MODULE DESCRIPTOR

Module Title

Assessing Nutritional Status

Reference	PLM402	Version	1
Created	May 2022	SCQF Level	SCQF 11
Approved	August 2022	SCQF Points	15
Amended	August 2021	ECTS Points	7.5

Aims of Module

To enable students to critically evaluate the principles, uses and limitations of methods assessing nutritional status in individuals, groups and populations.

Learning Outcomes for Module

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

1	Critically discuss the principles and methods of measurement and estimation of energy balance and energy expenditure, including physical activity.
2	Critically evaluate the use, interpretation, and limitations of anthropometric and laboratory methods to determine body composition.
3	Critically examine the theory and methods of investigating dietary intake.
4	Critically explore biochemical and clinical methods of assessing 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 anthropometry and bioelectrical impedance analysis, total body water, total body potassium, DEXA and scanning techniques. 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 and dietary history. Food composition tables, diet design and nutrient analysis. Biochemical tests for assessing nutritional status, including blood, urine, hair, nails and adipose tissue. Sample collection, transport and storage. Relative validity, sensitivity and specificity, Bland-Altman plots. Clinical, physiological and functional methods.

Module Ref:	PLM402 v1

Module Delivery

Online learning supported by directed reading, problem-based study materials, and contact / structured discussion with peers and academic staff. 'Contact Hours' included in 'Indicative Student Workload' represent online discussions and other online interactions.

Indicative Student Workload	Full Time	Part Time
Contact Hours	12	12
Non-Contact Hours	138	138
Placement/Work-Based Learning Experience [Notional] Hours	N/A	N/A
TOTAL	150	150
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:	100%	Outcomes Assessed:	1, 2, 3, 4
Description:	Online Presentation.				

MODULE PERFORMANCE DESCRIPTOR

Explanatory Text

This module is assessed using one component of assessment as detailed in the Assessment Plan. Component 1 comprises 100% of the module grade. A module grade of D or better is required for a pass. 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	None, in addition to course entry requirements.
Corequisites for module	None.
Precluded Modules	None.

INDICATIVE BIBLIOGRAPHY

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