

MODULE DESCRIPTOR

Module Title

Nutrition			
Reference	HS2149	Version	3
Created	September 2024	SCQF Level	SCQF 8
Approved	June 2021	SCQF Points	15
Amended	September 2024	ECTS Points	7.5

Aims of Module

The module will introduce basic principles of human nutrition and develop understanding of the requirements relating to health and performance.

Learning Outcomes for Module

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

- 1 Determine an individual's energy requirements.
- 2 Summarise appropriate macronutrient recommendations for an individual.
- 3 Create an evidence based diet plan which aligns to an individual's energy and macronutrient requirements.
- 4 Distinguish the role of micronutrients in maintaining an individual's health and promoting well-being.
- 5 Demonstrate the necessary professionalism through attendance at learning opportunities required for safe practice.

Indicative Module Content

Features, functions, and sources of macronutrients (carbohydrates, lipids, and proteins), micronutrients (vitamins and minerals) and fluid; energy balance; energy systems and metabolism; dietary analysis and development; nutritional recommendations for various populations and activities, nutritional recommendations for supporting health and well-being at all ages. Methods for measuring energy expenditure, including direct and indirect calorimetry, and non-calorimetric methods (RMR equations, physical activity diaries, 24hr recall, fitness trackers), Methods of measuring food consumption and nutrient intake (eg. food diaries, food frequency questionnaires, 24 hour recall). Methods and skills for innovative and academic dissemination of information (e.g. academic poster design, communication, presentation skills).

Module Delivery

Blended delivery comprising on campus and online learning and engagement. This will include Digital Learning Resources, Tutorials and Workshops.

Indicative Student Workload

	Full Time	Part Time
Contact Hours	24	N/A
Non-Contact Hours	126	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:	Practical Exam	Weighting:	100%	Outcomes Assessed:	1, 2, 3, 4
Description:	Academic Poster				

Component 2

Type:	Coursework	Weighting:	0%	Outcomes Assessed:	5
Description:	Minimal module attendance requirement of 70%				

MODULE PERFORMANCE DESCRIPTOR**Explanatory Text**

Component 1 grade based on grading proforma. Component 2 is a minimum modular attendance requirement of 70%

Module Grade	Minimum Requirements to achieve Module Grade:
A	Component 1 A; Component 2 Pass
B	Component 1 B; Component 2 Pass
C	Component 1 C; Component 2 Pass
D	Component 1 D; Component 2 Pass
E	Component 1 E; Component 2 Pass
F	Component 1 F and/or fails Component 2
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.

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