# Module Proforma

**Approved, 2022.02**

## Summary Information

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|---|---|
| **Module Code** | 5005SPS |
| **Formal Module Title** | Eating Behaviour for Sport and Health |
| **Owning School** | Sport and Exercise Sciences |
| **Career** | Undergraduate |
| **Credits** | 20 |
| **Academic level** | FHEQ Level 5 |
| **Grading Schema** | 40 |

## Module Contacts

### Module Leader

| Contact Name | Applies to all offerings | Offerings |
|---|---|---|
| Lucinda Richardson | Yes | N/A |

### Module Team Member

| Contact Name | Applies to all offerings | Offerings |
|---|---|---|
| Abdulmannan Fadel | Yes | N/A |
| Ian Davies | Yes | N/A |

### Partner Module Team

| Contact Name | Applies to all offerings | Offerings |
|---|---|---|

## Teaching Responsibility

| LJMU Schools involved in Delivery |
|---|
| Sport and Exercise Sciences |

## Learning Methods

| Learning Method Type | Hours |
|---|---|
| Lecture | 12 |
| Seminar | 14 |
| Workshop | 14 |

## Module Offering(s)

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

## Aims and Outcomes

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|---|---|
| **Aims** | This module builds upon 4105SPOSCI (Physiological Response to Acute Exercise), 4004SPS (Biochemistry and Metabolism), and 4003SPS (Principles of Human Nutrition). The physiological, metabolic, and nutritional knowledge gained from these modules will provide students with a good foundation to integrate the biological with new material on the psychosocial aspects of eating behaviour.The aims are to comprehend the interdisciplinary nature of eating and appetite behaviour, incorporating physiological/molecular and psychosocial models. To understand how eating behaviour may affect individuals or society relationships with food; to discuss the consequential health implications of dysfunctional eating; to demonstrate a knowledge of how health professionals may treat dysfunctional relationships with food/diet. |

## Learning Outcomes

**After completing the module the student should be able to:**

| Code | Description |
|---|---|
| MLO1 | Explain the biological, psychosocial, and environmental processes that underlie eating behaviour and appetite. |
| MLO2 | Evaluate the many treatments in place to treat a dysfunctional relationship with food/diet. |
| MLO3 | Critically explore dysfunctional eating with particular focus on eating disorders. |

## Module Content

| Outline Syllabus |
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| Biological control of appetite:Endocrine system; Hormonal regulation (homeostasis); Satiety hormones/peptides; Brain and nervous/sensory system and appetite; Gut and microbiome.Appetite and environment:Socialisation; Food taste and acceptance; Obesogenic environment.Psychosocial models:Restrained eating; Disinhibition; Intuitive/mindful eating.Diet and exercise strategies:Macronutrients; Short/long term exercise.Dysfunctional relationships with food:Eating disorders; Psychological/dietary treatment; Bariatric surgery. |

**Module Overview**

This module builds upon the Physiological Response to Acute Exercise, Biochemistry and Metabolism and Principles of Human Nutrition modules. The physiological, metabolic and nutritional knowledge gained from these modules will provide you with a good foundation to integrate the biological with new material on the psychosocial aspects of eating behaviour. The aims are to comprehend the interdisciplinary nature of eating and appetite behaviour, incorporating physiological/molecular and psychosocial models to understand how eating behaviour may affect individuals or society relationships with food; to discuss the consequential health implications of dysfunctional eating; to demonstrate a knowledge of how health professionals may treat dysfunctional relationships with food/diet.

**Additional Information**

The Association for Nutrition (AfN) competencies covered in this module include:CC1b Mechanisms for the integration of metabolism, at molecular, cellular and whole-body levels for either human or animal systems. CC1d Nature and extent of metabolic demand for nutrients. CC1i Nutrition in health and disease, consequences of an unbalanced diet for either human or animal systems. CC1j Nature of common conditions that require dietary manipulation or can affect physical activity, such as obesity, diabetes, hypertension, cardiovascular disease, cancer etc. for either human or animal systems. CC3d Religious and cultural beliefs and practices that impact on food, nutrition and health CC3e Consideration of financial/social and environment circumstances on diet and nutritional intake. CC3f Theories and application of methods of improving health, behaviour and change for either human or animal systems. CC4a Principles and methods of measurement and estimation of energy balance; energy expenditure physical activity and fitness; body mass; body composition; how body mass and energy balance are controlled for either human or animal systems.

## Assessments

| Assignment Category | Assessment Name | Weight | Exam/Test Length (hours) | Learning Outcome Mapping |
|---|---|---|---|---|
| Essay | Essay (2500-words) | 50 | 0 | MLO2, MLO1 |
| Centralised Exam | Exam (2-hour) | 50 | 2 | MLO2, MLO3 |