

Level 7 Summary of Module Content

Evidence Based Personalised Nutrition 30 Credits

You will refresh your understanding of research methodologies and understand how new research methodologies can be constructed to better suit the needs of Personalised Nutrition. In particular, this module will provide you with the opportunity to critically evaluate the utility of existing research methodologies when applied to 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

This core module is taken as the first nutrition module and covers the principles of nutrition including: macro, micro and phytonutrients, food toxicology, soil-to-table concepts, nutritional quality and the structure of the UK food and nutrition industry. It does so in the context of tackling obesity and type 2 diabetes. The case based assignment will provide an opportunity for you to justify a personalised nutrition intervention for a case of obesity and type 2 diabetes presenting with multiple symptoms. 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 Personalised Nutrition using CNELM clinical tools to devise personalised, evidence based, nutritional strategies taking biomedical data and challenges of implementing and maintaining change 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 Personalised Nutritional approach you will consider how nutritional and environmental factors in individuals 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 biochemical imbalances in disease.

Personalised Nutrition & Longevity 30 Credits

The influence of diet, environment and lifestyle on gene expression is central to this module. At the end of this module you will be asked to justify a personalised nutrition approach to promote healthy ageing and longevity from conceptus through all stages of adulthood. Key to the focus on longevity is an understanding of theories of ageing, the impact of environmental 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. You will have the opportunity to develop your own case, in an area of interest, for assessment.

Personalised Sports Nutrition 30 Credits

Justifying personalised nutrition interventions for elite and amateur athletes seeking to maximise performance and who may also 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 Personalised Nutrition is fundamental. Topical issues such as the 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 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.