

## SPOR H8012: Nutrition For Exercise and Sport

Module Details	
Module Code:	SPOR H8012
Full Title:	Nutrition For Exercise and Sport <b>APPROVED</b>
Valid From::	Semester 1 - 2019/20 ( June 2019 )
Language of Instruction:	English
Duration:	1 Semester
Credits::	5
Module Owner::	Noeleen Gregory
Departments:	Unknown
Module Description:	The aim of this module is to provide learners with a theoretical understanding and practical application of nutritional strategies that support a sport and exercise training programme. Learners will explore the role of nutrition in exercise performance, recovery and health. Learners will identify different nutritional needs between athletes and examine the use of ergogenic aids. Learners will recognize feeding and eating disorders, appraise individual nutritional needs of athletes and be able to provide nutritional advice that meets the needs of an athlete.

Module Learning Outcome	
On successful completion of this module the learner will be able to:	
#	Module Learning Outcome Description
MLO1	Explain the role of micronutrients, macronutrients and water in health and performance
MLO2	Appraise the use of ergogenic aids and explore the effects of dietary supplementation, steroid and hormone use, banned substances and drug testing.
MLO3	Examine the role of the sports nutrition advisor and discuss feeding and nutritional disorders
MLO4	Critically evaluate the current nutritional status of an athlete and advise on nutritional strategies to meet individual needs
Pre-requisite learning	
<b>Module Recommendations</b> <i>This is prior learning (or a practical skill) that is strongly recommended before enrolment in this module. You may enrol in this module if you have not acquired the recommended learning but you will have considerable difficulty in passing (i.e. achieving the learning outcomes of) the module. While the prior learning is expressed as named DkIT module(s) it also allows for learning (in another module or modules) which is equivalent to the learning specified in the named module(s).</i>	
No recommendations listed	

Module Indicative Content
<b>The Role of The Six Nutrients in Sport and Exercise</b> The role of the six nutrients in Exercise and Sport. Fuelling the body pre-, intra- and post- workout. Classify carbohydrates according to glycaemic index. The role of GI in fuelling for exercise and performance. Guidelines for daily carbohydrate intake based on activity level. Carbohydrate loading. Protein metabolism and requirements. Dietary fat intake and implications for a healthy diet. Hydration and dehydration, fluid intake pre- intra- and post workout. Alcohol intake.
<b>Ergogenic Aids and Drug Testing</b> Critique performance enhancing substances and methods. The efficacy and effects of a range of dietary supplements, hormones and steroids. Banned substances and drug testing.
<b>Professional Boundaries: Feeding and Eating Disorders</b> The role of the sports nutrition advisor. Feeding and eating disorders including anorexia nervosa, bulimia nervosa, overweight and obesity.
<b>Analysis and Integration</b> Evaluate the nutritional status of an athlete. The use of technology to monitor dietary intake. Use of the Harris-Benedict and Cunningham equations. Provide dietary advice to meet needs

Module Assessment	
Assessment Breakdown	%
Project	50.00%
Final Examination	50.00%
Module Special Regulation	

## Assessments

Full Time On Campus			
Course Work			
Assessment Type	Portfolio	% of Total Mark	50
Marks Out Of	100	Pass Mark	40
Timing	S1 Week 8	Learning Outcome	2,4
Duration in minutes	0		
<b>Assessment Description</b> Conduct a dietary analysis for an active individual to include macronutrient intake, hydration, timing of meals and guidance on aligning dietary intake to meet individual needs			
Assessment Type	Class Test	% of Total Mark	50
Marks Out Of	100	Pass Mark	40
Timing	End-of-Semester	Learning Outcome	1,3
Duration in minutes	120		
<b>Assessment Description</b> Examine the six nutrients in relation to exercise and sport, ergogenic aids and eating disorders.			
No Project			
No Practical			
No Final Examination			

Part Time On Campus			
Course Work			
Assessment Type	Portfolio	% of Total Mark	50
Marks Out Of	100	Pass Mark	40
Timing	S1 Week 8	Learning Outcome	2,4
Duration in minutes	0		
<b>Assessment Description</b> Conduct a dietary analysis for an active individual to include macronutrient intake, hydration, timing of meals and guidance on aligning dietary intake to meet individual needs			
Assessment Type	Class Test	% of Total Mark	50
Marks Out Of	100	Pass Mark	40
Timing	End-of-Semester	Learning Outcome	1,3
Duration in minutes	0		
<b>Assessment Description</b> Examine the six nutrients in relation to exercise and sport, ergogenic aids and eating disorders.			
No Project			
No Practical			
No Final Examination			
Reassessment Requirement			
<b>A repeat examination</b> <i>Reassessment of this module will consist of a repeat examination. It is possible that there will also be a requirement to be reassessed in a coursework element.</i>			
<b>Reassessment Description</b> Resubmission of portfolio, resit examination.			

## Module Workload

### Workload: Full Time On Campus

<i>Workload Type</i>	<i>Contact Type</i>	<i>Workload Description</i>	<i>Frequency</i>	<i>Average Weekly Learner Workload</i>	<i>Hours</i>
Lecture	Contact	Weekly lectures	Every Week	3.00	3
Directed Reading	Non Contact	Appropriate reading to inform class material	Every Week	2.00	2
Independent Study	Non Contact	Integration of reading into informed practice	Every Week	3.00	3
Total Weekly Learner Workload					8.00
Total Weekly Contact Hours					3.00

### Workload: Part Time On Campus

<i>Workload Type</i>	<i>Contact Type</i>	<i>Workload Description</i>	<i>Frequency</i>	<i>Average Weekly Learner Workload</i>	<i>Hours</i>
Lecture	Contact	Weekly lectures	Every Week	3.00	3
Directed Reading	Non Contact	Appropriate reading to inform class material	Every Week	2.00	2
Independent Study	Non Contact	Integration of reading into informed practice	Every Week	3.00	3
Total Weekly Learner Workload					8.00
Total Weekly Contact Hours					3.00

Module Resources
<i>Recommended Book Resources</i>
<p>Haff, G.G. and Triplett, N.T.. (2016), The Essentials of Strength Training and Conditioning, 4th. Human Kinetics, London, [ISBN: 978-149250162].</p> <p>Bean, A.. (2017), The Complete Guide to Sports Nutrition, 8th. Bloomsbury Sport, London, [ISBN: 978-147292420].</p> <p>Bahrke, M.S. Yesalis, C.E.. (2002), Performance Enhancing Substances in Sport and Exercise, Humann Kinetics, Illinois, [ISBN: 978-073603679].</p> <p>Jeukendrup, A., Gleeson, N.. (2018), Sports Nutrition, 3rd. Human Kinetics, Illinois, [ISBN: 978-149252903].</p> <p>Llewellyn, W.. (2017), Anabolics, 11th. Molecular Nutrition, [ISBN: 978-099906210].</p>
<i>Supplementary Book Resources</i>
<p>Mueller, K., Hingst, J.. (2013), An Athlete's Guide to Sports Supplements, 1st. Human Kinetics, Champaign, Illinois, [ISBN: 978-073609369].</p>
<i>This module does not have any article/paper resources</i>
<i>This module does not have any other resources</i>