

## Liverpool John Moores University

Title: Professional Practice 1  
Status: Definitive  
Code: **4001SPS** (129009)  
Version Start Date: 01-08-2021

Owning School/Faculty: Sport and Exercise Sciences  
Teaching School/Faculty: Sport and Exercise Sciences

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**Academic Level:** FHEQ4      **Credit Value:** 20      **Total Delivered Hours:** 42

**Total Learning Hours:** 200      **Private Study:** 158

### Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	12
Tutorial	6
Workshop	24

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Presentation	AS1	Nutritional interview skills (20-minute)	25	
Report	AS2	Analysis report (2500-word)	75	

## **Aims**

*The aim of this module is to provide the knowledge and practical training in the skills that are required for a career in nutrition and sport nutrition. This will be through the development of a broad tool-kit to support practical work on the subject-specific modules and in the work-based learning module at Level 6. Alongside this skill development the module will also consider issues related to professional attitudes and codes of practice.*

## **Learning Outcomes**

After completing the module the student should be able to:

- 1 Use techniques to assess body composition, energy expenditure, physical activity, and energy intake.
- 2 Identify issues related to professional conduct in the area of nutrition/sport nutrition.
- 3 Collect, analyse and report information that is relevant to nutrition and sport nutrition.

## **Learning Outcomes of Assessments**

The assessment item list is assessed via the learning outcomes listed:

Nutritional interview skills	1	2	3
Analysis report	1	2	3

## **Outline Syllabus**

### *Professional Skills:*

*Assessing energy expenditure at rest and during physical activity; Assessing energy intake; Conducting a nutritional and lifestyle/physical activity interview; Dietary analysis and meal planning (Nutritics); Record keeping and data management; Assessing hydration status.*

### *Professional Conduct:*

*Regulation, ethics, and code of conduct; Working with special conditions; Impact of religions, culture and beliefs.*

## **Learning Activities**

The learning activities on the module include lectures, practical workshops and group tutorials. Online activities will also supplement the face-to-face sessions. Group tutorials will be conducted in Peer-Learning Groups (PLGs)/Personal Tutorial Groups and facilitated by the personal tutor.

## Notes

The Association for Nutrition (AfN) competencies covered in this module include:

CC1n Ability to obtain, record, collate, analyse, interpret and report nutrition-related data using appropriate qualitative and quantitative research and statistical methods in the field and/or laboratory and/or intervention studies, working individually or in a group, as is most appropriate for the discipline under study.

CC3i Ability to design/formulate a diet to meet a specification appropriate for a stated situation for an individual, human or animal, or group of humans or animals.

CC4a Principles and methods of measurement and estimation of energy balance; energy expenditure physical activity and fitness; body mass; body composition; how body mass and energy balance are controlled for either human or animal systems.

CC4b Theory and methods of investigating the dietary, nutrient and activity patterns of the general population, sub groups and the individual for either human or animal systems.

CC4d Scientific basis for the measurement and estimation of nutritional requirements, dietary reference values for the general population for either human or animal systems.

CC4e Understanding the general principles underpinning, and strengths and limitations of, common methods of assessment of nutritional status including clinical, anthropometric, dietary, biochemical, physiological, and functional methods for either human or animal systems.

CC5b AfN Standards of Ethics, Conduct and Performance.