

MODULE DESCRIPTOR

Module Title

Lifespan Nutrition

Reference	HS2127	Version	2
Created	May 2019	SCQF Level	SCQF 8
Approved	July 2018	SCQF Points	15
Amended	May 2019	ECTS Points	7.5

Aims of Module

To provide students with an understanding of metabolic demands and nutritional requirements at key stages of the lifespan, and introduce evidence relating nutrients, diet and lifestyle-related factors to health and chronic disease prevention.

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 lifespan.
- 2 Explain food patterns and factors affecting food choice throughout the stages of the lifespan, and implications for menu planning.
- 3 Discuss the implications of food and lifestyle choices on growth and development, and healthy ageing.
- 4 Identify the policies and guidelines to improve health outcomes and reduce health inequalities throughout the lifespan.

Indicative Module Content

Nutritional requirements throughout the lifespan: pre-conceptual, foetal life, pregnancy, lactation, infancy, childhood, adolescence, adulthood, ageing and senescence. Factors affecting nutritional requirements, food choice, food preparation, menu planning and dietary manipulation including: genetics, physiological and metabolic changes, age, gender, socioeconomic circumstances, psychology, beliefs, ethnicity, religion, culture, lifestyle, food sustainability and physical activity. Nutritional recommendations. Public health, technology, health inequalities, health outcomes, UNICEF, WHO, guidelines. Health and Safety.

Module Delivery

Lectures, and tutorials, delivered online or on campus, together with online support material and guided reading. Practical laboratory classes delivered on campus.

Indicative Student Workload

	Full Time	Part Time
Contact Hours	36	22
Non-Contact Hours	114	128
Placement/Work-Based Learning Experience [Notional] Hours	N/A	N/A
TOTAL	150	150
<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:	Examination	Weighting:	100%	Outcomes Assessed:	1, 2, 3, 4
Description:	An unseen, closed book, written examination.				

MODULE PERFORMANCE DESCRIPTOR**Explanatory Text**

Component 1 (examination) comprises 100% of the module grade. A minimum of Grade D is required to pass the module.

Module Grade	Minimum Requirements to achieve Module Grade:
A	A
B	B
C	C
D	D
E	E
F	F
NS	Non-submission of work by published deadline or non-attendance for examination

Module Requirements

Prerequisites for Module	None.
Corequisites for module	HS2126 Food and Nutrition (or equivalent)
Precluded Modules	None.

ADDITIONAL NOTES

This module has an 80% attendance requirement. This is essential in order to develop the professionalism required of a Dietitian and to ensure that students are competent for practice placement.

INDICATIVE BIBLIOGRAPHY

- 1 DEPARTMENT OF HEALTH, 1991. *Dietary reference values for food and nutrients for the United Kingdom. Report on health and social subjects, 41.* London: HMSO.
- 2 FOOD STANDARDS AGENCY. *Food portion sizes.* Current edition. London: HMSO.
- 3 GIBNEY, M.J., et al. *Introduction to human nutrition.* Current edition. Oxford: Wiley Blackwell.
- 4 LANGLEY EVANS, S. *Nutrition, health and disease: a lifespan approach.* Current edition. Oxford: Wiley Blackwell.