

Module Specification

Module Summary Information

1	Module Title	Nutrition and Development
2	Module Credits	20
3	Module Level	5
4	Module Code	HSC5106

5	Module Overview
<p>This is a core module of the programme which will assist with developing your knowledge and understanding of the nutritional requirements for individuals and populations and the role of nutrition in health and disease. The module looks to build on your ability to be effective, confident, and creative in providing advice. It will also help you promote health and create professional and effective solutions to individuals across their life cycle. You will become more proficient at effective nutritional assessment, menu planning and diet modifications. In addition, you will have greater confidence in leading a culture of change in eating habits, healthy consumption patterns and support the correct food choices and recommendations. This module addresses the need for sensitivity to cultures and diversity and help develop you to work effectively in partnership with individuals, communities, industry and the public health sector.</p>	

6	Indicative Content
<p>This module provides you with a detailed study of the changes in nutritional requirements through the human lifecycle. You will explore the role of diet and nutrition in supporting growth, development and health at each life stage and highlight the potential influence of early diet and food choices on health throughout the lifespan. You will gain an understanding of differing nutritional requirements of individuals at all stages of life from pre-conception to old age and gain an insight into health consequences of poor diets and the links with diseases.</p>	

7	Module Learning Outcomes
<p>On successful completion of the module, students will be able to:</p>	
	1 Demonstrate an understanding of the dietary guidelines, nutritional requirements, the biochemical and physiological changes in individuals at different stages of life.
	2 Critically discuss the importance of nutrition in human health, growth and development.
	3 Evaluate key theories and models of food psychology, behaviour change, and factors which influence food choice and dietary habit implications for nutrients intake.
	4 Explain how an understanding of scientific evidence can be used to make dietary recommendations, and how these can be applied in different population groups.

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	40-50
Private Study (PS) includes preparation for exams	100-110
Total Study Hours:	200