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*SR3511- Nutrition, Health and Disease*

*Course Handbook 2023-2024*

*Undergraduate Medical Sciences*

*School of Medicine, Medical Sciences & Nutrition*

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# Course Summary

This course will introduce students to the scientific basis of nutrition and nutrient intakes and will provide an understanding of the role of nutrition for health and exercise. The effect of exercise on nutritional requirements and the effects of diet on exercise performance will be examined. Moreover, the effects of exercise on energy balance and body composition, nutritional demands of high level training as well as the roles of diet and exercise in a healthy lifestyle will be studied. The relevance of dietary recommendations for athletes and the use of dietary supplements and other ergogenic aids will be reviewed.

# Course Aims & Learning Outcomes

1. Know the principle constituents of food
2. Understand the principles of energy balance
3. Be able to describe the methodologies used to assess dietary intake
4. Understand how the UK dietary reference values are derived and how they are used
5. Understand the principle of assessing nutritional status
6. Consider how diet can affect exercise performance.
7. Appreciate nutrition as part of a healthy lifestyle
8. Discuss some practical strategies for achieving an optimal diet for training and competition.

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# Course Teaching Staff

Course Co-ordinator(s):

* Dr Michael Scholz (ext. 8022) [m.e.scholz@abdn.ac.uk](mailto:m.e.scholz@abdn.ac.uk) and Prof Alison Jenkinson (ext. 7539), [a.jenkinson@abdn.ac.uk](mailto:a.jenkinson@abdn.ac.uk)

Other Staff:

* Dr Derek Ball (DB), Medical Sciences
* Ms Mel Bickerton (MB), Information Consultant, Medical Sciences Library
* Prof Alexandra Johnstone (AJ), RINH
* Dr Janet Kyle (JK), Medicine
* Prof Derek Scott (DAS), Medical Sciences
* Ms Karen Taylor (KT), RINH
* Dr Frank Thies (FT), RINH

Assessments & Examinations

Students are expected to attend all lectures, laboratory classes, and tutorials, and to complete all class exercises by stated deadlines. Random attendance registers will be taken in selected lectures. It is imperative that any reasonable excuses for the late handing in of work are made to the course organiser (Dr Michael Scholz, m.e.scholz@abdn.ac.uk) before the deadline date. Otherwise the work will not be marked and the class certificate, which is required to sit the examination, may be withheld.

The minimum performance acceptable for the granting of a class certificate is attendance at all of the practical classes, and presentation of all set course work. A valid class certificate is required to sit for the degree examination.

The course assessment consists of:

* Continuous assessment: 30% of the total course assessment is based on material to be submitted during the course – laboratory reports (8% each, submission dates 12 noon on 19th February and 12 noon on 25th March), dietary analysis assignment (8%, submission date 12 noon on the 4th March and a paper analysis assessment (6%, submission date 21st March).
* Written Examination: 70% of the course assessment is based on one three hour written paper. The student has to answer four questions to be chosen from six optional questions.

The degree examination is held in April/May, with the re-sit examination in June/July.

# Class Representatives

We value students’ opinions in regard to enhancing the quality of teaching and its delivery; therefore, in conjunction with the Students’ Association we support the Class Representative system.

In the School of Medicine, Medical Sciences & Nutrition we operate a system of course representatives, who are elected from within each course. Any student registered within a course that wishes to represent a given group of students can stand for election as a class representative. You will be informed when the elections for class representative will take place.

What will it involve?

It will involve speaking to your fellow students about the course you represent. This can include any comments that they may have. You will attend a Staff-Student Liaison Committee and you should represent the views and concerns of the students within this meeting. As a representative, you will also be able to contribute to the agenda. You will then feedback to the students after this meeting with any actions that are being taken.

Training

Training for class representatives will be run by the Students Association. Training will take place within each half-session. For more information about the Class representative system visit [www.ausa.org.uk](http://www.ausa.org.uk) or email the VP Education & Employability [vped@abdn.ac.uk](mailto:vped@abdn.ac.uk) . Class representatives are also eligible to undertake the STAR (Students Taking Active Roles) Award with further information about this co-curricular award being available at: [www.abdn.ac.uk/careers](http://www.abdn.ac.uk/careers).

Problems with Coursework

If students have difficulties with any part of the course that they cannot cope with, alone they should notify the course coordinator immediately. If the problem relates to the subject matter general, advice would be to contact the member of staff who is teaching that part of the course. Students with registered disabilities should contact the medical sciences office, ([medsci@abdn.ac.uk](mailto:medsci@abdn.ac.uk)) (based in the Polwarth Building, Foresterhill) to ensure that the appropriate facilities have been made available. Otherwise, you are strongly encouraged to contact any of the following as you see appropriate:

* Course student representatives
* Course co-ordinator
* Convenor of the Medical Sciences Staff/Student Liaison Committee
* Personal Tutor
* Medical Sciences Disabilities Co-ordinator (Dr Derryck Shewan)

All staff are based at Foresterhill and we strongly encourage the use of email or telephone the Medical Sciences Office. You may have a wasted journey travelling to Foresterhill only to find staff unavailable.

If a course has been completed and students are no longer on campus (i.e. work from second half session during the summer vacation), coursework will be kept until the end of Fresher’s Week, during the new academic year. After that point, unclaimed student work will be securely destroyed.

# Course Reading List

**Core textbooks**

1. Essentials of Human Nutrition (5th ed) edited by J Mann and A Stewart Truswell (2019), ISBN: 978-0-19-956634-1
2. Dietary Reference Values for Energy and Nutrients for the United Kingdom, HMSO (1991), ISBN: 0- 113- 21397-2
3. Jenkendrup A and Gleeson M, Sport Nutrition, Human Kinetics Champaign 2019

**Other recommended textbooks**

1. Human Nutrition and Dietetics (10th ed), Edited by J S Garrow & W P T James and A Ralph, Churchill Livingstone (2000), ISBN: 0-443-05627-7
2. Human Nutrition - A Health Perspective (2nd ed), Mary E Barasi, Arnold (2003), ISBN: 0-340-81025-4
3. Introduction to Human Nutrition and Metabolism (3rd ed), David A Bender, Taylor & Francis (2002), ISBN: 0-415-25799-9
4. Maughan RJ and M Gleeson. The Biochemical Basis of Sports Performance. 2nd edn. Oxford University Press, Oxford. 2010.
5. MacLaren D and Morton J, Biochemistry for Sport and Exercise Metabolism. John Wiley & Sons, Chichester, 2012.
6. Burke LM and Deakin V (eds). Clinical Sports Nutrition. 5th edn. McGraw Hill, Sydney. 2015.
7. The Encyclopaedia of Sports Medicine. Sports Nutrition. Edited by R.J. Maughan. Wiley-Blackwell, Oxford. ISBN 9781118275764.
8. McArdle WD, Katch FI, and Katch VL. Exercise Physiology: Nutrition, Energy and Human Performance. Wolters Kluwer, Philadelphia, USA. ISBN 978-1-9751-59993-3.

Further lists may be provided by the staff teaching on the course.

# Lecture Synopsis

Lecture 1. Course introduction / Introduction to nutrition – Dr Michael Scholz and Prof Alison Jenkinson

Outline of the course, general introduction and introduction into the science of human nutrition that deals with all the effects on people of any component found in food. It will remind the students of the physiological and biochemical process involved in nourishment and how substances in food provide energy.

Lecture 2. Introduction to metabolism - Dr Michael Scholz

Introduction and overview of metabolic processes and pathways involved in utilization of nutrients for energy production and for the synthesis of cell components.

Lecture 3. Macronutrients – Carbohydrates

Types and structures of Carbohydrates. Terminology and dietary sources.

Lecture 4-5. Micronutrients – Vitamins and minerals – Dr Janet Kyle

What constitutes a vitamin, which are the different vitamins, dietary sources, function, deficiency, who might be at risk of a deficiency and toxicity? What constitutes a mineral, which are the different minerals, dietary sources, function, deficiency, who might be at risk of a deficiency and toxicity?

Lecture 6-7, Energy expenditure – Prof Alexandra Johnstone

Human energy needs and how they can be measured. Advantages and disadvantages of each method, practical applications and issues.

Lecture 8. Free Radicals – Prof Alison Jenkinson

Free radicals, antioxidants, muscle and exercise.

Lecture 9. Dietary assessment – Prof Alexandra Johnstone

Different tools for assessing dietary intake at population and individual level will be looked at. Advantages and disadvantages of each method will be discussed. The student will also be able to put this into practice during the Dietary analysis practical.

Lecture 10. Dietary recommendations – Prof Alexandra Johnstone

An overview of all nutrient and dietary recommendations in the UK with particular emphasis on the Scottish diet.

Lecture 11. Nutritional Assessment and Dietary reference values – Ms Karen Taylor

What are the UK dietary reference values? How were they derived, what do they mean? Examples of DRVs for different nutrients.

Lecture 12. Macronutrients - Metabolism of proteins and amino acids

Amino acids and their structure and classification. Peptide bonds. Primary, secondary and tertiary structure of proteins. Control of protein synthesis. Fate of amino acids. Gluconeogenesis and lipogenesis. Transport of amino groups between tissues.

Lecture 13. Dietary Analysis Practical Preparation.

Essential preparation for the dietary analysis practical

Lecture 14. Macronutrients – Fat - Dr Michael Scholz

Definition of fat, building blocks of fats, different types of fat, dietary sources of fats.

Lectures 15-16. Carbohydrate and Exercise 1 & 2

Optimising glycogen stores before and after exercise.

Carbohydrate replacement during exercise.

Lecture 15. Enteral and Parenteral Nutrition – Prof Derek Scott

Lecture 16. Library Skills – Ms Mel Bickerton

Lectures 17-19 Lipoproteins, Exercise and Diet – Dr F Thies

These lectures will discuss the transport of endogenous and exogenous fats within the body, highlighting the crucial roles of lipoproteins. The effect that exercise has on lipoprotein metabolism, which may underlie some of health benefits of exercise will also be covered. Finally the effect of alterations in nutritional intake on lipoprotein metabolism will be discussed.

Lecture 20. Lipid metabolism in exercise.

Lecture 21. Fat.

Metabolism during exercise and adaptations to a high fat diet.

Lecture 22. Protein I

Effects of exercise on protein metabolism.

Lecture 23. Protein II

Effects of additional protein consumption.

Lecture 24. Adaptations to training.

Biochemical changes in muscle. Adaptation of cytoplasmic and mitochondrial enzymes. Nutritional influences on metabolism.

Fluid balance: the need for water - Dr D Ball

Lecture 25. Fluid balance: the need for water I

Lecture 26. Fluid balance: the need for water II.

The reasons behind waters important role in exercise performance. Euhydration, hypohydration, hyperhydration and exercise performance. Fluid consumption before, during and after exercise.

Lecture 27. Micronutrient physiology – Prof D Scott

Lecture 28. Gastrointestinal function and exercise - Prof D Scott

Lecture 29. Dietary supplements: antioxidants, creatine, and other ergogenic aids - Prof A Jenkinson

Supplements and ergogenic aids are in widespread use by athletes. This lecture will discuss some of those most commonly in use and their role in the diet of the sports person.

Lecture 30. Dietary Supplements - Prof A Jenkinson

Lecture 31. Diet, exercise and a healthy lifestyle - Prof A Jenkinson

The effects of diet and exercise are considered separately and jointly in the development and maintenance of a healthy lifestyle.

# Practical/Lab/Tutorial Work

Practical Classes

1. Metabolic response to exercise (Lactate measurement)
2. Metabolic response to exercise (virtual exercise lab and workshop)
3. International Nutrition Research Institute Visit – Rowett Institute
4. Dietary Assessment
5. Exercise and metabolic rate
6. Exercise and metabolic rate
7. Exercise and metabolic rate

Reports on the laboratory practical work highlighting the main methods employed and the key findings should be written. These should not exceed 1500 words and should be submitted online through MyAberdeen/Turnitin.

Tutorials

A paper analysis tutorial will provide you with the necessary skills which are required for the completion of the 4th assignment on this course (paper analysis assignment).

The paper analysis assessment feedback and answers will be discussed at the final seminar.

A tutorial is also organised for the last teaching session when there will be a further opportunity to ask questions about the material covered during this course.

University Policies

Students are asked to make themselves familiar with the information on key education policies, available [here](https://www.abdn.ac.uk/staffnet/teaching/key-education-policies-for-students-11809.php). These policies are relevant to all students and will be useful to you throughout your studies.  They contain important information and address issues such as what to do if you are absent, how to raise an appeal or a complaint and how the University will calculate your degree outcome.

These University wide education policies should be read in conjunction with this programme and/or course handbook, in which School specific policies are detailed. These policies are effective immediately, for the 2022/23 academic year. Further information can be found on the [University’s Infohub webpage](https://www.abdn.ac.uk/students/) or by visiting the Infohub.

The information included in the institutional area for 2022-23 includes the following:

* Assessment
* Feedback
* Academic Integrity
* Absence
* Student Monitoring/ Class Certificates
* Late Submission of Work
* Student Discipline
* The co-curriculum
* Student Learning Service (SLS)
* Professional and Academic Development
* Graduate Attributes
* Email Use
* MyAberdeen
* Appeals and Complaints

Where to Find the Following Information:

C6/C7- University of Aberdeen Homepage > Students > Academic Life > Monitoring and Progress > Student Monitoriung (C6 & C7)

https://www.abdn.ac.uk/students/academic-life/student-monitoring.php#panel5179

Absences- To report absences you should use the absence reporting system tool on Student Hub. Once you have successfully completed and sent the absence form you will get an email that your absence request has been accepted. The link below can be used to log onto the Student Hub Website and from there you can record any absences you may have.

[Log In - Student Hub (ahttps://www.abdn.ac.uk/studenthub/loginbdn.ac.uk)](https://www.abdn.ac.uk/studenthub/login)

Submitting an Appeal- University of Aberdeen Homepage > Students > Academic Life > Appeals and Complaints

https://www.abdn.ac.uk/students/academic-life/appeals-complaints-3380.php#panel2109

Academic Language & Skills support

For students whose first language is not English, the Language Centre offers support with Academic Writing and Communication Skills.

Academic Writing

* Responding to a writing task: Focusing on the question
* Organising your writing: within & between paragraphs
* Using sources to support your writing (including writing in your own words, and

citing & referencing conventions)

* Using academic language
* Critical Thinking
* Proofreading & Editing

Academic Communication Skills

* Developing skills for effective communication in an academic context
* Promoting critical thinking and evaluation
* Giving opportunities to develop confidence in communicating in English
* Developing interactive competence: contributing and responding to seminar discussions
* Useful vocabulary and expressions for taking part in discussions

More information and how to book a place can be found here

Medical Sciences Common Grading Scale

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Grade | Grade Point | % Mark | Category | Honours Class | Description |
| A1 | 22 | 90-100 | Excellent | First | • Outstanding ability and critical thought • Evidence of extensive reading • Superior understanding •The best performance that can be expected from a student at this level |
|  |
| A2 | 21 | 85-89 |  |
|  |
| A3 | 20 | 80-84 |  |
|  |
| A4 | 19 | 75-79 |  |
|  |
| A5 | 18 | 70-74 |  |
|  |
| B1 | 17 | 67-69 | Very Good | Upper Second | • Able to argue logically and organise answers well  • Shows a thorough grasp of concepts  • Good use of examples to illustrate points and justify arguments  • Evidence of reading and wide appreciation of subject |  |
|  |
| B2 | 16 | 64-66 |  |
|  |
| B3 | 15 | 60-63 |  |
|  |
| C1 | 14 | 57-59 | Good | Lower Second | • Repetition of lecture notes without evidence of further appreciation of subject • Lacking illustrative examples and originality • Basic level of understanding |  |
|  |
| C2 | 13 | 54-56 |  |
|  |
| C3 | 12 | 50-53 |  |
|  |
| D1 | 11 | 47-49 | Pass | Third | • Limited ability to argue logically and organise answers • Failure to develop or illustrate points • The minimum level of performance required for a student to be awarded a pass |  |
|  |
| D2 | 10 | 44-46 |  |
|  |
| D3 | 9 | 40-43 |  |
|  |
| E1 | 8 | 37-39 | Fail | Fail | • Weak presentation • Tendency to irrelevance • Some attempt at an answer but seriously lacking in content and/or ability to organise thoughts |  |
|  |
| E2 | 7 | 34-36 |  |
|  |
| E3 | 6 | 30-33 |  |
|  |
| F1 | 5 | 26-29 | Clear Fail | Not used for Honours | • Contains major errors or misconceptions • Poor presentation |  |
|  |
| F2 | 4 | 21-25 |  |
|  |
| F3 | 3 | 16-20 |  |
|  |
| G1 | 2 | 11-15 | Clear Fail/Abysmal |  | • Token or no submission |  |
|  |
| G2 | 1 | 1-10 |  |
|  |
| G3 | 0 | 0 |  |
|  |

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# SR3511 Course Timetable: 2023-2024

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Date | Time | Venue | Subject | Session | Staff |
| Week 26 | | | | | |
| Mon 22 Jan | 09:00-10:00 | Suttie 203 | Introduction to nutrition | Lecture | MES/AMJ |
| Tue 23 Jan | 15:00-17:00 | Suttie LT | Review of exam performance/ What will you do after your degree? | Seminar | DAS |
| Wed 24 Jan | 09:00-10:00 | BMP LT | Introduction to metabolism | Lecture | MES |
| Fri 26 Jan | 12:00-13:00 | 1M:001 | Micronutrients – vitamins & minerals 1 | Lecture | JK |
| Week 27 | | | | | |
| Mon 29 Jan | 12:00-13:00 | BMP LT | Macronutrients - Carbohydrate metabolism | Lecture | MES |
| Wed 31 Jan | 09:00-10:00 | BMP LT | Energy expenditure 1 | Lecture | AJ |
| Thurs 1 Feb | 10:00-13:00 | 0.004, STH | *Practical Class* *(Metabolic response to exercise)* | Practical | MES |
|  | 14.00-17.00 | RINH, FH | *Practical Class* (*Rowett visit – body composition and dietary assessment)* (Group 1) | Practical | KT |
| Fri 2 Feb | 11:00-12:00 | 1:032/033 | Energy expenditure 2 | Lecture | AJ |
| Week 28 | | | | | |
| Mon 5 Feb | 12:00-13:00 | BMP LT | Free radicals | Lecture | AMJ |
| Wed 7 Feb | 12:00-13:00 | BMP LT | Dietary assessment | Lecture | AJ |
| Thu 8 Feb | 10:00-13:00 | 0.001, STH | *Practical Class* *(Metabolic response to exercise 2)* | Practical | MES |
| 14.00-17.00 | RINH, FH | *Practical Class* (*Rowett visit – body composition and dietary assessment)* (Group 2) | Practical | KT |
| Fri 9 Feb | 12:00-13:00 | BMP LT | Nutritional assessment and Dietary reference values | Lecture | KT |
| Week 29 | | | | | |
| Mon 12 Feb | 12:00-13:00 | BMP LT | Macronutrients - Metabolism of proteins and amino acids | Lecture | MES |
| Wed 14 Feb | 12:00-13:00 | 1:039/40 | Macronutrients -fat | Lecture | MES |
| Thu 15 Feb | 09:00-13:00 | CR2 | *PRACTICAL: Dietary analysis* | Practical | KT |
| 14.00-18.00 | Online | *PRACTICAL: Dietary analysis* |
| Fri 16 Feb | 12:00-13:00 | 1M:001 | Micronutrients – vitamins & minerals 2 | Lecture | JK |
| Week 30 | | | | | |
| Mon 19 Feb | 12:00-13:00 | BMP LT | Carbohydrate and exercise 1 | Lecture | MES |
| Wed 21 Feb | 11:00-12:00 | BMP W/shop | Carbohydrate and exercise 2 | Lecture | MES |
| Thu 22 Feb | 10:00-13:00 | 0.001, STH | *Practical Class* *(Exercise and metabolic rate)* | Practical | MES |
| Fri 23 Feb | 13:00-14:00 | 1:032/033 | Dietary recommendations | Lecture | AJ |
| Week 31 | | | | | |
| Mon 26 Feb | 12:00-13:00 | 1:032/033 | Enteral and Parenteral Nutrition | Lecture | DAS |
| Wed 28 Feb | 10:00-11:00 | CR2 | Library Workshop (Group 1) OR | Practical | MB |
| 11:00-12:00 | CR2 | Library Workshop (Group 2) | Practical | MB |
| Thu 29 Feb | 10:00-13:00 | 0.001, STH | *Practical Class* *(Exercise and metabolic rate)* | Practical | MES |
| Fri 1 Mar | 12:00-13:00 | BMP LT | Lipoproteins | Lecture | FT |
| Week 32 | | | | | |
| Mon 4 Mar | 12:00-13:00 | BMP LT | Lipoproteins and Exercise | Lecture | FT |
| Wed 6 Mar | 12:00-13:00 | BMP LT | Lipoproteins, Exercise and Diet | Lecture | FT |
| Thu 7 Mar | 10:00-13:00 | 0.004, STH | *Practical Class* *(Exercise and metabolic rate)* | Practical | MES |
| Fri 8 Mar | 12:00-13:00 | BMP LT | Lipid metabolism in exercise | Lecture | AMJ |
| Week 33 | | | | | |
| Mon 11 Mar | 12:00-13:00 | BMP LT | Fat | Lecture | AMJ |
| Wed 13 Mar | 12:00-13:00 | BMP LT | Protein | Lecture | AMJ |
| Thu 14 Mar | 09.00-13.00 | BMP LT | *Paper Analysis* *Tutorial* | Tutorial | AMJ |
| 13:00-18:00 | Foresterhill | *Honours Project Presentations* | Seminar | AMJ |
| Fri 15 Mar | 12:00-13:00 | BMP LT | Protein | Lecture | AMJ |
| Week 34 | | | | | |
| Mon 18 Mar | 12:00-13:00 | BMP LT | Fluid balance: the need for water 1 | Lecture | DB |
| Wed 20 Mar | 12:00-13:00 | BMP LT | Fluid balance: the need for water 2 | Lecture | DB |
| Thu 21 Mar | 10:00-11:00 | BMP LT | Dietary supplements: antioxidants, creatine and other ergogenic aids | Lecture | AMJ |
| 11:00-12:00 | BMP LT | Dietary supplements 2 | Lecture | AMJ |
| 13:00-18:00 | Online | *Paper Analysis Assignment* | Assess | AMJ |
| Fri 22 Mar | 12:00-13:00 | BMP LT | Micronutrient Physiology | Lecture | DAS |
| Week 35 | | | | | |
| Mon 25 Mar | 12:00-13:00 | BMP LT | Gastrointestinal function and exercise | Lecture | DAS |
| Wed 27 Mar | 12:00-13:00 | BMP LT | Factors influencing the metabolic response to exercise. | Lecture | AMJ |
| Thu 28 Mar | 10:00-11:00 | BMP LT | Diet, exercise and a healthy lifestyle | Lecture | AMJ |
| 11.00-13.00 | BMP LT | Exam skills workshop/Mock exam | Tutorial | MES |
| 13:00-18:00 | Online | Mock Exam |  | MES |
| Fri 29 Mar | 12:00-13:00 | BMP LT | Paper Analysis answers/feedback and Exam Preparation | Lecture | AMJ |
| Week 39 - No Teaching - Revision Week | | | | | |
| Mon 30 Apr | 12:00-13:00 | 1:032/033 | Exam Preparation - Final questions | Tutorial | MES |

Staff

Dr Derek Ball (DB), Medical Sciences

Ms Mel Bickerton (MB), Information Consultant, Medical Sciences Library

Dr Janet Kyle (JK), Medicine

Prof Alison Jenkinson (AMJ), Medical Sciences (Course Co-ordinator)

Prof Alexandra Johnstone (AJ), RINH

Dr Michael Scholz (MES), Medical Sciences (Course Co-ordinator)

Prof Derek Scott (DAS), Medical Sciences

Ms Karen Taylor (KT), RINH

Dr Frank Thies (FT), RINH

Venues

|  |
| --- |
| [Venues](http://www.bms.abdn.ac.uk/undergraduate/#atop) |
| STH, Science Teaching Hub, OA |
| Polwarth Building CR2 (Computer Room 2, Medical Library), FH |
| Polwarth Building CR3 (Computer Room 3) |
| 1.032/33 Polwarth Building, FH |
| 1M:001 Polwarth Building, FH |
| Suttie Lecture Theatre, Suttie Building, FH |
| 203 Suttie Building, FH |
| Biomedical Physics Building, Biomedical Physics Lecture Theatre, FH |
| Biomedical Physics Building, Biomedical Physics Workshop (D2), FH |

Campus Maps - Foresterhill



Polwarth Floor Plans

Diagram, schematic

Description automatically generated

Diagram

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Diagram

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