NUTR: Nutrition

Module Title:	Dietetics
Language of Instruction:	English

Credits:	5

NFQ Level:	6

Module Delivered In	2 programme(s)

Teaching & Learning Strategies:	This module will be taught in three theory classes of one hour duration and one practical of two hours duration per week. Classes may take the form of formal lectures or tutorial-type sessions. A range of teaching techniques will be used as appropriate, including discussion of case studies, worksheets and presentations. Students will be encouraged to learn through questioning and group discussions. Factual material presented at theory classes will be reinforced, discussed and developed during practical classes.

Module Aim:	To elucidate the importance of diet in health and disease. To give basic knowledge about current diets and supplements used and to provide an insight into the application of dietary principles.

Learning Outcomes	
On successful completion of this module the learner should be able to:	
LO1	Discuss the importance of nutrients in the diets of healthy individuals and the role of diet in the treatment and cause of various illnesses.
LO2	Apply basic dietary planning principles using up to date dietary tools
LO3	Discuss the use of current restrictive diets for health of performance purposes and the use supplements and ergogenic aids in a normal diet and in sport

Pre-requisite learning
Module Recommendations *This is prior learning (or a practical skill) that is recommended before enrolment in this module.*
No recommendations listed
Incompatible Modules *These are modules which have learning outcomes that are too similar to the learning outcomes of this module.*
No incompatible modules listed
Co-requisite Modules
No Co-requisite modules listed
Requirements *This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.*
Successful completion of year 1 or equivalent

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Module Content & Assessment

Indicative Content
Theory Section 1.1 The nutritional content of the main food groups; cereals, fruit and vegetables, meat, fish, eggs and protein alternatives, milk and milk products.
Theory Section 1.2 The effect of micro and macro nutrients in the human body.
Theory Section 2.1 The balanced and healthy diet: Diet planning principles, nutritional tools, nutritional guidelines, graphic aids. Nutritional labels. Food technology.
Theory Section 2.2 Life Cycle Nutrition: Normal diets for infants, young children, adolescents, adults, the aged, pregnant and lactating mothers.
Theory Section 3.1 Diets and Illnesses: Role of diet in the development and treatment of a range of illnesses and disorders such as PKU, Coeliac Disease, Obesity, Anorexia, Orthorexia and Bulimia.
Theory Section 3.2 Trendy diets: The principals of the most commonly used restrictive diets used for health or performance enhancement and how it affects the human body.
Theory Section 3.3 Suplements and Ergogenic aids: The efect of using suplements and ergogenic aids for preformance enhancement of athelets. Legitimate use of supplements and drugs. responsible bodies for the regulation of supplements and other pharmaceuticals and the role of WADA.
Practicals The practical classes are designed to reinforce and amplify the material covered in the lecture course and will include the following or similar exercises: Critical analysis of food and supplements labels, and the design of effective dietetics tools; detailed analysis of food diaries; development of dietary plans for subjects of different populational groups; testing of food preferences, food marketing, and information; sensory tests and preference tests.

Assessment Breakdown	%
Continuous Assessment	10.00%
Practical	40.00%
End of Module Formal Examination	50.00%

Special Regulation
Students must achieve a minimum grade (35%) in both practical/CA and final examination

Continuous Assessment

Assessment Type	*Assessment Description*	*Outcome addressed*	*% of total*	*Assessment Date*
Examination	One in class continuous assessment written examination	1,2,3	10.00	n/a

No Project

Practical

Assessment Type	*Assessment Description*	*Outcome addressed*	*% of total*	*Assessment Date*
Practical/Skills Evaluation	Weekly practical laboratory reports	2,3	40.00	n/a

End of Module Formal Examination

Assessment Type	*Assessment Description*	*Outcome addressed*	*% of total*	*Assessment Date*
Formal Exam	2 hour written exam	1,3	50.00	End-of-Semester

SETU Carlow Campus reserves the right to alter the nature and timings of assessment

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Module Workload

Workload: Full Time		
Workload Type	*Frequency*	*Average Weekly Learner Workload*
Lecture	12 Weeks per Stage	3.00
Laboratory	12 Weeks per Stage	2.00
Estimated Learner Hours	15 Weeks per Stage	4.33
	Total Hours	125.00

Module Delivered In

Programme Code	Programme	Semester	Delivery
CW_SASPS_B	Bachelor of Science (Honours) in Sport and Exercise Science	4	Mandatory
CW_SASAC_B	Bachelor of Science (Honours) in Strength and Conditioning	4	Mandatory