

# Course overview and information

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## Welcome

A warm welcome to ME33CH!

## Coordinator

Prof. Frank Thies

**Contact details:** [f.thies@abdn.ac.uk](mailto:f.thies@abdn.ac.uk) (<mailto:f.thies@abdn.ac.uk>)

## Overview

Optimal nutrition is essential for the prevention of disease, therefore related effective communication is paramount for improving the health of populations. Nutritional information is available from many sources, with many being untrue and not evidence based. This course provides an overview of nutritional information available to the general public and addresses the issue of miscommunication around nutrition. You will learn to evaluate the validity of nutritional messaging and how misleading information can undermine evidence based public health guidance. You will learn how to use an evidence based approach to effectively communicate nutritional recommendations to the general public.

## Content Advice

This course may include references to animal experimentation, which some students may find distressing. If you feel you may be particularly affected by this topic/material, please contact the Course Coordinator to discuss this in advance of the class. Note that confidential and impartial support is available from the [Student Advice and Support Office](https://www.abdn.ac.uk/students/student-life/student-advice-and-support.php) (<https://www.abdn.ac.uk/students/student-life/student-advice-and-support.php>). If you wish to speak to a Student Support Adviser, please email [student.support@abdn.ac.uk](mailto:student.support@abdn.ac.uk) (<mailto:student.support@abdn.ac.uk>)

## Aims

This course will give you to develop a detailed understanding about issues surrounding miscommunication of nutritional messaging and potential consequential impacts on Public Health recommendations.

## Learning Outcomes

Upon successful completion of this course students will be able to:

1. Explore how nutritional science is communicated to the general population.

2. Critically appraise the validity of widely available nutritional messaging.
3. Effectively communicate nutrition and health information to lay audiences.

## Teaching and Learning Methods

***Each 15 credit course has a nominal total workload expectation of 150 hours. This includes working through materials, completing all types of assignment and private study. We therefore expect you to spend around 20-25 hours per week working on the course.***

Teaching and learning for this course will be through a blended approach with a combination of lectures, tutorials, group work, debates, self-study time, presentations and assignments.

The course teaching is structured over 6 weeks and will cover the topics listed below. Individual and group work will be requested from the students for each of these topics. Instructions will be provided by individuals covering the topics.

## Course Content Overview:

1. Introduction: setting the scene around miscommunication in Nutrition science.
2. Communicating nutritional information: examples of poor, misleading or effective messaging, how to write blogs/adverts. Michelle McWilliams and Joe Churcher from the knowledge exchange team (Rowett Institute).
3. Gut microbiome and health: hopes, hypes and prospects for therapeutic interventions. Prof Alan Walker.
4. Folate fortification, NTD and policy: how to evaluate risk vs benefits to inform policy? Prof Paul Haggarty.
5. Personalised nutrition: are we there yet? Prof Baukje de Roos.
6. Supplements and ergogenic aids in sport and exercise. Dr Brendan Gabriel.
7. Group activity on a specific topic: you will be allocated to work within a group on one specific topic and prepare a group presentation.

These are indicative only and the specific title / topic and weeks of delivery can be subject to change, you will be informed of all changes through MyAberdeen.

## Timetable/Lecture Schedule

[Link to Timetable](#)

([https://abdn.blackboard.com/ultra/courses/\\_68265\\_1/outline/edit/document/\\_4594862\\_1?courseld=\\_68265\\_1&view=content](https://abdn.blackboard.com/ultra/courses/_68265_1/outline/edit/document/_4594862_1?courseld=_68265_1&view=content))

## Accessibility Information

We aim to make our learning resources digitally accessible. Ally offers alternative formats for content, and lecture recordings will have auto-generated captions but these might contain errors. If you need help accessing content or have questions about accessibility, contact your Course Coordinator. For issues with video captions, contact [accessible-elearning@abdn.ac.uk](mailto:accessible-elearning@abdn.ac.uk) (mailto:accessible-elearning@abdn.ac.uk) with your course code and the specific lecture recording(s).

## Assessment:

Assessment name	Type	Learning outcome	Due UoA week	Date	% Grade
Group presentation	Presentation	1, 2	17	21/11/2024	30
Blog and Poster	Written	3	19	06/12/2024	70

## Resit

If you fail the course (overall course grade of E1 or less) you will be given an opportunity for a resit. The resit does not cover individual assignments but will assess your understanding of the learning outcomes of the course.

**The method of resit for this course is: oral examination lasting approximately 30 minutes with the Programme co-ordinator and Course co-ordinator.**

The resits for this course will take place as soon as possible after the assessment board and you will be given at least two weeks' notice of the date of the resit assessment.

## Engagement and monitoring

You are expected to engage with the course by accessing the course material at least once each week and **must submit summative assessments by the due date unless you have been awarded a good cause extension**. If you are unable to engage with the course you must inform the course coordinator and submit an absence report.

You will get the most out of this course and be able to achieve a successful outcome if you regularly engage with all course content and learning activities. This includes the pre-recorded teaching sessions, attending the live sessions and assessment guidance opportunities.

### Pre-recorded teaching and live online sessions:

You should watch all of the pre-recorded materials and/or read documents when instructed by the course coordinator on MyAberdeen preferably before attending any live sessions.

Live sessions will allow you to interact with academics and to ask any questions about the specific topics covered on the course. There is an expectation that students attend **all** live teaching sessions - **if you are unable to attend, please complete an absence report via MyAberdeen explaining why you are unable to attend.**

Live session attendance will be recorded using QR codes.

**Attendance at the live sessions are compulsory for all on-campus students. Students will be given a C6 if they fail to engage for a period of one week without a valid reason or informing the course-coordinator.**