

Module Specification

Module Summary Information

1	Module Title	Applied Human Nutrition
2	Module Credits	20
3	Module Level	5
4	Module Code	HSC5107

5	Module Overview
<p>In line with the overall programme philosophy and aims, this module will provide you with a comprehensive insight into specific diet related diseases and conditions currently affecting populations across the globe. You will be encouraged to be open minded and sensitive to cultures and communities and engage collaboratively and independently when dealing with these concerns. The module will develop you to be health and customer focused, flexible and competent, adaptable, and to have a global perspective with regards nutrition and disease management, particularly when supporting individuals, populations, industry and the public sector.</p> <p>The module will assist you to embrace changes in the modern world with your professionalism; especially when you debate, research, implement, influence and lead change. You will be supported to be creative, forward thinking, and a problem solver in tackling these public health concerns and issues. You will be able to carry out nutritional assessments, menu planning, dietary analysis and modifications and effectively participate in the implementation of nutritional interventions and health promotion initiatives. The module will expose you to the latest developments, theory, trends, research and legislations, ensuring you have the knowledge to be an effective practitioner.</p>	

6	Indicative Content
<p>This module will provide you with a balanced perspective of the current issues and conditions in nutrition which impact on diet, health and diseases. You will be introduced to theory and practice in nutritional assessments, protection, promotion, and interventions that are currently used in tackling health and disease. You will explore how nutrition may be used as prevention and treatment measures and how diet can be employed to control and affect individuals who have a diet-related condition. Additional aspects of nutrition, such as the effect of nutrition on bone, oral health, impact on the immune system diet and genetics will be explored.</p>	

7	Module Learning Outcomes
On successful completion of the module, students will be able to:	
1	Appraise the relationship between nutrition, health and diseases.
2	Discuss strategies and interventions used in the prevention and treatment of diet related health conditions.
3	Critically review the scientific literature to articulate a holistic approach to relevant health issues and conditions.
4	Analyse the role of nutrition on specific aspects of the human body.

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 60-80
Private Study (PS) includes preparation for exams	90-100
Total Study Hours:	200