Level 7 Summary of Module Content

Evidence Based Personalised Healthcare 30 Credits

You will refresh your understanding of research methodologies. In particular this module will provide the opportunity to critically analyse existing paradigms underpinning research and explore the potentials and challenges presented by new research paradigms and how they relate to healthcare and personalised nutrition. This leads into an understanding on how evidence for personalised nutrition can be produced. You will learn about factors that need to be considered in order to evaluate and apply various forms of evidence to personalised nutrition.

Personalised Nutrition Requirements 30 Credits

Foundation principles of nutrition including: macro, micro and phytonutrients, food toxicology, soil-to-table concepts, food law and legislation are central to the module, alongside justifying personalised nutrition interventions in the management of obesity and type 2 diabetes for multi-symptomatic individuals. You should develop skills to critique and assess nutrient requirements for an individual with obesity taking government guidelines and concepts of optimal nutrient intakes into account; and apply the principles of the functional medicine model and how to devise personalised, evidence based, nutritional strategies taking biomedical data into account.

Personalised Nutrition & Chronic Illness 30 Credits

Inflammation is an accepted driver of chronic illness. You will have the opportunity to justify and evaluate personalised nutrition interventions for a range of chronic illnesses with shared disease processes. Pivotal to this module is the link between the gut and the brain. Using a functional approach you will consider how nutritional and environmental factors in an individual can lead to inflammatory processes as drivers of chronic illness. To deepen your understanding of the complexity of pathology the module draws on principles of psychoneuroimmunology and challenges of implementing and sustaining change are also considered.

Personalised Nutrition & Longevity 30 Credits

The influence of diet, environment and lifestyle on gene expression is a central to this module. It should enable you to justify a personalised nutrition approach to promote healthy aging and longevity from conceptus through all stages of adulthood. Key to the focus on longevity is an understanding of theories of aging, the impact of toxins and nutritional strategies throughout the lifespan and the body processes used to maintain balance. Appropriate use, validity, possible benefits and risks of genetic testing alongside other biomedical data are considered and debated.

Personalised Sports Nutrition 30 Credits

Justifying personalised nutrition interventions for competitive athletes or sporting individuals who may be training alongside chronic health problems is central to this module. Appropriate strategies are considered in light of periodicity of training regimes with a focus on optimum performance. Understanding the physiology of exercise and muscle physiology in the context of the functional medicine model is fundamental. Topical issues e.g. use and abuse of ergogenic aids and steroids are taught as well as the validity of biomedical data to tailor approaches.

Research Dissertation 60 Credits

You will be given the opportunity to engage in individual or group projects designed to contribute to the emerging evidence base for personalised nutrition. This project is an opportunity to focus on a specific area of nutritional research and will enable you to develop the skills to demonstrate a deep and systematic understanding of the techniques employed in meta-analysis and mechanism reviews and situate them within existing and emerging evidence based paradigms.