

Module Specification

Module Summary Information

1	Module Title	Nutrition Referral and Behaviour Change
2	Module Credits	20
3	Module Level	6
4	Module Code	SPN6001

5	Module Overview
<p>This module aims to develop your understanding of nutritional referral and long-term behaviour change. As a nutrition professional, it is essential that you are able to act within the limits of your knowledge, skills and experience and if necessary, refer your client on to another professional. Additionally, by understanding the multi-dimensional factors that influence long-term adherence to healthy eating, you will be well-placed to ensure you are able to provide effective nutrition support.</p> <p>This module will also consider topics which are highly contemporary within the field of sport & exercise nutrition. You will have the opportunity to explore the latest scientific evidence and work with real-life case studies to ensure you are well-placed to support a whole range of different clients. This module will constantly evolve to discuss and evaluate the most relevant debates within the industry and so, as a final year module, offers key employability skills in these emerging areas.</p>	

6	Indicative Content
<p>Barriers to optimal nutrition intake Models of behaviour change & strategies to promote long-term adherence Contemporary Topics in Sport & Exercise Nutrition FODMAPS Intolerances The Vegan Athlete Supporting an International Athlete</p>	

7	Module Learning Outcomes	
	On successful completion of the module, students will be able to:	
	1	Explain nutrition referral pathways and the role of nutritional referral within primary health care and elite sport.
	2	Summarise the signs, symptoms and pathology of specific nutrition-related conditions and appraise the risks associated with suboptimal nutritional intake.
	3	Critically appraise the benefits of engaging with nutrition referral for those with a range of health conditions and/or sports performers.

8	Module Assessment		
Learning Outcome			
	Coursework	Exam	In-Person
1, 2, 3	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		36
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		92
Total Study Hours:		200