MODULE DESCRIPTOR

Module Title

Human Physiology and Nutrition

Reference	HS2161	Version	1
Created	March 2023	SCQF Level	SCQF 8
Approved	June 2023	SCQF Points	30
Amended		ECTS Points	15

Aims of Module

To provide students with an understanding of the function and structure of major physiological systems in normal and selected disease states. Students will also gain knowledge of the processes involved in the digestion, absorption and metabolism of nutrients as well as how the body regulates energy and adapts to exercise.

Learning Outcomes for Module

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

1	Describe the structure and function of the major physiological systems in the body and examine the impact of selected nutrition-related diseases on these systems.
2	Explain the physiological processes involved in the digestion, absorption, and metabolism of macro and micronutrients.
3	Explain the physiological mechanisms that regulate fluid and energy balance and understand how the body adapts to physical activity and exercise.

Indicative Module Content

Physiological systems: structure, function; malnutrition, common nutrition-related diseases e. g. (bowel disease, cardiovascular disease, diabetes, chronic kidney disease, stroke) ;function and structure of the gastrointestinal system; digestion, absorption, metabolism of macronutrients and micronutrients; hunger, satiety, hormonal signals, homeostasis, water, fluid balance, energy expenditure and energy balance, physiological adaptations to exercise and physical activity.

Module Delivery

Blended delivery comprising on campus and online learning and engagement. This will include workshops, tutorials, seminars, keynote lectures and digital learning resources.

Module Ref:	HS2161 v1

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:	Coursework	Weighting:	100%	Outcomes Assessed:	1, 2, 3
Description:	Essay				

MODULE PERFORMANCE DESCRIPTOR

Explanatory Text

Component 1 comprises 100% of the module grade. To pass the module a D grade is required.

Module Grade	Minimum Requirements to achieve Module Grade:
A	A C1 grade A
B	B C1 grade B
C	C C1 grade C
D	D C1 grade D
E	E C1 grade E
F	F C1 grade F
NS	Non-submission of work by published deadline or non-attendance for examination

Module Requirements

Prerequisites for Module	None, in addition to course entry requirements
Corequisites for module	None.
Precluded Modules	None.

INDICATIVE BIBLIOGRAPHY

1	COLE L.A and KRAMER P.R., 2015. Human Physiology, Biochemistry and Basic Medicine. Elsevier
2	LANHAM-NEW, SA, et al. 2020. Introduction to Human Nutrition: The Nutrition Society Textbook Series. Wiley-Blackwell Publishing Ltd.
3	MCARDLE et al. 2022. Exercise physiology, nutrition, energy, and human performance. 9th Ed. Philadelphia Lippincott Williams and Wilkins.