

## Liverpool John Moores University

Title: Physiology & Nutrition for Performance  
Status: Definitive  
Code: **5109SSLN** (123092)  
Version Start Date: 01-08-2021

Owning School/Faculty: Sport and Exercise Sciences  
Teaching School/Faculty: Sport and Exercise Sciences

Team	Leader
Ian Sadler	Y
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**Academic Level:** FHEQ5      **Credit Value:** 20      **Total Delivered Hours:** 40  
**Total Learning Hours:** 200      **Private Study:** 160

### Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	13
Online	10
Practical	11
Workshop	6

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Portfolio	AS1	Portfolio (4,500 words)	100	

### 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.*

## Learning Outcomes

After completing the module the student should be able to:

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

## Learning Outcomes of Assessments

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

Portfolio	1	2	3
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## 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.*

## Learning Activities

The module consists of lectures, practicals, workshops and Blackboard tasks/discussion boards. The practicals and workshops will support in class lectures and enable students to develop analytical and research skills. The Blackboard tasks/discussion boards will enable students to research other related topics and share findings with each other.

## Notes

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.