

## Liverpool John Moores University

Title: Exercise and Nutrition for PE 1  
Status: Definitive  
Code: **5308SSLN** (123082)  
Version Start Date: 01-08-2019

Owning School/Faculty: Sports Studies, Leisure and Nutrition  
Teaching School/Faculty: Sports Studies, Leisure and Nutrition

| Team            | Leader |
|-----------------|--------|
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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   | 20            |
| Workshop  | 20            |

**Grading Basis:** 40 %

### Assessment Details

| Category | Short Description | Description        | Weighting (%) | Exam Duration |
|----------|-------------------|--------------------|---------------|---------------|
| Essay    | AS 1              | Essay (4500 words) | 100           |               |

### Aims

*This option module aims to allow students to develop an understanding of the basic nutritional requirements to support health and physical performance. In addition, the*

*module also aims to 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.*

## **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 in relation to Physical Education.
- 2 Demonstrate an understanding of biochemical energy systems in relation to Physical Education.
- 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**

This option 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.