

## MODULE DESCRIPTOR

### Module Title

Diet And Disease

Reference	AS3002	Version	3
Created	August 2021	SCQF Level	SCQF 9
Approved	June 2018	SCQF Points	30
Amended	August 2021	ECTS Points	15

### Aims of Module

To provide students with the ability to evaluate the methods and findings of nutritional epidemiology relevant to the associations between diet and chronic disease, and to understand how this informs the prevention and management of chronic diseases.

### Learning Outcomes for Module

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

- 1 Discuss the epidemiological and experimental evidence for the involvement of diet, and other principle risk factors, in the aetiology and pathogenesis of chronic diseases.
- 2 Discuss the medical, surgical and nutritional management of obesity and type 2 diabetes mellitus.
- 3 Explain and evaluate the demographic statistics relating to chronic diseases.
- 4 Discuss the current scientific literature in a given topic area.

### Indicative Module Content

Study design. The hierarchy of evidence. The development of guidelines. Cardiovascular diseases, cancers, gastrointestinal disease, dental disease, osteoporosis, obesity and diabetes encompassing aspects of physiological and cellular and molecular mechanisms in aetiology and pathogenesis. The impact of nutritional status on immune function. Developmental origins of disease. Complications and comorbidities of diabetes and obesity. Management of obesity and type 2 diabetes mellitus.

### Module Delivery

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

Indicative Student Workload	Full Time	Part Time
Contact Hours	60	N/A
Non-Contact Hours	240	N/A
Placement/Work-Based Learning Experience [Notional] Hours	N/A	N/A
TOTAL	300	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:	70%	Outcomes Assessed:	1, 2, 3
Description:	Component 1 is an unseen, closed book examination.				

### Component 2

Type:	Coursework	Weighting:	30%	Outcomes Assessed:	4
Description:	Component 2 is a written assignment.				

## MODULE PERFORMANCE DESCRIPTOR

### Explanatory Text

The first grade represents Component 1 (EX1) weighted as major and the second, Component 2 (CW1), 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:
<b>A</b>	AA, AB
<b>B</b>	AC, AD, AE, BA, BB, BC, CA
<b>C</b>	BD, BE, CB, CC, CD, DA, DB
<b>D</b>	CE, DC, DD, DE, EA, EB, EC
<b>E</b>	AF, BF, CF, DF, ED, EE, EF, FA, FB, FC, FD
<b>F</b>	FE, FF
<b>NS</b>	Non-submission of work by published deadline or non-attendance for examination

## Module Requirements

Prerequisites for Module	AS1007 Food, Energy and Nutrients (or equivalent), in addition to successful completion of Stage 2 or equivalent.
Corequisites for module	None.
Precluded Modules	None.

**INDICATIVE BIBLIOGRAPHY**

- 1 BUTTRISS, J. et al., 2018. *Public health nutrition*. 2nd ed. Chichester: Wiley Blackwell.
- 2 GEISSLER, C.A. and POWERS, H. 2017. *Human nutrition*. 13th edition. London: Elsevier Health Sciences Churchill Livingstone.
- 3 SCOTTISH INTERCOLLEGIATE GUIDELINES NETWORK, 2017. *SIGN 149. Risk estimation and the prevention of cardiovascular disease: a national clinical guideline*. Edinburgh: SIGN.
- 4 SCOTTISH INTERCOLLEGIATE GUIDELINES NETWORK, 2015. *SIGN 142. Management of osteoporosis and the prevention of fragility fractures: a national clinical guideline*. Edinburgh: SIGN.
- 5 SCOTTISH INTERCOLLEGIATE GUIDELINES NETWORK, 2010. *SIGN 115. Management of obesity: a national clinical guideline*. Edinburgh: SIGN.
- 6 STRATTON, R.J. et al., 2013. *Clinical nutrition*. 2nd ed. Chichester: Wiley Blackwell.
- 7 WORLD CANCER RESEARCH FUND / AMERICAN INSTITUTE FOR CANCER RESEARCH, 2018. *Diet, nutrition, physical activity and cancer: a global perspective. Continuous Update Project Expert Report*. Available from: <https://www.wcrf.org/dietandcancer>
- 8 Other current texts and relevant journal articles will be signposted by staff as appropriate.