1. KentVision Code and title of the module

SPOR5330 – Applied Nutrition for Sports Performance

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

Division of Natural Sciences (Sport and Exercise Sciences)

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

Level 5

## 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

None

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

Compulsory for the following courses:

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

Optional for the following courses:

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 knowledge and critical understanding of applied sports nutrition with regard to the maintenance and enhancement of exercise and sport performance.

8.2 Demonstrate knowledge of the main methods of inquiry and approaches in sports nutrition.

8.3 Critically interpret dietary data/ research and communicate sound nutritional guidance.

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

9.1 Effectively communicate subject specific material in a variety of forms.

9.2 Demonstrate skills and competencies in numeracy and information technology.

9.3 Undertake critical analysis of information and propose solutions to problems arising from that analysis.

9.4 Critically self-appraise and reflect on practice.

9.5 Exercise personal responsibility to plan and manage their own learning.

## A synopsis of the curriculum

This module considers the nutritional needs of different types of sports people. Students will learn to apply sound nutritional guidance. Nutritional guidance is based on an understanding of the underpinning concepts and principles associated with sports performance and how applied nutrition can maintain and enhance performance.

## 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: 134

Contact Hours: 16

Total: 150

## Assessment methods

13.1 Main assessment methods

* Nutritional 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 | 9.5 |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Private Study | **x** | **x** | **x** | **x** | **x** | **x** | **x** | **x** |
| Lectures | **x** | **x** | **x** |  |  |  |  |  |
| Seminars | **x** | **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 | 9.5 |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Nutritional Report | **x** | **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

Sport and Exercise Nutrition is an inherently international subject that is taught and researched globally. Mastery of the subject specific learning outcomes will prepare students to apply the theories and skills associated with this module, in a wide range of international contexts. During the module, students will access research papers, and resources that are available internationally and considered key references in the professional field.

**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 | 5, 8-10, 14, 17 |  |
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| Revised FSO Feb 2018 |