

Liverpool John Moores University

Title: Eating Behaviour for Sport and Health
Status: Definitive
Code: **5005SPS** (129018)
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: FHEQ5
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	12
Seminar	14
Workshop	14

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	AS1	Essay (2500 words)	50	
Exam	AS2	Exam (2-hour)	50	2

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:

- 1 Explain the biological, psychosocial, and environmental processes that underlie eating behaviour and appetite.
- 2 Evaluate the many treatments in place to treat a dysfunctional relationship with food/diet.
- 3 Critically explore dysfunctional eating with particular focus on eating disorders.

Learning Outcomes of Assessments

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

Essay (2500-words)	1	2
Exam (2-hour)	2	3

Outline Syllabus

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.

Learning Activities

Lectures, workshops, seminars, group discussions will be the main form of student

learning activities. Workshops will provide problem solving activities to work on collaboratively, and an emphasis on research informed teaching in lectures, and seminars will be based on staff research projects to provide context. The use of Canvas (e.g. video links, quizzes, discussion boards) will support collaboration, and problem solving through a blended learning approach.

Notes

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.