



Nutrition Diploma Year 2 - Lecture Plan CORK 2008

NB: Please see course syllabus for full details of module content, aims, objectives & assessments

Exam Re-Sit Date – 30th August 2008

WEEKEND	Saturday (9.30am-5.30pm)	Sunday (9.30am-4.30pm)	
NUTRITIONAL THERAPY SEMESTER 1	W/END1 Module One Part 1 13 th & 14 th September 2008 Carrigaline Hotel	The concept of health Different Healthcare Models Introduction to Naturopathy and nutritional therapy Factors that affect overall well being The history of nutritional therapy The difference between dietetics, nutritional science and nutritional therapy The role of nutritional therapy within an integrated healthcare system	Revision of cell structure and metabolism Key naturopathic concepts Study skills <ul style="list-style-type: none"> Managing distance learning Essay writing Synthesis and analysis Referencing Literature searching skills
	W/END2 Module One Part 2 11 th & 12 th October 2008 Carrigaline Hotel	The importance of research in healthcare <ul style="list-style-type: none"> Research in complementary therapies How to read and understand a scientific paper Different types of research 	The importance of research in healthcare <ul style="list-style-type: none"> Assessing quality Finding material and navigating databases Referencing
	W/END3 Module One Part 3 8 th & 9 th November 2008 Carrigaline Hotel	Toxins <ul style="list-style-type: none"> Endogenous toxins Exogenous toxins Routes of entry for toxins into the body The movements of toxins in and around the body The potential damage caused Detoxification and toxic elimination Limiting toxic intake through diet and lifestyle Lifestyle Limiting chemical exposure in the home and outside 	Introduction to the chemical elements <ul style="list-style-type: none"> The periodic table Basic chemistry Water <ul style="list-style-type: none"> Chemical structure Biological properties Buffering
	W/END4 Module Two Part 1 6 th & 7 th December 2008 Carrigaline Hotel	Metabolism <ul style="list-style-type: none"> Basic metabolic reactions The production of ATP Glycolysis Krebs cycle The electron transport chain Protein <ul style="list-style-type: none"> Chemical structure Biological functions at a cellular level Recommended levels of consumption – orthodox and naturopathic Dietary sources 	Enzymes <ul style="list-style-type: none"> Co factors Their importance in major metabolic pathways Digestion and metabolism of the bulk nutrients <ul style="list-style-type: none"> Glycolysis The Krebs cycle The electron transport chain Nucleotides <ul style="list-style-type: none"> Structure and function
	W/END5 Module Two Part 2 10 th & 11 th January 2009 Carrigaline Hotel	Carbohydrates <ul style="list-style-type: none"> Chemical structure Biological functions at a cellular level Recommended levels of consumption – orthodox and naturopathic Dietary sources 	Lipids <ul style="list-style-type: none"> Chemical structure Biological functions at a cellular level Recommended levels of consumption – orthodox and naturopathic Dietary sources

NUTRITIONAL THERAPY SEMESTER 2

<p>W/END6 Module 3, part 1</p> <p>7th & 8th Feb 2009</p> <p>Carrigaline Court Hotel</p>	<p>FIRST SEMESTER EXAM</p> <p>The macro and micro minerals</p> <ul style="list-style-type: none"> • Functions and interactions at a cellular level • RDAs (orthodox) + naturopathic interpretation • Mineral/mineral antagonism • Deficiency, imbalance and toxicity symptoms • Dietary sources of each 	<p>Table of EU RDAs</p> <p>The macro and micro nutrients</p> <ul style="list-style-type: none"> • Classification • Chemical structure • Transportation, utilisation and storage within the body
<p>W/END7 Module 3, part 2</p> <p>7th & 8th Mar 2009</p> <p>Carrigaline Court Hotel</p>	<p>Vitamins</p> <ul style="list-style-type: none"> • Functions and interactions at a cellular level • RDAs (orthodox) + naturopathic interpretation • Deficiency, imbalance and toxicity symptoms • Dietary sources of each • Assessing individual needs for different vitamins 	<p>The Phytonutrients</p> <ul style="list-style-type: none"> • Main classifications • Functions and interactions at a cellular level • Dietary sources of each <p>The vitamins and phytonutrients</p> <ul style="list-style-type: none"> • Classification • Chemical structure • Transportation and storage within the body
<p>21st & 22nd March 2009</p>	<p>Clinical Practice Lead by Year 3 at The Robin Hill Clinic</p>	<p>Clinical Practice Lead by Year 3 at The Robin Hill Clinic</p>
<p>W/END8 Module Four</p> <p>18th & 19th April 2009</p> <p>Carrigaline Court Hotel</p>	<p>Food Groups</p> <ul style="list-style-type: none"> • Classification of foods – e.g. fruit, vegetables, grains, pulses, meat, dairy etc • Important sources, their composition, how they are processed, their effects on health – positive and negative, their place in a therapeutic, orthodox and naturopathic views <p>Bowel flora</p> <ul style="list-style-type: none"> • Classifications of the bacteria in the human gut • Functions of the lactose fermenters • Effects on health of non beneficial bacteria overgrowth • Dietary and lifestyle effects on bowel flora composition • Bowel flora supplementation 	<p>Acid/Alkaline Balance</p> <ul style="list-style-type: none"> • What is pH • Regulation of acid/alkaline balance • Symptoms of over acidity/alkalinity • How body pH is measured • Nutrition and acid alkaline balance <p>Common anti nutrients:</p> <ul style="list-style-type: none"> • Chemical additives and preservatives • Natural toxins, including • Their effects on the body • Sources
<p>W/END9 Module Five, Part 1</p> <p>16th & 17th May 2009</p> <p>Carrigaline Court Hotel</p>	<p>Food processing/manufacturing methods</p> <ul style="list-style-type: none"> • Past and present • Effects on health • Research to back up links to chronic disease • The future outlook <p>Food labelling</p> <p>The effects of cooking on food</p> <p>The conventional Western (Irish) diet</p>	<p>Food - from farm to fork (Ireland)</p> <p>EU food regulation</p> <p>Organic food</p> <p>Sustainable agriculture</p> <p>EU regulation of the health food and natural healthcare industry</p>
<p>23 & 24 May 2009</p>	<p>Clinical Practice Lead by Year 3 at The Robin Hill Clinic</p>	<p>Clinical Practice Lead by Year 3 at The Robin Hill Clinic</p>
<p>W/END10 Module Five, Part 2</p> <p>13th & 14th June 2009</p> <p>Carrigaline Court Hotel</p>	<p>Different ways of eating</p> <p>Popular therapeutic diets</p> <p>The physiology of and nutrition for different groups of the population</p>	<p>Revision for forthcoming end of year exam</p>
<p>4th July 2009</p>	<p>SECOND SEMESTER EXAM (Carrigaline Hotel)</p>	

ASSESSMENT TIMTABLE

Semester	W/end	Homework collected	In class activity (%age = weighting)	Homework set (%age = weighting)	Semester	W/end	Homework collected	In class activity (%age = weighting)	Homework set (%age = weighting)	
1	1			Module 1 (8%)	2	6		FIRST SEMESTER EXAM (25%)	Module 3 (8%)	
	2		CA Module 1 part 1&2 (1%)			7				
	3	Module 1	CA module 1 part 3 (1%)			CP		Relevant CP Forms		
	4			Module 2 (8%)		8	Module 3			Module 4 (8%)
	5	Module 2	CA module 2 (2%)			9		CA module 4 (2%) Module 4 assignment		Module 5 (8%)
				CP			Relevant CP Forms			
				10		Module 5	CA module 5 (2%)			
				EXAM			SECOND SEMESTER			

NB - while not all homework/assignments have a weighting attached to the semester grade, ALL have to be completed and passed to successfully complete the academic year.

			EXAM (25%)	
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