 2*Nutrition* | Nutritional Science(20c) | *Aim:*To discuss advancements in nutritional science in health and disease. | *Learning activities:*Lectures, practicals and guest speaker seminars will be the main form of student learning activities, but use of Blackboard with blended learning including suggested reading and critical review of peer reviewed research will be incorporated. Students will be required to write a grant application that would advance nutritional science. | *Assessment:*Presentation (30%) Grant Application (70%) |
| 4101SSLNYearlong*Nutrition* | Advanced Learning Skills(20c) | *Aim:*To develop students as independent and reflective learners; able to take responsibility for their own performance, learning and actions within the context of their future profession. To enable students to develop a broad range of effective academic skills. | *Learning activities:*Activities will be student centred and facilitate group and individual work, through tutorials and seminars. Material from other modules in the programme will form the basis of some of the activities where students will reflect on feedback from peers and tutors. Support for Personal Development Planning will be built into the module encouraging self-evaluation and personal action planning. The module will contribute to the World of Work. | *Assessment:*Portfolio (90%) Self Awareness Statement (10%) |
| 6100SSLNYearlong*Nutrition* | Research Project(40c) | *Aim:*To rigorously investigate an issue relevant to the programme of study | *Learning activities:*Many of the elements of this module will be explored in Lectures, Seminars and ICT software demonstrations. Students will be offered individual consultations and tutorials. | *Assessment:*Dissertation (85%) Presentation (15%) |