

Module Information

2022.01, Approved

Summary Information

Module Code	5107SSLN
Formal Module Title	Nutrition and Exercise Biochemistry
Owning School	Sport and Exercise Sciences
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 5
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 extend students' knowledge of biochemistry in relation to nutrition and exercise.
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After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Evaluate the detailed regulation of biochemistry in both diet and exercise
MLO2	2	Interpret the application of biochemistry with respect to nutritional and exercise status in health and disease
MLO3	3	Analyse biochemical assessment in relation to nutrition and exercise
MLO4	4	Analyse nutrigenetics and nutrigenomics in relation to systems biology

Module Content

Outline Syllabus	Biochemical framework relating to nutrition and exercise; detailed energy yielding pathways in response to nutrition and exercise e.g. aerobic and anaerobic glycolysis, β oxidation, citric acid cycle, gluconeogenesis, glycogenesis, cori cycle; lipids and lipoproteins in health, disease, response to nutrition/exercise; systems biology introduction including genomics, proteomics, metabolomics and their use as biomarkers in health, disease and response to nutrition and exercise.
Module Overview	The module will extend your knowledge of biochemistry 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 Davies	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings
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