

MODULE DESCRIPTOR

Module Title

Nutrition Through The Life Span

Reference	AS2013	Version	2
Created	August 2021	SCQF Level	SCQF 8
Approved	June 2018	SCQF Points	15
Amended	August 2021	ECTS Points	7.5

Aims of Module

To provide students with an understanding of the metabolic demands, nutritional requirements and portion sizes at key stages throughout life, considering current guidelines and practice to achieve these.

Learning Outcomes for Module

On completion of this module, students are expected to be able to:

- 1 Explain the nutritional requirements throughout the stages of the life span including factors which affect food choice, preparation and dietary manipulation.
- 2 Understand the policies and guidelines to improve health outcomes and reduce health inequalities through the life span.
- 3 Apply knowledge of nutrients, energy content of foods and drinks, nutritional requirements, and standard portion sizes through the life span.

Indicative Module Content

Nutritional requirements throughout the life span: pre-conceptual, foetal life, pregnancy, lactation, infancy, childhood, adolescence, adulthood, ageing and senescence. Factors affecting nutritional requirements, food choice, preparation and dietary manipulation including: physiological and metabolic changes, age, gender, socioeconomics circumstances, psychology, beliefs, ethnicity, religion, culture, lifestyle, food sustainability and physical activity. Public health, health inequalities, health outcomes, UNICEF, WHO. Guidelines.

Module Delivery

Theoretical material is delivered by lectures and web based materials, supported by tutorials and practical sessions

Indicative Student Workload	Full Time	Part Time
Contact Hours	36	N/A
Non-Contact Hours	114	N/A
Placement/Work-Based Learning Experience [Notional] Hours	N/A	N/A
TOTAL	150	N/A
Actual Placement hours for professional, statutory or regulatory body		

ASSESSMENT PLAN

If a major/minor model is used and box is ticked, % weightings below are indicative only.

Component 1

Type:	Examination	Weighting:	80%	Outcomes Assessed:	1, 2
Description:	Component 1 is an unseen, closed book examination.				

Component 2

Type:	Practical Exam	Weighting:	20%	Outcomes Assessed:	3
Description:	Component 2 is an objective structured practical examination (OSPE).				

MODULE PERFORMANCE DESCRIPTOR

Explanatory Text

The first grade represents Component 1 (EX1) weighted as major and the second, Component 2 (PE1), weighted as minor. A minimum of Module Grade D is required to pass the module, with compensation of grade E in Component 1 or Component 2 permitted. Non-submission of either component will result in an NS grade.

Module Grade	Minimum Requirements to achieve Module Grade:
A	AA, AB, AC
B	AD, AE, BA, BB, BC, BD, CA
C	BE, CB, CC, CD, DA, DB
D	CE, DC, DD, DE, EA, EB, EC
E	AF, BF, CF, DF, ED, EE, EF, FA, FB, FC
F	FD, FE, FF
NS	Non-submission of work by published deadline or non-attendance for examination

Module Requirements

Prerequisites for Module	AS1008 International Nutrition and Culture, and AS1007 Food, Energy and Nutrients (or equivalent).
Corequisites for module	None.
Precluded Modules	None.

INDICATIVE BIBLIOGRAPHY

- 1 DEPARTMENT OF HEALTH, 1991. *Dietary reference values for food and nutrients for the United Kingdom*. London: HMSO.
- 2 FOOD STANDARDS AGENCY. 2002. *Food portion sizes*. 3rd edition. London: HMSO.
- 3 GIBNEY, M.J., et al. 2013. *Introduction to human nutrition*. 2nd edition. Oxford: Wiley Blackwell.
- 4 LANGLEY EVANS, S. 2015. *Nutrition, health and disease: a lifespan approach*. 2nd edition. Oxford: Wiley Blackwell.