

Liverpool John Moores University

Title: Sport Supplements and Contemporary Issues
Status: Definitive
Code: **6004SPS** (129021)
Version Start Date: 01-08-2021

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

| Team | Leader |
|-----------------|--------|
| Neil Chester | Y |
| Julien Louis | |
| Daniel Owens | |
| Timothy Donovan | |

Academic Level: FHEQ6 **Credit Value:** 20 **Total Delivered Hours:** 42

Total Learning Hours: 200 **Private Study:** 158

Delivery Options

Course typically offered: Semester 1

| Component | Contact Hours |
|-----------|---------------|
| Lecture | 20 |
| Practical | 5 |
| Workshop | 15 |

Grading Basis: 40 %

Assessment Details

| Category | Short Description | Description | Weighting (%) | Exam Duration |
|----------|-------------------|---|---------------|---------------|
| Exam | AS1 | Short answer and essay questions (2-hour) | 60 | 2 |
| Report | AS2 | Consensus Statement (2500-word) | 40 | |

Aims

The aim of this module is to develop students' understanding of the use of supplements to aid exercise performance and to explore contemporary issues

pertinent to the sports nutritionist. The module will introduce ergogenic aids specific to a wide range of activities including short-term, intense exercise, endurance exercise and resistance exercise. The efficacy of each supplement will be critically examined using scientific literature. Several contemporary issues will be introduced including doping and will be explored in line with the role of the sports nutritionist.

Learning Outcomes

After completing the module the student should be able to:

- 1 Critically evaluate the efficacy of specific ergogenic aids for use in various exercise activities.
- 2 Critically analyse the prevalence of doping, risk of inadvertent doping and evaluate the role of the sport nutritionist in relation to anti-doping rules and procedures.
- 3 Critically evaluate the evidence and practise in contemporary areas of sports nutrition.

Learning Outcomes of Assessments

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

| | | | |
|--------------------------------|---|---|---|
| Short answer & essay (2-hour) | 2 | | |
| Consensus Statement (2500word) | 1 | 2 | 3 |

Outline Syllabus

Supplements to aid exercise performance:

Efficacy of the use of supplements across a range of exercise: strength/resistance exercise; high-intensity, short-term exercise; endurance exercise; cognitive function.

Contemporary issues:

Doping in sport, supplement use and inadvertent doping, doping control; Contemporary areas of research and practice that are relevant to the roles and responsibilities of the sports nutritionist and where a consensus in knowledge and best practice application has not yet been reached.

Learning Activities

Supplements will be taught using lectures and workshop-style activities to critically evaluate relevant scientific literature to evaluate the efficacy of reputed ergogenic aids. A practical session will be included to allow students to examine the efficacy of a specific supplement with respect to exercise performance.

Contemporary issues will use lectures and workshops to examine several contemporary issues including drug use in sport and the issues relating to supplement use and inadvertent doping. Case studies will be used to emphasise topics, create a problem-based teaching and learning style, develop

applied/employability skills and enhance engagement.

Notes

The Association for Nutrition (AfN) competencies covered in this module include:
CC4b The theory and methods of investigating the dietary, nutrient and activity patterns general population, sub-groups (athletes) and the individual for either human or animal systems.

The BASES Undergraduate Endorsement (BUES) criteria covered in this module include:

1.2.2 Influence of diet and nutrition

1.2.6 Fatigue, recovery and overtraining