

### Summary Information

<b>Module Code</b>	4006SPS
<b>Formal Module Title</b>	Performance Nutrition
<b>Owning School</b>	Sport and Exercise Sciences
<b>Career</b>	Undergraduate
<b>Credits</b>	20
<b>Academic level</b>	FHEQ Level 4
<b>Grading Schema</b>	40

### Module Contacts

#### Module Leader

Contact Name	Applies to all offerings	Offerings
Kelsie Johnson	Yes	N/A

#### Module Team Member

Contact Name	Applies to all offerings	Offerings
Graeme Close	Yes	N/A
Ian Sadler	Yes	N/A
Elizabeth Mahon	Yes	N/A
Julien Louis	Yes	N/A

#### Partner Module Team

Contact Name	Applies to all offerings	Offerings
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## Teaching Responsibility

### LJMU Schools involved in Delivery

Sport and Exercise Sciences

## Learning Methods

Learning Method Type	Hours
Lecture	10
Online	10
Practical	10
Workshop	10

## Module Offering(s)

Offering Code	Location	Start Month	Duration
JAN-CTY	CTY	January	12 Weeks

## Aims and Outcomes

<b>Aims</b>	This module aims to introduce students to the key principles of sports nutrition. Students will build on their knowledge gained from 4003SPS by studying the effects that specific food groups (i.e. macro- and micro-nutrient availability) and hydration status can play in affecting athletic performance. Having been initially introduced to the roles and responsibilities of the accredited performance nutritionist operating in professional practice, students will proceed to study a research-informed curriculum that outlines the effects of food and fluid availability on athletic performance. Using contemporary evidence-based guidelines, students should be able to synthesise and communicate such evidence to provide sport-specific recommendations.
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## Learning Outcomes

After completing the module the student should be able to:

Code	Description
MLO1	Describe the roles, objectives and responsibilities of a performance nutritionist operating in professional practice.
MLO2	Explain the effects of energy, macronutrient, micronutrient (availability) and hydration status on exercise performance.
MLO3	Produce evidence-based nutritional guidelines and recommendations for athletes competing in endurance, strength and power, team and weight restricted sports.

## Module Content

### Outline Syllabus

Nutritional Requirements for Athletic Populations and Position Stands: The Performance Nutritionist; Carbohydrates for Athletes; Protein for Athletes; Fats for Athletes; Hydration; Micronutrients. Performance Nutrition in Practice: Endurance Sports; Strength & Power Sport; Team Sports; Weight Restricted Sports.

### Module Overview

This module introduces you to the key principles of sports nutrition. You will study the effects that specific food groups (i.e. macro- and micro-nutrient availability) and hydration status can play in affecting athletic performance.

### Additional Information

The Association for Nutrition (AfN) competencies covered in this module include: CC4b The theory and methods of investigating the dietary, nutrient and activity patterns general population, sub-groups (athletes) and the individual for either human or animal systems. CC1k How nutritional needs change with age, gender, physical activity, lifestyle etc. for either human or animal systems. The BASES Undergraduate Endorsement (BUES) criteria covered in this module include: 1.2.2 Influence of diet and nutrition 1.2.6 Fatigue, recovery and overtraining

## Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Learning Outcome Mapping
Report	Position Stand (2500 words)	50	0	MLO3
Centralised Exam	Written Exam	50	2	MLO2, MLO1