



Module Specification

Physical Activity, Nutrition and Health

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Contents

Module Specification	1
Part 1: Information	2
Part 2: Description	2
Part 3: Teaching and learning methods	4
Part 4: Assessment	5
Part 5: Contributes towards	6

Part 1: Information

Module title: Physical Activity, Nutrition and Health

Module code: USSJXW-15-3

Level: Level 6

For implementation from: 2021-22

UWE credit rating: 15

ECTS credit rating: 7.5

Faculty: Faculty of Health & Applied Sciences

Department: HAS Dept of Applied Sciences

Partner institutions: None

Delivery locations: Frenchay Campus

Field: Applied Sciences

Module type: Standard

Pre-requisites: None

Excluded combinations: None

Co-requisites: None

Continuing professional development: No

Professional, statutory or regulatory body requirements: None

Part 2: Description

Overview: Not applicable

Features: Not applicable

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).

Part 3: Teaching and learning methods

Teaching and learning methods: The module is taught through a combination of lectures and interactive tutorials.

Module Learning outcomes:

MO1 Demonstrate an in-depth knowledge and understanding of the science underpinning nutrition and physical activity, in the context of human health and disease.

MO2 Demonstrate a critical awareness of current public health claims and guidance relating to diet and sedentary behaviour.

MO3 Discuss the rationale for dietary and/or physical activity interventions in the prevention and treatment of non-communicable diseases.

MO4 Search for, and critically and analytically appraise relevant literature in this area.

Hours to be allocated: 150

Contact hours:

Independent study/self-guided study = 114 hours

Face-to-face learning = 36 hours

Total = 150

Reading list: The reading list for this module can be accessed at [readinglists.uwe.ac.uk](https://rl.talis.com/3/uwe/lists/F2B54DC1-22AD-FB82-F625-0AC7EED06066.html?embed=1&lang=en-GB&login=1) via the following link <https://rl.talis.com/3/uwe/lists/F2B54DC1-22AD-FB82-F625-0AC7EED06066.html?embed=1&lang=en-GB&login=1>

Part 4: Assessment

Assessment strategy: Component A is a critical analysis of a media article, presented as an essay. 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 2500-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 to develop their ability to critique the literature in this area. Timetabled tutorial sessions, will include group work and class discussions; review of model examples and peer assessment.

Assessment components:

Written Assignment - Component A (First Sit)

Description: Essay (2500 words)

Weighting: 100 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4

Written Assignment - Component A (Resit)

Description: Essay (2500 words)

Weighting: 100 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4

Part 5: Contributes towards

This module contributes towards the following programmes of study:

Applied Biomedical Science {Top-Up}[Sep][FT][INTUNI][1yr] BSc (Hons) 2019-20

Applied Biomedical Science [Sep][FT][Frenchay][3yrs] BSc (Hons) 2019-20