1. **Title of the module**

SPOR533 (SS533) Applied Nutrition for Sports Performance

1. **School or partner institution which will be responsible for management of the module**

School of Sport and Exercise Sciences

1. **The level of the module (Level 4, Level 5, Level 6 or Level 7)**

Level 5

1. **The number of credits and the ECTS value which the module represents**

15 credits (7.5 ECTS)

1. **Which term(s) the module is to be taught in (or other teaching pattern)**

Autumn

1. **Prerequisite and co-requisite modules**

None

1. **The programmes of study to which the module contributes**

BSc (Hons) Sports Science

1. **The intended subject specific learning outcomes.
On successfully completing the module students will be able to:**
2. Review and apply knowledge of nutrition in relation to sport
3. Review factors that may influence the nutritional requirements of sporting disciplines.
4. Compare and contrast different methods of nutrition data collection and analysis
5. **The intended generic learning outcomes.
On successfully completing the module students will be able to:**
6. Numeracy – evidenced via working with formulae necessary to identify energy intake/ expenditure and the analysis of nutritional intake.
7. Communication, presentation and information technology - through the use of dietary analysis software to carry out analysis of nutritional intake. This data is then discussed and presented in a nutrition report.
8. Problem solving – achieved through research methods, analysis and adequate dietary recommendations.
9. Ability to plan and manage learning - through completing self-directed study necessary to successfully complete the required assignment and tasks set during this module.
10. **A synopsis of the curriculum**

This module takes basic nutrition to the next level in an applied manner. The different needs of different sports persons are considered. Students will gain critical knowledge of common nutrition data collection and analysis methods.

Topics include:

- Elements of digestion, absorption and energy metabolism
- Nutrition requirements for different sports and different types of individuals
- Changing body mass and related issues
- Nutritional Strategies
- Nutrition data collection and analysis

1. **Reading list (Indicative list, current at time of publication. Reading lists will be published annually)**

Burke, L. & Deakin, V. (2010). *Clinical Sports Nutrition*, 4th edn. McGraw and Hill

Burke, L. (2007). *Practical Sports Nutrition.* Human Kinetics

Jeukendrup, A. & Gleeson, M. (2010). *Sport Nutrition. An Introduction to Energy Production and Performance*, 2nd edn. Human Kinetics.

1. **Learning and teaching methods**

Total contact hours: 16

Private study hours: 134

Total study hours: 150

1. **Assessment methods**
	1. Main assessment methods

3000 word Nutritional Report – 100%

At least one formative feedback opportunity will be provided in this module that will directly support the specified summative assessment. Please see the module guide for further information.

13.2 Reassessment methods

Like for like

1. ***Map of module learning outcomes (sections 8 & 9) to learning and teaching methods (section 12) and methods of assessment (section 13)***

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Module learning outcome** | *8.1* | *8.2* | *8.3* | *9.1* | *9.2* | *9.3* | *9.4* |
| **Learning/ teaching method** |  |  |  |  |  |  |  |
| **Private Study** | **X** | **X** | **X** |  |  | **X** | **X** |
| Lecture | **X** | **X** | **X** |  |  |  |  |
| Seminar | **X** | **X** | **X** | **X** | **X** | **X** |  |
| **Assessment method** |  |  |  |  |  |  |  |
| Coursework  |  |  |  |  | **X** | **X** | **X** |

1. **Inclusive module design**

The School recognises and has embedded the expectations of current equality legislation, by ensuring that the module is as accessible as possible by design. Additional alternative arrangements for students with Inclusive Learning Plans (ILPs)/declared disabilities will be made on an individual basis, in consultation with the relevant policies and support services.

The inclusive practices in the guidance (see Annex B Appendix A) have been considered in order to support all students in the following areas:

a) Accessible resources and curriculum

b) Learning, teaching and assessment methods

1. **Campus(es) or centre(s) where module will be delivered**

Canterbury

1. **Internationalisation**

The learning material delivered throughout this module is derived from internationally renowned research recommendations. Where relevant, sporting examples are drawn from a variety of international athletes to showcase academic points. The coursework requires students to discuss specific nutrient requirements they have learned. Not all of this information is UK based but taken from relevant international journals based on strength of peer reviewed data. In lecture and seminar sessions students are encouraged to look at and consider a wide range of practical issues such as dietary preferences and the effect of different environments such as heat and altitude on nutritional requirements rather than simply looking at training and competing environments typical of the UK.

**FACULTIES SUPPORT OFFICE USE ONLY**

**Revision record – all revisions must be recorded in the grid and full details of the change retained in the appropriate committee records.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Date approved | Major/minor revision | Start date of the delivery of revised version | Section revised | Impacts PLOs (Q6&7 cover sheet) |
|   |   |   |   |   |
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Revised FSO Feb 2018