

## Module Information

2022.01, Approved

### Summary Information

Module Code	5109SSLN
Formal Module Title	Physiology and Nutrition for Performance
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	13
Online	10
Practical	11
Workshop	6

### Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
SEP-CTY	CTY	September	12 Weeks

### Aims and Outcomes

Aims	The aim of this module is to assess the needs of athletes in terms of nutritional requirements, body composition and specific strategies that would lead to enhanced sporting performance.
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**After completing the module the student should be able to:**

### Learning Outcomes

Code	Number	Description
MLO1	1	Identify and analyse nutritional requirements in respect to exercise and sport
MLO2	2	Assess the differing needs of athletes in the context of body composition, nutrition and nutritional supplements
MLO3	3	Examine and discuss a range of sport and training specific strategies designed to enhance performance in differing sports disciplines

### Module Content

Outline Syllabus	Nutritional requirements for exercise and sport; Energy and matching energy systems to sports; Body composition; Hydration & hydration status; Ergogenic aids and nutritional supplements; Enhancing sports performance, physical assessment of athletes; Training principles and fitness.
Module Overview	The aim of this module is to assess the needs of athletes in terms of nutritional requirements, body composition and specific strategies that would lead to enhanced sporting performance.
Additional Information	Sport, Exercise Science & Nutrition is an essential module for understanding the specific needs of elite athletes compared to the needs of people engaging in recreational sports.

### Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Portfolio	Portfolio	100	0	MLO1, MLO2, MLO3

### Module Contacts

#### Module Leader

Contact Name	Applies to all offerings	Offerings
Ian Sadler	Yes	N/A

#### Partner Module Team

Contact Name	Applies to all offerings	Offerings
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