

Professional Practice 1

Module Information

2022.01, Approved

Summary Information

Module Code	4001SPS
Formal Module Title	Professional Practice 1 for Nutrition and Sport Nutrition
Owning School	Sport and Exercise Sciences
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 4
Grading Schema	40

Teaching Responsibility

LJMU Schools involved in Delivery
Sport and Exercise Sciences

Learning Methods

Learning Method Type	Hours
Lecture	12
Tutorial	6
Workshop	24

Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
SEP-CTY	CTY	September	12 Weeks

Aims and Outcomes

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.
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After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Use techniques to assess body composition, energy expenditure, physical activity, and energy intake.
MLO2	2	Identify issues related to professional conduct in the area of nutrition/sport nutrition.
MLO3	3	Collect, analyse and report information that is relevant to nutrition and sport nutrition.

Module Content

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.
Module Overview	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.
Additional Information	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.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Portfolio	Portfolio of work	100	0	MLO1, MLO2, MLO3

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Kathryn Curran	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings
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