MODULE SPECIFICATION

Part 1: Information			
Module Title	Physical Activity, Nutrition and Health		
Module Code	USSJXW-15-3	Level	Level 6
For implementation from	2020-21		
UWE Credit Rating	15	ECTS Credit Rating	7.5
Faculty	Faculty of Health & Applied Sciences	Field	Applied Sciences
Department	HAS Dept of Applied Sciences		
Module type:	Standard		
Pre-requisites	None		
Excluded Combinations	None		
Co- requisites	None		
Module Entry requirements	None		

Part 2: Description

Educational Aims: This module will examine the link between nutrition, physical activity and human health. The underpinning molecular and cellular biology, biochemistry and/or physiology of nutrition and physical activity for health will be discussed. Dietary, exercise and/or physical activity recommendations will be evaluated alongside current epidemiological evidence for a link between diet and/or lifestyle and non-communicable diseases. In addition to lecture and tutorial sessions, there will be the opportunity to develop skills for assessing body composition and dietary intake, using specialised equipment and software.

Outline Syllabus: Syllabus outline:

An introduction to epidemiology in the context of physical activity, diet and health (including determinants of health and illness in relation to different contexts; public health policies and

health promotion; social, cultural, political and ethical challenges associated with health promotion and behaviour change).

An overview of the multi-faceted science of human nutrition (including health, exercise and clinical sciences; social science and nutritional anthropology; diet and evolution).

Nutrients and methods for nutritional analysis (including macro and micronutrients; water and electrolytes; requirements and reference intakes; the ABCDs of nutritional assessment).

Regulation of hunger and appetite (including the influence of the environment on diet; nutritional epidemiology; body composition; obesity and malnutrition; selected nutritional disorders).

The role of the gut microbiota in health and disease (including heritability and the effects of host genetics and environmental factors).

Metabolism (including energy balance; physical activity and body weight; metabolic fuels and pathways; metabolic assessment).

Physical activity/exercise physiology in the context of human health and disease (including pathophysiology linked to sedentary behaviour; adaptations of physiological systems to different types of activity/exercise; current guidelines for different populations; potential physical and mental health benefits of physical activity).

Physical activity/exercise referral and nutritional goal setting for treating and reducing the risk of noncommunicable diseases (including monitoring; challenges; personal vs. social responsibility).

Teaching and Learning Methods: In addition to lecture and tutorial sessions, there will be the opportunity to develop skills for assessing body composition and dietary intake, using specialised equipment and software.

Part 3: Assessment

The module includes two assessment components: an essay and an examination.

Component A is an ‘open-book’ style exam. Students will be given the opportunity to prepare for the examination by using published material provided and undertaking a wider review of the literature in specified areas. During the examination, students will apply knowledge and understanding developed during the course of the module and through their wider research and reading, to answer essay questions. This will test students’ ability in demonstrating in-depth understanding and critical awareness of the subject area, and their ability to apply and integrate their knowledge.

The coursework is assessed through an essay, which will be written in the students own time and submitted online. Students will be provided with a choice of media articles of public health relevance and asked to select one for their assessment. They will be required to write a 1500-word essay based on the chosen article, which explains and critically reviews the content in-light of current scientific evidence relating to nutrition, physical activity and/or exercise and human health.

Students will be provided with guidance and support for both assessments during timetabled tutorial sessions, which will include group work and class discussions in a journal-club format to develop their ability to critique the literature in this area. A range of additional support material will also be supplied through Blackboard.

Formative feedback will be offered on drafts of the coursework, and summative feedback received on the submitted essays will also serve to highlight any gaps in knowledge and understanding, or problems with written communication, ahead of the examination.

All work is marked in-line with the Faculty of Health and Applied Sciences Generic Assessment Criteria for Level 3 and conforms to university policies for the setting, collection, marking and return of student work.

First Sit Components	**Final Assessment**	**Element weighting**	**Description**
Examination (Online) - Component A	✓	50 %	Online examination (24 hours)
Written Assignment - Component B		50 %	Essay (1500 words)
Resit Components	**Final Assessment**	**Element weighting**	**Description**
Examination (Online) - Component A	✓	50 %	Online examination (24 hours)
Written Assignment - Component B		50 %	Essay (1500 words)

Part 4: Teaching and Learning Methods

Learning Outcomes

On successful completion of this module students will achieve the following learning outcomes:

Module Learning Outcomes	**Reference**
Demonstrate an in-depth knowledge and understanding of the science underpinning nutrition and physical activity, in the context of human health and disease.	MO1
Demonstrate a critical awareness of current public health claims and guidance relating to diet and sedentary behaviour.	MO2
Discuss the rationale for dietary and/or physical activity interventions in the prevention and treatment of non-communicable diseases.	MO3
Search for, and critically and analytically appraise relevant literature in this area.	MO4

Contact Hours

Independent Study Hours:	
Independent study/self-guided study	114
Total Independent Study Hours:	114
Scheduled Learning and Teaching Hours:	
Face-to-face learning	36
Total Scheduled Learning and Teaching Hours:	36
Hours to be allocated	150
Allocated Hours	150

Reading List

The reading list for this module can be accessed via the following link:

Part 5: Contributes Towards
This module contributes towards the following programmes of study: