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Module details for Nutrition through the Lifespan

Module Details

SCQF Level:

08

Module Code:

FOD205

Credit Value:

20

Year:

2020/1

Term:

Term 1

School:

School of Applied Sciences

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Description

In this module nutrient needs, nutritional status and associated nutritional issues are explored using a lifespan model.

Aims

The aim of this module is to provide the student with an understanding of life-cycle nutritional needs, the importance of suitable food choices to meet these needs and the potential influence of early diet and food choice on health throughout the lifespan.

Learning Outcomes

By the end of this module the student should be able to:

1. Explain nutritional requirements at different stages of the lifespan.
2. Discuss the relationship between diet and health status at different life stages.
3. Evaluate factors that may affect nutritional status throughout the lifecycle.
4. Apply practical guidelines for menu planning and food preparation provision relevant to different stages of the lifespan

Indicative Content

1 Nutrition during the lifecycle

Overall review of the module aims, objectives and content of material

2 Nutrition during pregnancy and lactation

3 Nutrition during infancy

4 Nutrition in childhood

5 Nutrition in adolescence

6 Nutrition in adulthood

7 Nutrition in aging

8 Nutrition and sports

Teaching and Learning Work Loads

For session 2020/21 the expectation is that the teaching and learning hours stated in this descriptor will form a mix of synchronous and asynchronous student/staff activity, with the majority of this being online. The exact pattern of this activity is likely to vary from the standard face-to-face hours listed below but the overall student effort remains the same. Up-to-date information on the delivery of the module can be found on the relevant module MLS site and on your student timetable.

TEACHING AND LEARNING METHOD	HOURS
Lecture	24
Tutorial/Seminar	12
Practical Activity	0
Assessment	40
Independent	124
Total	200

Guidance notes

SCQF Level - The Scottish Credit and Qualifications Framework provides an indication of the complexity of award qualifications and associated learning and operates on an ascending numeric scale from Levels 1-12 with SCQF Level 10 equating to a Scottish undergraduate Honours degree.

Credit Value – The total value of SCQF credits for the module. 20 credits are the equivalent of 10 ECTS credits. A full-time student should normally register for 60 SCQF credits per semester.

Disclaimer

We make every effort to ensure that the information on our website is accurate but it is possible that some changes may occur prior to the academic year of entry. The modules listed in this catalogue are offered subject to availability during academic year 2020/21, and may be subject to change for future years.

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