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## MODULE DESCRIPTOR

### Module Title

Gut Microbiome, Diet and Health

Reference	PL4006	Version	1
Created	May 2022	SCQF Level	SCQF 10
Approved	June 2022	SCQF Points	15
Amended	August 2021	ECTS Points	7.5

### Aims of Module

To provide students with understanding of the role of a healthy gut microbiome in the prevention of disease and the interactions between diet and the gut microbiome.

### Learning Outcomes for Module

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

- 1 Explain the mechanisms through which the gut microbiome influences physiological and metabolic function.
- 2 Evaluate the evidence of a relationship between diet and the gut microbiome.
- 3 Evaluate the evidence of a relationship between the gut microbiome and health.

### Indicative Module Content

Methods for analysis of microbiomes, development of the gut microbiome, bacterial metabolism, short-chain fatty acids, genetic influences, dietary influences, immune function, allergies, autoimmune diseases, cancer, obesity, type II diabetes mellitus, cardiovascular disease, gut-brain axis, central nervous system dysfunction, prebiotics, probiotics, synbiotics, faecal transplants.

### Module Delivery

Directed study activities and recorded lectures will be given each week over the duration of the module. In addition, online tutorials and journal clubs will take place, supplemented by online discussion forums.

### Indicative Student Workload

	Full Time	Part Time
Contact Hours	24	N/A
Non-Contact Hours	126	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: Coursework Weighting: 100% Outcomes Assessed: 1, 2, 3  
 Description: An essay.

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

Component 1 (CW1; essay) comprises 100% of the module grade. A minimum of a Grade D is required to pass the module.

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 None, in addition to SCQF level 10 entry requirements or equivalent  
 Corequisites for module None.  
 Precluded Modules None.

**INDICATIVE BIBLIOGRAPHY**

- 1 Biswas D & Rahaman SO (2020) Gut microbiome and its impact on health and diseases. Cham, Switzerland: Springer