

Level 4 Modules (120 credits)			
1.	Academic Skills & Personal Development	20 credits	The purpose of this module is to support students in the transition to Higher Education and the study of nutrition science. The module provides a foundation in the key academic and personal development skills required for both success on the programme and for future clinical practice.
2.	Nutritional Biochemistry	40 credits	The purpose of this module is to provide the student with a fundamental understanding of the basic principles of chemistry, biochemistry and cytology. This is necessary to fully understand how biochemical imbalances in the body contribute to disease.
3.	Anatomy & Physiology	20 credits	The purpose of this module is to provide the student with an understanding of the anatomy and physiology of the major systems, organs and tissues of the human body, and their interactions. By teaching all systems within one module, students will have a greater understanding of the interrelationships between body systems, which is central to functional medicine principles.
4.	Food Processing, Macro- & Micronutrients	20 credits	The purpose of this module is to develop students' understanding of macro- and micronutrients and how dietary, lifestyle and environmental factors (including food processing) impact on their normal functions. The module also explores supplemental forms of nutrients, including their safety and toxicity, concepts fundamental to safe and effective nutrition and lifestyle medicine.
5.	Nutrition Throughout the Lifecycle	20 credits	The purpose of this module is to develop students' understanding of the varying nutritional requirements for groups and individuals in each phase of the human lifecycle, including coverage of the most important nutrition-related concerns at different stages of life. The module will also initiate students' ability to propose achievable dietary and lifestyle recommendations.

Level 5 Modules (120 credits)

6.	Advanced Research Methods & Quantitative Health Data	20 credits	The purpose of this module is to provide the student with the necessary skills to analyse nutrition research and to interpret statistical research data to inform evidence-based practice.
7.	Nutrition for Gastrointestinal Health & Detoxification Pathways	20 credits	The purpose of this module is to develop students' understanding of common diseases and disorders affecting the gastrointestinal system and of their nutritional management, including the use of functional and biochemical tests. Students will also learn about the influence of the intestinal microbiome on health and investigate the role of the liver and other organs in detoxification processes.
8.	Nutrition for Cardiovascular, Respiratory & Urinary Health	20 credits	The purpose of this module is to provide the student with the opportunity to explore a functional medicine and evidence-based approach to the prevention and nutritional management of common diseases and disorders affecting the cardiovascular and circulatory system, as well as the respiratory and urinary systems.
9.	Nutrition for Endocrine, Reproductive & Nervous System Function	20 credits	The purpose of this module is to provide students' with the opportunity to explore a functional medicine and evidence-based approach to the prevention and nutritional management of common endocrine, reproductive and nervous system diseases and disorders. This includes the use of biochemical and functional tests to complement orthodox medicine, enhancing the student's ability to manage client care.
10.	Nutrition for Musculoskeletal, Skin & Sensory Health	20 credits	The purpose of this module is to provide the student with the opportunity to explore a functional medicine and evidence-based approach to the prevention and nutritional management of common diseases and disorders affecting the musculoskeletal system, the integumentary system and the special senses; disorders which are commonly encountered in clinical practice.
11.	Environmental Pollution, Immunity, Inflammation & Nutrition	20 credits	The purpose of this module is to provide the student with the opportunity to explore a functional medicine and evidence-based approach to the prevention and nutritional management of common immune, autoimmune and inflammatory disorders, including cancers. Students will also consider the role of environmental pollutants in disease

and explore the diagnosis and management of adverse reactions to foods.

Level 6 Modules (120 credits)

12.	Nutrition for Optimal Physical & Mental Health	20 credits	The purpose of this module is to develop students' understanding of the role of genetic, environmental, nutrition and lifestyle factors in influencing and achieving optimal physical and mental function. There is a significant focus on obesity, metabolic syndrome and mental health conditions, as students will need to be familiar with these conditions in preparation for their clinical practice.
13.	Clinical Practice 1	20 credits	The purpose of this module is to prepare students for their future career by providing them with the opportunity to develop consultation skills in a safe, supportive environment. Students will learn a variety of techniques to assess dietary intake and to motivate clients to make lasting changes. In addition to client-communication skills, students will also learn how to communicate professionally with other healthcare practitioners.
14.	Clinical Practice 2	20 credits	The purpose of this module is to further prepare students for future practice via the application of critical thinking and evidence-based decision making. Students will learn to critically analyse a client's main health concerns, using a functional medicine model, and communicate complex information clearly and effectively to the client. Applying understanding of principles of pharmacology is also essential for safe and effective practice.
15.	Business Skills & Professional Practice	20 credits	The purpose of this module is to provide the student with the opportunity to develop as professional, self-reflecting individuals, able to meet the demands of setting up, running and growing their own business. This module also teaches students about the legislative, and regulatory framework surrounding nutrition practice and the professional practice standards set by appropriate professional bodies.
16.	Research Project	40 credits	The purpose of this module is to provide the student with the opportunity to undertake a comprehensive evaluation of the evidence relating to a specific aspect of nutrition and lifestyle medicine. This will provide students with the transferable skills needed for safe and effective independent practice and for appropriate further professional training.

Total BSc (Hons) Nutrition & Lifestyle Medicine = 360 credits