

Liverpool John Moores University

Title: Applied Exercise Physiology & Nutrition
Status: Definitive
Code: **5512SSLNBF** (124757)
Version Start Date: 01-08-2018

Owning School/Faculty: Sports Studies, Leisure and Nutrition
Teaching School/Faculty: Blackpool & Fylde College

Team	Leader
Sally Starkey	Y

Academic Level: FHEQ5
Credit Value: 20
Total Delivered Hours: 48
Total Learning Hours: 200
Private Study: 152

Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	23
Practical	8
Seminar	8
Workshop	9

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Portfolio	portfolio	Portfolio - 2000 words	40	
Presentation	Poster	Academic Poster/Defence - 10 mins	60	

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 Demonstrate a critical awareness of nutritional requirements in respect to exercise and sport.
- 2 Construct a needs analysis of an individual (including the measurement and interpretation of selected risk indicators - cholesterol, blood pressure, body mass index, nutritional requirements).
- 3 Critically review the physiological markers and sport specific strategies to enhance the performance of differing sport disciplines.

Learning Outcomes of Assessments

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

Portfolio 2000 words	1	2	3
Poster defence (10 mins)	1	2	3

Outline Syllabus

Nutritional requirements for exercise and sport;
Energy and matching energy systems to sports;
Body composition;
Hydration and hydration status;
Ergogenic aids;
Nutritional supplements;
Enhancing sports performance.

Learning Activities

Study skills techniques
Lecture based workshops and seminars
Presenting information in practical environments
Peer and Self-reflection
Laboratory Workshops/Observations
Online Resources
VLE Forums online
Performance analysis tools
Evaluating case studies

Notes

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.

The portfolio will provide documented evidence around a specific case study assigned to the student. The nature of the case studies will vary but will predominately centre on the assessment and evaluation of physiological and nutritional variables in human health and performance. The provision and display of data, analytical review and considered recommendations are all expected to form part of the portfolio.