

MODULE DESCRIPTOR

Module Title

Human Nutrition

Reference	HS2105	Version	3
Created	March 2017	SCQF Level	SCQF 8
Approved	June 2010	SCQF Points	15
Amended	August 2017	ECTS Points	7.5

Aims of Module

To develop understanding of the basic principles underpinning human nutrition.

Learning Outcomes for Module

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

- 1 Distinguish between macro and micro-nutrients in relation to chemical structures, functions and sources.
- 2 Identify the metabolic pathways through which food sources are broken down to provide fuel for the body.
- 3 Explain nutritional principles in relation to different stages of the lifespan.
- 4 Provide evidence-based nutritional recommendations.

Indicative Module Content

Features, functions and sources of the macronutrients (carbohydrates, lipids and proteins) and micronutrients (vitamins and minerals); energy balance and control of energy homeostasis; fluid and electrolytes; energy systems and metabolism; digestion and absorption; nutritional recommendations throughout the lifespan.

Module Delivery

Lectures supported by practical sessions and tutorial based discussions.

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
<i>Actual Placement hours for professional, statutory or regulatory body</i>		

ASSESSMENT PLAN

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

Component 1

Type: Coursework Weighting: 100% Outcomes Assessed: 1, 2, 3, 4

Description:

MODULE PERFORMANCE DESCRIPTOR**Explanatory Text**

The overall grade is calculated based on the exam score as follows:

Module Grade	Minimum Requirements to achieve Module Grade:
A	≥70%
B	60-69%
C	50-59%
D	40-49%
E	30-39%
F	≥29%
NS	Non-submission of work by published deadline or non-attendance for examination

Module Requirements

Prerequisites for Module	Successful completion of Stage 1 of the BSc (Hons) Applied Sport and Exercise Science course, or equivalent.
Corequisites for module	None.
Precluded Modules	None.

ADDITIONAL NOTES

A pass will not normally be awarded for this module unless the student has attended a minimum of 80% of all learning opportunities.

INDICATIVE BIBLIOGRAPHY

- 1 BAGCHI, D., NAIR, S. and SEN, C.K. eds., 2018. Nutrition and enhanced sports performance: muscle building, endurance, and strength. Massachusetts: Academic Press.
- 2 GEISLER, C. and POWERS, H.J. eds., 2017. Human nutrition. Oxford: Oxford University Press.
- 3 JEUKENDRUP, A. and GLEESON, M., 2010. Sport nutrition: an introduction to energy production and performance. 2nd ed. Champaign, Illinois: Human Kinetics.
- 4 McCARDLE, W.D., KATCH, F.I. and KATCH V.L., 2014. Exercise Physiology, energy, nutrition and human performance. 8th ed. London: Lipincott, Williams and Williams.
- 5 LEAN, M.E. and COMBERT, E., 2016. Barasi's Human Nutrition: A Health Perspective. Florida: CRC Press.
- 6 MAUGHAN, R.J. ed., 2013. Sports nutrition (Vol. 19). New Jersey: John Wiley & Sons.
- 7 International Journal of Sports Nutrition
- 8 Journal of Human Nutrition and Dietetics