Nutrition and Exercise Physiology

Module Information

2022.01, Approved

Summary Information

Module Code	4108SSLN
Formal Module Title	Nutrition and Exercise Physiology
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
Practical	24
Workshop	4

Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
JAN-CTY	CTY	January	12 Weeks

Aims and Outcomes

Aims	To introduce students to physiology in relation to nutrition and exercise.

After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Use formulae and equations as appropriate to describe scientific processes in physiology
MLO2	2	Interpret the application of physiology to nutritional and exercise status
MLO3	3	Describe the use of physiological assessment in relation to nutrition and exercise
MLO4	4	Discuss how nutrition and exercise affect physiological mechanisms in health and disease

Module Content

Outline Syllabus	Molecular structure including protein, DNA, and RNA. Calculations in physiology. Integration and regulation of metabolism in relation to nutritional intake and exercise. Cardiovascular system including respiratory control; immune system (i.e. response to nutrition and exercise).
Module Overview	The aim of this module is to introduce you to physiology in relation to nutrition and exercise.
Additional Information	

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Report	Report	50	0	MLO1, MLO2, MLO3, MLO4
Centralised Exam	Exam	50	2	MLO1, MLO2, MLO3, MLO4

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Ian Sadler	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings