

## MODULE DESCRIPTOR

### Module Title

Nutrition Through The Life Span

Reference	PL2013	Version	2
Created	April 2023	SCQF Level	SCQF 8
Approved	June 2022	SCQF Points	15
Amended	June 2023	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 Describe the nutritional requirements throughout the stages of the life span including factors which affect food choice, preparation and dietary manipulation.
- 2 Define 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, socioeconomics 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:	100%	Outcomes Assessed:	1, 2, 3
Description:	Closed book examination				

**MODULE PERFORMANCE DESCRIPTOR****Explanatory Text**

Component 1 (EX1) comprises 100% of the module grade. A minimum of Module Grade D is required to pass the module. Non-submission will result in an NS grade.

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

**Module Requirements**

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