Module Specification

Module Summary Information

1	**Module Title**	Principles of Human Physiology and Nutrition
2	**Module Credits**	20
3	**Module Level**	4
4	**Module Code**	HSC4096

5	**Module Overview**

This module will provide you with the foundation knowledge and understanding of human physiology and the different physiological systems in the body; their structure, function and relationship to nutrition, health and disease. The role of diet and nutrition in influencing and affecting physiological and biochemical functions of the body will be also explored.

Participating in scholarly activity as part of this module will enable you to develop independent learning skills. The practical laboratory sessions and tutorials will introduce you to the latest technologies and applied testing required in your future career. You will develop practical laboratory and transferable skills and be able to work both independently and as a team member to carry out tasks and solve problems effectively and efficiently.

6	**Indicative Content**

This module will enable you to gain a comprehensive understanding of the scientific principles of human physiology which are fundamental to the study of food and nutrition sciences. The module places a strong emphasis on the structure and physiological function of the human body, its relation to health and diseases, and how the nutrients and non-nutrients impact on cell, tissue and organ function.

You will explore a number of physiological systems and processes which regulate human health and diseases. Understanding how the body functions and the impact of nutrients on homeostasis in maintaining the above systems is crucial to food and nutrition scientists.

7	**Module Learning Outcomes** **On successful completion of the module, students will be able to:**	
	1	Demonstrate an understanding of the structure and function of different physiological systems in the human body which govern health and diseases.
	2	Describe the impact of diet and nutrition on body functions and physiological systems.
	3	Recognise the role of energy, enzymes and hormones on physiological & biochemical pathways.
	4	Review and analyse laboratory data relevant to nutrition and physiology.

8	**Module Assessment**		
Learning Outcome			
	Coursework	**Exam**	**In-Person**
1-4			**x**

9	Breakdown Learning and Teaching Activities
Learning Activities	**Hours**
Scheduled Learning (SL) includes lectures, practical classes and workshops, peer group learning, Graduate+, as specified in timetable	50
Directed Learning (DL) includes placements, work-based learning, external visits, on-line activity, Graduate+, peer learning, as directed on VLE	Between 50-60
Private Study (PS) includes preparation for exams	Between 90-100
Total Study Hours:	200