

Module Information

2022.01, Approved

Summary Information

Module Code	6004SPS
Formal Module Title	Sport Supplements and Contemporary Issues
Owning School	Sport and Exercise Sciences
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 6
Grading Schema	40

Teaching Responsibility

LJMU Schools involved in Delivery
Sport and Exercise Sciences

Learning Methods

Learning Method Type	Hours
Lecture	20
Practical	5
Workshop	15

Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
SEP-CTY	CTY	September	12 Weeks

Aims and Outcomes

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.
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After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Critically evaluate the efficacy of specific ergogenic aids for use in various exercise activities.
MLO2	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.
MLO3	3	Critically evaluate the evidence and practise in contemporary areas of sports nutrition.

Module Content

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.
Module Overview	This module aims to develop your 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 and several contemporary issues will be introduced, such as doping, and will be explored in line with the role of the sports nutritionist.
Additional Information	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

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Centralised Exam	Short answer & essay (2-hour)	60	2	MLO2
Report	Consensus Statement (2500word)	40	0	MLO1, MLO2, MLO3

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Neil Chester	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings
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