

MODULE DESCRIPTOR

Module Title

Diet And Disease

Reference	PL4004	Version	3
Created	February 2024	SCQF Level	SCQF 10
Approved	June 2022	SCQF Points	30
Amended	April 2024	ECTS Points	15

Aims of Module

To provide students with the ability to evaluate the methods and findings of nutritional epidemiology relevant to the associations between diet and chronic disease, and to understand how this informs the prevention and management of chronic diseases.

Learning Outcomes for Module

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

- 1 Discuss the epidemiological and experimental evidence for the involvement of diet, and other principle risk factors, in the aetiology and pathogenesis of chronic diseases.
- 2 Evaluate the demographic statistics relating to chronic diseases.
- 3 Discuss the current scientific literature in a relevant topic area.

Indicative Module Content

Study design. The hierarchy of evidence. The development of guidelines. Cardiovascular diseases, cancers, gastrointestinal disease, dental disease, osteoporosis, obesity and diabetes encompassing aspects of physiological and cellular and molecular mechanisms in aetiology and pathogenesis. The impact of nutritional status on immune function. Developmental origins of disease. Complications and comorbidities of diabetes and obesity. Management of obesity and type 2 diabetes mellitus. Alignment with UN Sustainability Development Goals.

Module Delivery

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

Indicative Student Workload

	Full Time	Part Time
Contact Hours	40	N/A
Non-Contact Hours	260	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:	Portfolio				

MODULE PERFORMANCE DESCRIPTOR**Explanatory Text**

Component 1 (Coursework 1) 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:
A	A
B	B
C	C
D	D
E	E
F	F
NS	Non-submission of work by published deadline or non-attendance for examination

Module Requirements

Prerequisites for Module	PL1007 Food, Energy and Nutrients, in addition to SCQF level 10 entry requirements or equivalent.
Corequisites for module	None.
Precluded Modules	None.

INDICATIVE BIBLIOGRAPHY

- 1 BUTTRISS, J. et al., 2018. *Public health nutrition*. 2nd ed. Chichester: Wiley Blackwell.
- 2 SCOTTISH INTERCOLLEGIATE GUIDELINES NETWORK, 2017. *SIGN 149. Risk estimation and the prevention of cardiovascular disease: a national clinical guideline*. Edinburgh: SIGN.
- 3 SCOTTISH INTERCOLLEGIATE GUIDELINES NETWORK, 2015. *SIGN 142. Management of osteoporosis and the prevention of fragility fractures: a national clinical guideline*. Edinburgh: SIGN.
- 4 SCOTTISH INTERCOLLEGIATE GUIDELINES NETWORK, 2010. *SIGN 115. Management of obesity: a national clinical guideline*. Edinburgh: SIGN.
- 5 WORLD CANCER RESEARCH FUND / AMERICAN INSTITUTE FOR CANCER RESEARCH, 2018. *Diet, nutrition, physical activity and cancer: a global perspective. Continuous Update Project Expert Report*. Available from: <https://www.wcrf.org/dietandcancer>
- 6 Lanham-New S et al (2020) *Introduction to Human Nutrition* 3rd edition. Nutrition Society. Chichester: Wiley Blackwell
- 7 Marinos E (2013) *Clinical Nutrition* 2nd edition. Nutrition Society. Chichester: Wiley Blackwell