Liverpool John Moores University

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Title:	Exercise and Nutrition for Physical Education 1
Status:	Definitive
Code:	**5058PHYSED** (120704)
Version Start Date:	01-08-2018
Owning School/Faculty:	Sports Studies, Leisure and Nutrition
Teaching School/Faculty:	Sports Studies, Leisure and Nutrition

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Academic Level:	FHEQ5	**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	28
Seminar	20

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	AS1	Essay (6000 words)	100	

Aims

This module will allow for individuals to develop an understanding of the basic nutritional requirements to support health and physical performance. In addition, the

module will also introduce the biochemical energy systems involved during exercise. Individuals will also develop an awareness of the impact of ergogenic aids and their contribution to exercise. Finally, an understanding of energy balance and weight control will support the ability of individuals to devise nutritional and exercise programmes to improve health and performance.

Learning Outcomes

After completing the module the student should be able to:

1	Examine the contribution of a range of nutrients to support practical performance and health.
2	Understand and discuss biochemical energy systems.
3	Assess the energy balance of an individual and recommend necessary changes for health and performance enhancement.

Learning Outcomes of Assessments

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

Essay	1	2	3

Outline Syllabus

An understanding of energy for exercise: an overview of energy systems.

Recognition of the different nutritional intakes required for exercise. For example, the role of carbohydrate, fat and protein during different exercise intensities.

An awareness of ergogenic aids and their contribution to exercise and performance.

An understanding of energy balance and the control of body weight necessary for changes to health and performance enhancement.

Learning Activities

The module content will be explored in lectures and through workshops. Theoretical lectures will provide appropriate subject knowledge to support practical application.

Notes

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