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MODULE DESCRIPTOR

Module Title

Assessment of Nutritional Status

Reference	PL2035	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 promote an understanding of the principles, uses and limitations of methods assessing body composition, dietary intake and nutritional status in individuals, groups and populations.

Learning Outcomes for Module

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

1	Explain the use, interpretation and limitations of methods used to determine energy expenditure.
2	Explain the use, interpretation, and limitations of anthropometric and laboratory methods to determine body composition.
3	Describe the methods used to estimate dietary intake and their relative strengths and weaknesses.
4	Describe the various biochemical and clinical techniques available to assess nutritional status.

Indicative Module Content

Methods for measuring energy expenditure, including direct and indirect calorimetry, and non-calorimetric methods. Methods for measuring body composition, including densitometry, total body water, total body potassium, DEXA, scanning techniques, bedside methods, including anthropometry and bioelectrical impedance analysis. Factors influencing body composition, including age, sex, starvation and disease. Methods of measuring food consumption and nutrient intake, and their applications in research: domestic food production, food balance data, household food purchases, food diaries, food frequency questionnaires, 24 hour recall, duplicate diet analysis, dietary history and food composition tables. Static and functional biochemical tests for assessing nutritional status; recovery and concentration biomarkers; blood, urine, hair, nails and adipose tissue; sample collection, transport and storage. Relative validity, sensitivity and specificity, Bland-Altman plots.

Module Delivery

Theoretical material is delivered by lectures/tutorials, supported by web based materials, with practical classes used for development of skills in assessing nutritional status and anthropometry.

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Indicative Student Workload	Full Time	Part Time
Contact Hours	30	N/A
Non-Contact Hours	120	N/A
Placement/Work-Based Learning Experience [Notional] Hours	N/A	N/A
TOTAL	150	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:	Practical Exam	Weighting:	70%	Outcomes Assessed:	2, 3, 4
Description:	A report.				

Component 2

Type:	Coursework	Weighting:	30%	Outcomes Assessed:	1
Description:	A presentation.				

MODULE PERFORMANCE DESCRIPTOR

Explanatory Text

The first grade represents Component 1 (report, CW1) weighted as major and the second, Component 2 (presentation, 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

Prerequisites for Module	None, in addition to SCQF level 8 entry requirements or equivalent
Corequisites for module	None.
Precluded Modules	None.

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INDICATIVE BIBLIOGRAPHY

1. BUTTRISS, J.L. et al., eds., 2018. *Public health nutrition. 2nd ed. Chichester: Wiley Blackwell.*
2. GIBSON, R.S., 2005. *Principles of nutritional assessment.* 2nd ed. Oxford: Oxford University Press.
3. LANHAM-NEW, S.A. et al., 2020. *Introduction to human nutrition.* 3rd ed. Chichester: Wiley Blackwell.
4. LOVEGROVE, J.A. et al., eds., 2015. *Nutrition research methodologies.* Chichester: Wiley Blackwell.
5. MRC Epidemiology Unit, 2019. *Diet, anthropometry and physical activity (DAPA) measurement toolkit.* Available from: https://dapa-toolkit.mrc.ac.uk/
6. WILLETT, W., 2013. *Nutritional epidemiology.* 3rd ed. Oxford University Press.