MODULE SPECIFICATION

Module Code:	SPT620

Module Title:	Nutrition for Exercise, Performance and Health

Level:	6	**Credit Value:**	20

Cost Centre(s):	GASP	JACS3 **code**:	C600

School:	Social & Life Sciences	**Module Leader:**	Vicky Davies

Scheduled learning and teaching hours	24 hrs
Guided independent study	176 hrs
Placement	0 hrs
Module duration (total hours)	200 hrs

Programme(s) in which to be offered (not including exit awards)	Core	Option
BSc (Hons) Sport, Health and Performance Science	☐	✓
Stand Alone Module		✓

Pre-requisites

Office use only
Initial approval: 13/08/2018 Version no: 1
With effect from: 03/09/2020
Date and details of revision: Version no: 1

Module Aims

This module will support you to develop the knowledge and skills required for the safe and effective use of nutritional strategies and ergogenic aids in a sporting context. Students will explore current theories and contexts in relation to the interaction between diet performance and health in sport, including local, national and international anti-doping regulations. You will be made aware of the practical issues involved in setting nutritional goals and transferring these into healthy and targeted eating strategies.

Intended Learning Outcomes

Key skills for employability

KS1	Written, oral and media communication skills
KS2	Leadership, team working and networking skills
KS3	Opportunity, creativity and problem solving skills
KS4	Information technology skills and digital literacy
KS5	Information management skills
KS6	Research skills
KS7	Intercultural and sustainability skills
KS8	Career management skills
KS9	Learning to learn (managing personal and professional development, self-management)
KS10	Numeracy

At the end of this module, students will be able to		Key Skills	
1	To critically evaluate current theories of the relationships between diet, health and performance in sport	KS1	
		KS2	
2	To appraise the practical issues involved in setting nutritional goals and transferring these into eating strategies	KS1	
		KS2	
3	Discuss the health and safety implications and anti-doping regulations related to nutritional practices within a sporting context	KS1	
		KS7	
4	Develop knowledge of the role of industry and consumer practices in the sport and health product market	KS1	
		KS3	
		KS6	

Transferable skills and other attributes

Presentation skills, working individually and in groups, developing critical appraisal skills, transferring theory to an applied setting.

Derogations

N/A

Assessment:

Indicative Assessment Tasks:

Assessment 1: **Poster Presentation** (Individual) – Students will be required to identify an appropriate nutritional strategy that can be utilised within a sporting context, explaining the principles, practical issues, mechanisms and expected outcomes and presenting it in a scientific poster format.

Assessment 2: **Essay** – Students will be required to produce an individual portfolio of ergogenic aids and/or nutritional strategies, discuss the health and safety considerations and formulate appropriate recommendations in consideration of anti-doping regulations. Critical appraisal of the evidence underpinning these strategies is required to provide justification for these recommendations.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)	Duration (if exam)	Word count (or equivalent if appropriate)
1	1 and 2	Poster Presentation	40		1500 equiv
2	3 and 4	Essay	60		2500

Learning and Teaching Strategies:

The module is taught via lectures, workshops and fieldwork. Workshops will be used to expand on material covered by the lecture. Fieldwork will be used to underpin practical applications. You will be expected to contribute and this may involve researching material prior to/during the workshop and bring what you have found to contribute to critical discussion with the group. You will be required to engage directly with field-based tasks.
This module can be undertaken as a stand-alone module within a separate cohort whilst maintaining the same structure, content and teaching strategies.

Syllabus outline:

Current and future theories and applications in nutrition for performance and health within a sporting context. Consideration of health and safety implications associated with the use of nutritional strategies and ergogenic aids and compliance with anti-doping regulations. Exploring the role of industry and consumer practises. Key topics will include: sport-specific strategies; hydration; fuelling; body composition techniques; and their impact on health.

Indicative Bibliography:

Essential reading

Burke, L. and Deakin, V. (2010). *Clinical Sports Nutrition. 4th Edition.* London: McGraw-Hill.

Lanham-New, SA., Stear, SJ., Shirrefs, SM. & Collins, AL. (2011). *Sport and Exercise Nutrition*. Oxford: Wiley Blackwell.

Bean, A. (2017). *The Complete Guide to Sport Nutrition. 8th Edition*. London: Bloomsbury.

Jeukendrup, A. and Gleeson, M. *Sport Nutrition: An Introduction to Energy Production and Performance*. *3rd Edition*. USA: Human Kinetics

Other indicative reading

Journal Titles:

Applied Physiology, Nutrition and Metabolism

International Journal of Sport Nutrition and Exercise Metabolism

Nutrition and Metabolism

Journal of Exercise Nutrition and Biochemistry

Journal of the International Society of Sports Nutrition

International Journal of Sports Nutrition

After each taught session students will be informed of further recommended reading to support learning and assessment preparation.