

## Module specification

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*Refer to guidance notes for completion of each section of the specification.*

Module code	FAW420
Module title	The Fundamentals of Football Nutrition
Level	4
Credit value	20
Faculty	FSLA
Module Leader	Sara Hilton
HECoS Code	100433
Cost Code	GASP

## Programmes in which module to be offered

Programme title	Is the module core or option for this programme
Stand-alone module attached to the BSc (Hons) Football Coaching and the Performance Specialist programme.	Option

## Pre-requisites

None

## Breakdown of module hours

Learning and teaching hours	36 hrs
Placement tutor support	0 hrs
Supervised learning e.g. practical classes, workshops	0 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
<b>Total active learning and teaching hours</b>	<b>36 hrs</b>
Placement / work based learning	0 hrs
Guided independent study	164 hrs
<b>Module duration (total hours)</b>	<b>200 hrs</b>

<b>For office use only</b>	
Initial approval date	10/11/2021
With effect from date	10/11/2021
Date and details of revision	
Version number	1

## Module aims

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This module aims to expose the student to the fundamental elements of football specific nutrition.

## Module Learning Outcomes - at the end of this module, students will be able to:

1	Discuss the key energy sources required to perform repeated high intensity and explosive movements within the intermittent nature of football
2	Explain the fuelling that is required to perform and recover from both training, competitive games across a range of levels with the game
3	Identify methods to reduce the risk for non-contact muscle injuries, through a better understanding of key time of nutrients.

## Assessment

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Indicative Assessment Tasks:

The student will showcase their knowledge of the module content within a Multiple Choice Questionnaire (MCQ).

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1-3	Multiple Choice Questionnaire	100

## Derogations

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N/A

## Learning and Teaching Strategies

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The module will adopt a blended learning approach in alignment with the Active Learning Framework.

## **Indicative Syllabus Outline**

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Welcome and Introduction

Energy balance & body composition: basics of football physiology

Understanding Macro & Micro-nutrients

Vitamins and minerals and their role in in the dietary plan

Football health & wellness (vitamins, minerals)

Fluid balance & football specific hydration

Thermoregulation in physical demands of soccer

Training, Match & Recovery Fuelling – Football Nutrition to Perform

Glycaemic Index and Carbohydrate Response

Maximising nutrition through injury

The role of nutrition for the female soccer player

An introduction to nutritional supplementation and ergogenic aids

## **Indicative Bibliography:**

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Please note the essential reads and other indicative reading are subject to annual review and update.

### **Essential Reads**

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

### **Other indicative reading**

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

## **Employability skills – the Glyndŵr Graduate**

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Each module and programme is designed to cover core Glyndŵr Graduate Attributes with the aim that each Graduate will leave Glyndŵr having achieved key employability skills as part of their study. The following attributes will be covered within this module either through the content or as part of the assessment. The programme is designed to cover all attributes and each module may cover different areas.

### **Core Attributes**

Engaged

Enterprising

Creative

Ethical

### **Key Attitudes**

Commitment

Curiosity

Adaptability

### **Practical Skillsets**

Digital Fluency

