

Liverpool John Moores University

Title: SPORTS NUTRITION AND SUPPLEMENTATION
Status: Definitive
Code: **6001SPOSCI** (114255)
Version Start Date: 01-08-2011

Owning School/Faculty: Sports Sciences
Teaching School/Faculty: Sports Sciences

Team	Leader
Graeme Close	Y

Academic Level: FHEQ6 **Credit Value:** 24.00 **Total Delivered Hours:** 50.00
Total Learning Hours: 240 **Private Study:** 190

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	40.000
Practical	4.000
Seminar	4.000

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Exam	AS2	Essay type	50.0	2.00
Essay	AS1	Examination	50.0	

Aims

This module aims to enable students to appreciate the relevance and importance of correct nutritional practices in order to optimise sport performance, and to extend students critical knowledge and understanding as to how various drugs may affect athletic performance.

Learning Outcomes

After completing the module the student should be able to:

- 1 Critically evaluate the contributions of macro and micronutrients for athletic performance.
- 2 Critically examine the assessment of energy intake and energy expenditure.
- 3 Critically evaluate the nutritional needs of athletes attempting to lose or gain weight.
- 4 Critically examine the role of nutritional and pharmaceutical ergogenic aids for athletic performance.

Learning Outcomes of Assessments

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

essay style exam	1	2	3	4
Nutrition report	3			

Outline Syllabus

Introduction to sports nutrition.
Energy intake and expenditure.
Carbohydrates
Drugs in sport
Nutritional supplements
Making weight
Hydration issues
Fats
Nutrition and immune function
Protein and amino acids
Anabolic agents
Alcohol
Micronutrients
CNS stimulants
Contemporary issues in sports nutrition
Practical issues sports nutrition
Nutrition in practice

Learning Activities

Students will be required to attend lectures, practicals and group seminars. In addition they will be expected to engage in the prescribed reading in order to satisfactorily complete coursework tasks and the examination and engage in the formative assessment tasks.

References

Course Material	Book
Author	Brouns, F.
Publishing Year	2002
Title	Essentials of Sports Nutrition
Subtitle	
Edition	
Publisher	Wiley
ISBN	0471497657

Course Material	Book
Author	Burke, L.M. & Deakin, V.
Publishing Year	2000
Title	Clinical Sports Nutrition
Subtitle	
Edition	
Publisher	McGraw-Hill
ISBN	0074708287

Course Material	Book
Author	Driskell, J.A.
Publishing Year	2000
Title	Sports Nutrition
Subtitle	
Edition	
Publisher	CRC
ISBN	0849381975

Course Material	Book
Author	Driskell, J.A. & Wolinsky, I.
Publishing Year	2000
Title	Energy Yielding Macronutrients and Energy Metabolism in Sports Nutrition
Subtitle	
Edition	
Publisher	CRC
ISBN	00849307554

Course Material	Book
Author	Eberle, S.G.
Publishing Year	2000
Title	Endurance Sports Nutrition
Subtitle	
Edition	
Publisher	Human Kinetics
ISBN	0736001433

Course Material	Book
Author	Griffin, J.
Publishing Year	2002
Title	Food for Sports
Subtitle	Eat Well, Perform Better
Edition	
Publisher	Crowood
ISBN	1861262164

Course Material	Book
Author	Manore, M. & Thompson, J.
Publishing Year	2000
Title	Sports Nutrition for Health and Performance
Subtitle	
Edition	
Publisher	Human Kinetics
ISBN	0873229398

Course Material	Book
Author	Maughan, R.J. & Burke, L.M.
Publishing Year	2002
Title	Sports Nutrition
Subtitle	
Edition	
Publisher	Blackwell
ISBN	0632058145

Course Material	Book
Author	Maughan, R.J. & Murray, R.
Publishing Year	2000
Title	Sports Drinks
Subtitle	Basic Science and Practical Aspects
Edition	
Publisher	CRC
ISBN	0849370086

Course Material	Book
Author	McArdle, W.D., Katch, F.J. & Katch, V.L.
Publishing Year	1999
Title	Sports and Exercise Nutrition
Subtitle	
Edition	
Publisher	Williams & Wilkins
ISBN	0683304496

Course Material	Book
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Author	Mottram, D.R.
Publishing Year	2003
Title	Drugs in Sport
Subtitle	
Edition	3rd
Publisher	Routledge
ISBN	0415248868

Course Material	Book
Author	Williams, M.H.
Publishing Year	2002
Title	Nutrition for Health, Fitness and Sport
Subtitle	
Edition	6th
Publisher	McGraw-Hill
ISBN	0071122885

Course Material	Book
Author	Burke, L
Publishing Year	2007
Title	Practical Sports Nutrition
Subtitle	
Edition	
Publisher	Human Kinetics
ISBN	10: 07360-4695

Course Material	Book
Author	Jeukendrup, A and Gleeson, M
Publishing Year	2004
Title	Sport Nutrition
Subtitle	An Introduction to Energy Production and Performance
Edition	
Publisher	Human Kinetics
ISBN	0-7360-3404-8

Course Material	Book
Author	MacLaren, D
Publishing Year	2007
Title	Nutrition and Sport
Subtitle	
Edition	
Publisher	Elsevier
ISBN	9780443103414

Notes

This module takes a critical look at the key theoretical aspects of sports nutrition and supplementation. Contemporary issues in sports nutrition are addressed as is the practical side of sports nutrition.