

BSc (Hons) Nutrition & Lifestyle Medicine

part-time courses to be completed over 4.5 years

(21 - 25)

Level	Code	Modules	Brief description	Credits	Online only
Level 4	SLS1041	Academic Skills & Personal Development	This module will enable students to think about, and plan for, their own personal, academic & career development. Students will be instructed in the development of the necessary skills to succeed on the Diploma course	20-credits	£1,333
	SLS1042	Nutritional Biochemistry	A foundation in organic & inorganic chemistry, biochemistry & cytology	40-credits	£2,667
	SLS1043	Anatomy & Physiology	This module gives students a foundation in relation to the anatomy and physiology of the human body and all major body systems, providing students with an in-depth knowledge and understanding of the topic	20-credits	£1,333
	SLS1044	Food Processing & Macro- & Micronutrients	This module gives students a detailed understanding of macro- and micro-nutrients, their requirements, functions, interactions, safety & toxicity, and how dietary, lifestyle and environmental factors impact on their normal functions	20-credits	£1,333
	SLS1045	Nutrition Throughout the Lifecycle	This module examines how the body's demand for nutrients changes across the many stages of life, as well as examining the common disorders affecting health through these various life stages. Key events during the lifecycle are also considered in-depth, including fertility, pregnancy, weaning, puberty, menopause and healthy ageing.	20-credits	£1,333
TOTAL Level 4:				90 credits	£8,000

Level	Code	Modules	Brief description	Credits	Online only
Level 5	SLS2043	Advanced Research Methods & Quantitative Health Data	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.	20-credits	£1,333
	SLS2044	Nutrition for Gastrointestinal Health & Detoxification	This module addresses the pathophysiology of common conditions affecting the digestive system and explores the burgeoning research surrounding the influence of the intestinal microbiome on health. The module applies a functional medicine approach, considering the influence of diet, lifestyle, environment and genetics in gastrointestinal health and disease and will guide students in the use and interpretation of relevant functional and biochemical tests.	20-credits	£1,333
	SLS2045	Nutrition for Cardiovascular, Respiratory & Urinary Health	This module will explore the aetiology and pathophysiology of common diseases and disorders affecting the cardiovascular, respiratory and urinary systems. Students will apply a functional medicine and evidence-based approach, including relevant functional and biochemical testing, to the prevention and nutritional management of a range of cardiovascular diseases, including hypertension, dyslipidaemia and atherosclerosis. Respiratory and urinary disorders that are covered include asthma, sinusitis, urinary tract infections and kidney stones.	20-credits	£1,333
	SLS2046	Nutrition for Endocrine, Reproductive & Nervous System Health	This module examines the aetiology and pathophysiology of common endocrine, reproductive and nervous system diseases and disorders. Students will acquire a detailed understanding of how to apply a functional medicine approach to thyroid and adrenal dysfunction, insulin resistance and metabolic syndrome, polycystic ovarian syndrome, endometriosis, benign prostatic hyperplasia and multiple sclerosis (amongst others). The use and interpretation of relevant functional and biochemical tests is a key feature of this module.	20-credits	£1,333
	SLS2047	Nutrition for Musculoskeletal, Skin & Sensory Health	This module covers the aetiology and pathophysiology of common musculoskeletal, skin, eye, ear and nose diseases and disorders, as students will need to be familiar with these in preparation for their clinical practice. This will include a functional medicine and evidence-based approach to the prevention and nutritional management of gout, osteoarthritis, osteoporosis, acne and eczema (amongst others).	20-credits	£1,333
	SLS2048	Environmental Pollution, Immunity & Inflammation	This module applies a functional medicine approach, including the use and interpretation of functional and biochemical tests, to the management of common immune disorders, autoimmune diseases and cancers. Students will gain a detailed understanding of the aetiology and pathophysiology of these disorders, as well as exploring the role of chronic inflammation in disease. Additional topics include a variety of adverse reactions to food, their diagnosis and nutritional management.	20-credits	£1,333
TOTAL :				75 credits	£8,000

Level	Code	Modules	Brief description	Credits	Online only
Level 6	SLS3029	Nutrition for Optimal Physical & Mental Health	This module considers the role of nutrition and lifestyle in influencing and achieving optimal physical and mental function. There is a significant focus on obesity and its associated health consequences, including an in-depth exploration of factors influencing energy intake and energy expenditure, and students will also be introduced to the fundamental principles of sports nutrition. The aetiology for common mental health disorders and a functional medicine approach to their prevention and /or management will also be covered in-depth.	20 credits	£1,333
	SLS3030	Clinical Practice 1	This module is focused on preparing students for their future career as a nutrition practitioner and provides the students with the opportunity to practice and perfect consultation skills in a safe and supportive environment. This module is designed to equip students with an understanding of how to effectively communicate with clients to understand their main health concerns. In addition to client-communication skills, students will also learn how to communicate effectively and professionally with the medical profession.	20 credits	£1,333
	SLS3031	Clinical Practice 2	This module is focused on preparing students for their future career as a nutrition practitioner and provides the students with the opportunity to practice and perfect consultation skills in a safe and supportive environment. This module is designed to equip students with an understanding of how to effectively communicate with clients to understand their main health concerns. In addition to client-communication skills, students will also learn how to communicate effectively and professionally with the medical profession.	20 credits	£1,333
	SLS3032	Business Skills & Professional Practice	This module support students' development as professional, self-reflecting individuals able to meet the demands of setting up, running and growing their own business. Additionally, students will also learn more about the legislative, and regulatory framework surrounding nutrition practice and the professional practice standards set by appropriate professional bodies	20 credits	£1,333
	SLS3033	Research Project	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.	40 credits	£2,667
TOTAL :				120 credits	£8,000
GRAND TOTAL :				360 credits	£24,000