1. KentVision Code and title of the module

SPOR5650 – Nutrition, Supplements and Ergogenic Aids in Sport and Exercise

## Division and School/Department or partner institution which will be responsible for management of the module

Division of Natural Sciences (Sports and Exercise Sciences)

## The level of the module (Level 4, Level 5, Level 6 or Level 7)

Level 6

## The number of credits and the ECTS value which the module represents

15 Credits (7.5 ECTS)

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

Autumn or Spring

## Prerequisite and co-requisite modules and/or any module restrictions

Prerequisite: SPOR5330 – Applied Nutrition for Sports Performance

## The course(s) of study to which the module contributes

Optional for the following courses:

BSc (Hons) Sport and Exercise Science (and with a Year in Industry)

BSc (Hons) Sport and Exercise for Health (and with a Year in Industry)

Not available as an elective module.

## The intended subject specific learning outcomes. On successfully completing the module students will be able to:

8.1 Demonstrate a critical understanding of current research in sports nutrition.

8.2 Demonstrate critical awareness of nutrition strategies, and use of ergogenic aids purported to enhance sport/exercise performance.

8.3 Critically evaluate research evidence in sports nutrition.

## The intended generic learning outcomes. On successfully completing the module students will be able to:

9.1 Demonstrate an ability to integrate key skills in numeracy.

9.2 Demonstrate an ability to integrate key skills in communication, presentation and Information Technology.

9.3 Demonstrate an ability to integrate key skills in problem solving.

9.4 Plan and manage their own learning.

## A synopsis of the curriculum

In this module students will study and investigate the latest research in sports nutrition. This will provide the opportunity to critically analyse research evidence and practical nutritional strategies in sports nutrition. Students will study nutritional ergogenic aids and nutritional strategies suggested to improve performance. Students will conduct practical sessions in order to test some of the theories and strategies studied.

## Reading list

## The University is committed to ensuring that core reading materials are in accessible electronic format in line with the Kent Inclusive Practices.

## The most up to date reading list for each module can be found on the university's [reading list pages](https://kent.rl.talis.com/index.html).

## Contact Hours

Private Study: 117

Contact Hours: 33

Total: 150

## Assessment methods

13.1 Main assessment methods

* Scientific Report (3,000 words) – 100%

At least one formative feedback opportunity will be provided in this module that will directly support

13.2 Reassessment methods

* Like-for-like

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

**Module learning outcomes against learning and teaching methods:**

| **Module learning outcome** | 8.1 | 8.2 | 8.3 | 9.1 | 9.2 | 9.3 | 9.4 |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Private Study | **x** | **x** | **x** |  |  |  | **x** |
| Lectures | **x** | **x** | **x** |  |  |  |  |
| Seminars | **x** | **x** | **x** | **x** | **x** | **x** |  |
| Workshops | **x** | **x** | **x** | **x** | **x** | **x** |  |

**Module learning outcomes against assessment methods:**

| **Module learning outcome** | 8.1 | 8.2 | 8.3 | 9.1 | 9.2 | 9.3 | 9.4 |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Scientific Report | **x** | **x** | **x** | **x** | **x** | **x** | **x** |

## Inclusive module design

The Division 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

## Campus(es) or centre(s) where module will be delivered

Canterbury

## Internationalisation

The primary research upon which students must draw for this module will be from researchers and authors worldwide. This research feeds into many of the sports nutrition guidelines and consensus statements, which are also key sources of information for students on this module, which are generally international in nature (e.g. endorsed by International bodies such as the IOC, ACSM). The applications to sport and exercise performance have international appeal and importance given the global appeal and media attention that sport receives.

**DIVISIONAL USE ONLY**

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

| Date approved | New/Major/minor revision | Start date of delivery of (revised) version | Section revised  (if applicable) | Impacts PLOs (Q6&7 cover sheet) |
| --- | --- | --- | --- | --- |
| 13 Jan 2022 | Major | Sept 2022 | 1, 5, 7-10, 13-14 | No |
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| Revised FSO Feb 2018 |