

Liverpool John Moores University

Title: Performance Nutrition
Status: Definitive
Code: **4006SPS** (129008)
Version Start Date: 01-08-2021

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

Team	Leader
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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 2

Component	Contact Hours
Lecture	10
Online	10
Practical	10
Workshop	10

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Report	AS1	Position Stand (2,500 words)	50	
Exam	AS2	Exam (2 hours)	50	2

Aims

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.

Learning Outcomes

After completing the module the student should be able to:

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

Learning Outcomes of Assessments

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

Position Stand (2500 words)	3	
Written Exam	1	2

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.

Learning Activities

The nutritional requirements for athletes will be taught through a research-informed approach to learning such that students will be familiarised with the key research papers that have informed current evidence-based guidelines. "Tales from the Field" will be used for the performance nutrition in practice content and will be delivered by research-active practitioners to demonstrate the application of evidence-based guidelines to specific sports and performance scenarios. Content will be delivered through a range of lectures and online material and students will participate in practical and workshop activities to investigate the effects of nutrition on performance and work on case studies and problem solving – addressing some of

the practical issues involved in setting nutritional goals and transferring these into eating strategies.

Notes

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