

MODULE DESCRIPTOR

Module Title

Nutrition Through The Life Span

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|-----------|-------------|-------------|--------|
| Reference | PL2013 | Version | 1 |
| Created | May 2022 | SCQF Level | SCQF 8 |
| Approved | June 2022 | SCQF Points | 15 |
| Amended | August 2021 | ECTS Points | 7.5 |

Aims of Module

To provide students with an understanding of the metabolic demands, nutritional requirements and portion sizes at key stages throughout life, considering current guidelines and practice to achieve these.

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 life span including factors which affect food choice, preparation and dietary manipulation.
- 2 Understand the policies and guidelines to improve health outcomes and reduce health inequalities through the life span.
- 3 Apply knowledge of nutrients, energy content of foods and drinks, nutritional requirements, and standard portion sizes through the life span.

Indicative Module Content

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

Module Delivery

Theoretical material is delivered by lectures and web based materials, supported by tutorials and practical sessions

| 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: Examination Weighting: 70% Outcomes Assessed: 1, 2
 Description: Component 1 is an unseen, closed book examination.

Component 2

Type: Practical Exam Weighting: 30% Outcomes Assessed: 3
 Description: Component 2 is an oral presentation on choice of topics.

MODULE PERFORMANCE DESCRIPTOR

Explanatory Text

The first grade represents Component 1 (EX1) weighted as major and the second, Component 2 (PE1), weighted as minor. A minimum of Module Grade D is required to pass the module, with compensation of grade E in Component 1 or Component 2 permitted as per the requirements stated below. Non-submission of either component will result in an NS grade.

| Module Grade | Minimum Requirements to achieve Module Grade: |
|--------------|--|
| A | AA, AB |
| B | AC, AD, AE, BA, BB, BC, CA |
| C | BD, BE, CB, CC, CD, DA, DB |
| D | CE, DC, DD, DE, EA, EB, EC |
| E | AF, BF, CF, DF, ED, EE, EF, FA, FB, FC, FD |
| F | FE, FF |
| NS | Non-submission of work by published deadline or non-attendance for examination |

Module Requirements

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|--------------------------|---|
| Prerequisites for Module | PL1008 International Nutrition and Culture, and PL1007 Food, Energy and Nutrients, in addition to SCQF level 8 entry requirements or equivalent |
| Corequisites for module | None. |
| Precluded Modules | None. |

INDICATIVE BIBLIOGRAPHY

- 1 DEPARTMENT OF HEALTH, 1991. *Dietary reference values for food and nutrients for the United Kingdom*. London: HMSO.
- 2 FOOD STANDARDS AGENCY. 2002. *Food portion sizes*. 3rd edition. London: HMSO.
- 3 LANGLEY EVANS, S. 2015. *Nutrition, health and disease: a lifespan approach*. 2nd edition. Oxford: Wiley Blackwell.
- 4 Lanham-New S et al (2020) *Introduction to Human Nutrition* 3rd edition. Nutrition Society. Chichester: Wiley Blackwell