MODULE SPECIFICATION TEMPLATE

**SECTION 1: MODULE SPECIFICATIONS**

**1. The title of the module**

Introduction to Sport & Exercise Nutrition (SS313)

**2. The School which will be responsible for management of the module**

School of Sport and Exercise Sciences

**3. The Start Date of the Module**

Spring 2012, module specification updated December 2014

**4. The number of students expected to take the module**

100

**5. Modules to be withdrawn on the introduction of this proposed module and consultation with other relevant Schools and Faculties regarding the withdrawal**

NONE

**6. The level of the module (eg Certificate [C], Intermediate [I], Honours [H] or Postgraduate [M])**

Certificate [C] (FHEQ Level 4)

**7. The number of credits which the module represents**

15 Credits (ECTS 7.5)

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

Autumn and/or Spring

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

NONE

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

BSc (Hons) Sports Science

BSc (Hons) Sport and Exercise for Health

BA (Hons) Sport and Exercise Management

BSc (Hons) Sports Therapy

MSci Applied Sport and Exercise Science (to be validated Spring/Summer 2015)

**11. The intended subject specific learning outcomes and, as appropriate, their relationship to programme learning outcomes**

11.1 Determine the importance of selected nutrients and their functions within the body

11.2 Discuss how nutrition can help athletes to enhance exercise performance

11.3 Discuss the dietary reference values (DRV) for sedentary and athletic populations and limitations associated with the use of DRV’s.

**12. The intended employability skills and, as appropriate, their relationship to programme learning outcomes**

12.1Communication and presentation skills – Evidenced through written communication and presentation

12.2 Numeracy– evidenced through working with metabolic formulae and DRV information

12.3 Problem solving- achieved through the analysis of nutritional data and recommendations.

12.4 Ability to plan and manage learning - through completing the extra self directed study necessary to successfully complete the required lecture reading and tasks

**13. A synopsis of the curriculum** Macronutrients Carbohydrate, protein and fat Micronutrients Vitamins and minerals Fluid regulation Thermoregulation and fluid guidelines

**14. Indicative Reading List**

Burke L., Deakin V (2010). Clinical Sports Nutrition (3rd Edn). McGraw and Hill

Jeukendrup A & Gleeson M. (2010) Sport Nutrition An Introduction to Energy Production and Performance. Human KineticsLippincott Williams & Wilkins.

McArdle W. D., Katch F. I., Katch, V. L(2010). Sports & Exercise Nutrition.

**15. Learning and Teaching Methods, including the nature and number of contact hours and the total study hours which will be expected of students and how these relate to the achievement of the intended learning outcomes**

Total hours for the module are 150 hours, to include:

1 hour Lecture per week (total contact hours = 11), assessing ILO’s 11.1, 11.2, 11.3 and GLO’s 12.2, 12.3)

1 hour Seminar biweekly (total Contact hours = 5), assessing ILO’s11.1, 11.2, 11.3 and GLO’s 12.1,12.2, 12.3, 12.4

The remainder of study will be devoted to self-study.

**16. Assessment methods and how these relate to testing achievement of the intended learning outcomes**

100% Written Examination 2 hours (ILO’s 11.1, 11.2, 11.3 and GLOs 12.1, 12.2, 12.3, 12.4)

**17. Implications for learning resources, including staff, library, IT and space** The module will be convened by an existing member of the School of Sport and Exercise Sciences. Library and IT resources will be provided by utilizing existing provision with the view to further expansion as required. It is expected that physical teaching space will be available including the use of a lecture theatre and a seminar room

**18.** The School recognises and has embedded the expectations of current disability equality legislation, and supports students with a declared disability or special educational need in its teaching. Within this module we will make reasonable adjustments wherever necessary, including additional or substitute materials, teaching modes or assessment methods for students who have declared and discussed their learning support needs. Arrangements for students with declared disabilities will be made on an individual basis, in consultation with the University’s disability/dyslexia support service, and specialist support will be provided where needed.

**19. Campus(es) where module will be delivered:**

MEDWAY

**20. Partner College/Validated Institution:**

**21. University School responsible for the programme:**

**SECTION 2: MODULE IS PART OF A PROGRAMME OF STUDY IN A UNIVERSITY SCHOOL**

**Statement by the School Director of Learning and Teaching/School Director of Graduate Studies (as appropriate):** "I confirm I have been consulted on the above module proposal and have given advice on the correct procedures and required content of module proposals"

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| ................................................................  Director of Learning and Teaching/Director of Graduate Studies (delete as applicable)  …………………………………………………  Print Name | ..............................................  Date |

**Statement by the Head of School:** "I confirm that the School has approved the introduction of the module and, where the module is proposed by School staff, will be responsible for its resourcing"

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| .................................................................  Head of School  …………………………………………………….  Print Name | ..............................................  Date |

**SECTION 3: MODULE IS PART OF A PROGRAMME IN A PARTNER COLLEGE OR VALIDATED INSTITUTION**

(Where the module is proposed by a Partner College/Validated Institution)

**Statement by the Nominated Officer of the College/Validated Institution** *(delete as applicable)***:** "I confirm that the College/Validated Institution*(delete as applicable)* has approved the introduction of the module and will be responsible for its resourcing"

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| .................................................................  Nominated Responsible Officer of Partner College/Validated Institution  ………………………………………………….  Print Name  …………………………………………………..  Post | ..............................................  Date |

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Partner College/Validated Institution

Module Specification Template  
Last updated July 2014