

**This Version is No Longer Current**  
 The latest version of this module is available [here](#)

## MODULE DESCRIPTOR

### Module Title

Lifespan Nutrition

Reference	HS2127	Version	3
Created	June 2021	SCQF Level	SCQF 8
Approved	July 2018	SCQF Points	15
Amended	August 2021	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, socioeconomics 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

Blended delivery comprising on campus and online learning and engagement. This will include Workshops, Tutorials, Seminars, Keynote Lectures, Digital Learning Resources and practical classes.

<b>Indicative Student Workload</b>	Full Time	Part Time
Contact Hours	36	22
Non-Contact Hours	114	128
Placement/Work-Based Learning Experience [Notional] Hours	N/A	N/A
<b>TOTAL</b>	<b>150</b>	<b>150</b>
<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: An unseen, closed book, written examination.

### Component 2

Type: Coursework Weighting: 0% Outcomes Assessed: 1, 2, 3, 4

Description: This relates to a minimum of 80% mandatory attendance of all scheduled module delivery. Attendance is assessed on a pass/unsuccessful basis.

## 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 along with a pass in C2.

Module Grade	Minimum Requirements to achieve Module Grade:
<b>A</b>	A in C1 and Pass in C2
<b>B</b>	B in C1 and Pass in C2
<b>C</b>	C in C1 and Pass in C2
<b>D</b>	D in C1 and Pass in C2
<b>E</b>	E in C1 and/or Fail in C2
<b>F</b>	F in C1 irrespective of a pass or fail in C2
<b>NS</b>	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 GANDY, J., ed., 2019. Manual of Dietetic practice. 6th ed. Hoboken: John Wiley & Sons
- 2 LAMMI-KEEFE, C. J., COUCH, S.C., and KIRWAN, J.P., eds., 2018. Handbook of Nutrition and Pregnancy. Cham: Humana Press
- 3 SHAW, V., ed., 2020. Clinical Paediatric Dietetics. 5th ed. Oxford: Blackwell.
- 4 The bibliography will be updated annually to ensure the articles used are current to dietetic practice and reflect key issues.