1. **Title of the module**

SPOR8090 (SS809) Sport and Exercise Nutrition for the High Performance Athlete

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 7

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

20 credits (10 ECTS)

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

Autumn or Spring

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

None

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

MSc Sports Science for Optimal Performance

1. **The intended subject specific learning outcomes.  
   On successfully completing the module students will be able to:**
2. Critically discuss the effects of nutritional intake on sport and exercise performance
3. Understand uses and limitations of research methods relevant to the study of nutrition
4. Apply appropriate nutrition-related recommendations to athletes.
5. **The intended generic learning outcomes.  
   On successfully completing the module students will be able to:**
6. Demonstrate communication and presentation skills - via the use of student led seminars and presentations on a variety of subject specific material with both individual and group settings used
7. Demonstrate problem solving skills – evidenced through making appropriate recommendations and appreciating the advantages and disadvantages of various methods
8. Be an independent and autonomous learner evidenced through the planning and management of learning, completing the extra self-directed study necessary to successfully complete the required assignments and tasks set during this module.
9. **A synopsis of the curriculum**

In this module students will study the application of sport and exercise nutrition to enhancing sporting performance. Scientific enquiry and critical analysis is developed in order to provide skills in interpreting, evaluating and applying the latest evidence in sport and exercise nutrition.

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

Mainly journal article (contemporary primary research) at time of delivery. In addition consensus statements from recognised international authorities will be relevant to some topics, and these are updated regularly.

1. **Learning and teaching methods**

Total contact hours: 22

Private study hours: 178

Total study hours: 200

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

Coursework (3,000 words) (100%)

13.2 Reassessment methods

Like for like

1. ***Map of module learning outcomes (sections 8 & 9) to learning and teaching methods (section12) and methods of assessment (section 13)***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Module learning outcome** | *8.1* | *8.2* | *8.3* | *9.1* | *9.2* | *9.3* |
| **Learning/ teaching method** |  |  |  |  |  |  |
| Lectures/workshops | **x** | **x** | **x** | **x** | **x** | **x** |
| Private Study | **x** | **x** | **x** | **x** | **x** | **x** |
| **Assessment method** |  |  |  |  |  |  |
| *Coursework Essay* | **x** | **x** | **x** | **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:

1. Accessible resources and curriculum
2. Learning, teaching and assessment methods
3. **Campus(es) or centre(s) where module will be delivered**

Medway

1. **Internationalisation**

The Sport and Exercise Sciences are international subjects and the primary research upon which students must draw for this module will be from researchers and authors worldwide. Key texts and consensus statements are often from international authorities and organisations such as ACSM showing the global appeal and relevance of Sports Nutrition in general. The applications to sport and exercise have international appeal and importance given the global appeal and media attention that sport receives.

**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) |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 12/06/2017 | Minor | September 2017 | 5, 14, 17 | No |
|  |  |  |  |  |

Revised FSO Feb 2018