

Liverpool John Moores University

Title: NUTRITION FOR SPORT AND HEALTH
Status: Definitive
Code: **5004COACH** (103750)
Version Start Date: 01-08-2016

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

Team	Leader
Victoria Boyd	Y

Academic Level: FHEQ5
Credit Value: 12
Total Delivered Hours: 25
Total Learning Hours: 120
Private Study: 95

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	12
Seminar	10
Tutorial	3

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Portfolio	AS1	Nutrition- Needs analysis and meal planner for a chosen sport (1500 words)	50	
Portfolio	AS2	Health- Presentation analyzing current health strategies and their impact upon coaching (1500 words)	50	

Aims

Students will analyse nutritional requirements in relation to different sports and activities. This will then be explored in relation to athlete preparation, performance

and recovery. In addition students will be expected to explore health related issues and strategies related to coaching practice and physical activity.

Learning Outcomes

After completing the module the student should be able to:

- 1 Perform a needs analysis related to the basic nutritional requirements for individual sports.
- 2 Explore health related issues relevant to coaching practice and nutritional requirements .
- 3 Evaluate current health strategies including those relating to nutrition and physical activity.

Learning Outcomes of Assessments

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

Analysis	1	2	
Presentation	1	2	3

Outline Syllabus

Food types and categories

Sport specific nutritional requirements

Health strategies related to current health issues affecting the population

Coaching opportunities in health industry

Sport and health

Learning Activities

Lectures

Seminars

Group Work

Individual/Group Tutorials

Notes

The module is intended to develop students understanding of the fundamental role of nutrition in preparation and recovery from activity.