

Liverpool John Moores University

Title: Introduction to Sport and Nutrition for Health
Status: Definitive
Code: **4011SPONUT** (120687)
Version Start Date: 01-08-2018

Owning School/Faculty: Sports Studies, Leisure and Nutrition
Teaching School/Faculty: Sports Studies, Leisure and Nutrition

Team	Leader
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Academic Level: FHEQ4 **Credit Value:** 24 **Total Delivered Hours:** 48
Total Learning Hours: 240 **Private Study:** 192

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	23
Tutorial	1
Workshop	24

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Portfolio	ASS 1	Portfolio of completed tasks and work (4000 word equivalent)	100	

Aims

To provide an introduction to the topic area of Sport and Nutrition for Health. To examine operational definitions and to set them into a theoretical context. To ensure

students are aware of and understand the factors that may influence people's activity and eating behaviours as well as the recommended requirements for both activity and nutritional needs in relation to health.

Learning Outcomes

After completing the module the student should be able to:

- 1 Understand the concept of health, evaluate the differences between sport and physical activity's impact on health and evaluate the health-related impact of lifestyle
- 2 Explain appropriate food sources of all major nutrients and identify disorders caused by inappropriate intake of nutrients.
- 3 Understand the impact of real and perceived barriers to lifelong physical activity and healthy eating.

Learning Outcomes of Assessments

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

Portfolio (4000 word equiv)	1	2	3
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Outline Syllabus

What is Health? What are lifestyle choices? What is Sport & Physical Activity and is it good for you? Basic nutritional requirements and needs. Barriers and benefits to physical activity and healthy eating.

Learning Activities

Students will participate in lectures and seminars throughout the module. They will work as groups and individuals to investigate the area of sport, nutrition and health. Students will engage in tutorials and activities will be student centred.

Notes

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