

Liverpool John Moores University

Title: Sports Nutrition for Coaches
Status: Definitive
Code: **6034COACH** (119620)
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: FHEQ6
Credit Value: 12
Total Delivered Hours: 24

Total Learning Hours: 120
Private Study: 96

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	11
Tutorial	1
Workshop	12

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Portfolio	Portfolio	Portfolio	100	

Aims

The module aims to develop underpinning knowledge and understanding of sports nutrition principles from a theoretical and application perspective. The purpose of the module is to support the development of coach knowledge and ancillary skills in

relation to the subject area, from which students can utilise to enhance their own coaching pedagogy.

Learning Outcomes

After completing the module the student should be able to:

- 1 Apply and evaluate biochemistry and physiology principles within sports nutrition
- 2 Investigate the implementation of nutritional strategies within a variety of sport settings
- 3 Critically evaluate current and 'cutting edge' advice within sport and exercise

Learning Outcomes of Assessments

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

Portfolio	1	2	3
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Outline Syllabus

(1) Physiology/biochemistry eg theory of digestion, energy systems and how nutrition can enhance performance (2) Practical Lab work including physiology/body measurements, e.g. V02 max, underwater weighing (3) Wider implications for sport coaches (4) Sport specific scenarios to support knowledge and understanding

Learning Activities

The module will be delivered in a number of ways including lectures, Lab work and practical workshops, online tasks, independent/group tasks and tutor support sessions.

Notes

The purpose of the module is to support the development of coach knowledge and ancillary skills in relation to the subject area, from which students can utilise to enhance their own coaching pedagogy.