Module Specification

Module Summary Information

1	**Module Title**	Applied Exercise Nutrition
2	**Module Credits**	20
3	**Module Level**	5
4	**Module Code**	SPN5000

5	**Module Overview**

This module will consider the link between nutrition, dietetics and health. You will be able to empirically study the effect of nutritional strategies on acute and chronic health issues (e.g. obesity, type II diabetes, CVD etc.) and consider the efficacy of the nutritional strategies to manage these issues in reference to contemporary research.

The module is underpinned by the application of nutrition concepts and theory to an applied health nutrition and exercise environment. It provides the essential knowledge base to work as an applied practitioner within health and exercise settings and will serve as ideal preparation for the “Sport & Exercise Nutrition Placement” and “Professional Practice in Sport & Exercise Nutrition” modules where you will have the opportunity to work with clients who have specific clinical issues.

6	**Indicative Content**

- Contemporary Nutrition-related Clinical Issues
- Cardiovascular Disease
- Type II Diabetes
- Obesity
- Mental Health & Disordered Eating
- Functional Foods & Nutrient Interactions
- Role of Physical Activity in Disease Prevention

7	Module Learning Outcomes On successful completion of the module, students will be able to:	
	1	Appraise the evidence base for the role of diet and clinical nutrition in maintaining health across a range of populations.
	2	Propose appropriate interventions for diet-induced and related illnesses.

8	Module Assessment		
Learning Outcome			
	Coursework	Exam	In-Person
1, 2	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	34
Directed Learning (DL) includes placements, work-based learning, external visits, on-line activity, Graduate+, peer learning, as directed on VLE	72
Private Study (PS) includes preparation for exams	94
Total Study Hours:	200