

## Liverpool John Moores University

Title: Professional Practice in Sport and Nutrition for Health  
Status: Definitive  
Code: **6051SPONUT** (120686)  
Version Start Date: 01-08-2019

Owning School/Faculty: Sports Studies, Leisure and Nutrition  
Teaching School/Faculty: Sports Studies, Leisure and Nutrition

Team	Leader
Ian Beattie	Y

**Academic Level:** FHEQ6  
**Credit Value:** 24  
**Total Delivered Hours:** 48  
**Total Learning Hours:** 240  
**Private Study:** 192

### Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	8
Off Site	24
Seminar	8
Workshop	8

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Report	Ass 1	Portfolio (2000 word equivalent)	30	
Artefacts	Ass 2	Funding application (4000 word equivalent)	70	

### Aims

*To develop a high level understanding of professional research related practice in sport and nutrition in relation to health outcomes.*

## Learning Outcomes

After completing the module the student should be able to:

- 1 Produce a high level extensive research conference report
- 2 Perform a literature search of academic literature pertinent to a specific topic.
- 3 Develop an understanding of the funding process in academia
- 4 Produce a detailed grant application for an appropriate funding body.

## Learning Outcomes of Assessments

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

Portfolio (2000 word ecq)	1		
Fund application (4000 word)	2	4	3

## Outline Syllabus

*To develop a high level understanding of professional research related practice in sport and nutrition in relation to health outcomes.*

*This will be determined by the research interests of the staff module team negotiated with the individual student and also by presentations from conference speakers. Topics for study will specify in areas of sport/physical activity and nutrition and their impact on health and disease. Each student will negotiate a specific and narrow aspect to be investigated in depth and hence a question to be investigated. For example:*

- 1. Nutrition and physical activity in children - the role of school education packages on healthy eating and physical activity.*
- 2. Ergogenic aids for body composition – the effect of omega-3 fatty acids on body fat distribution.*
- 3. Higher protein diets – the effect of a higher protein diet on cardio-metabolic risk and body composition.*
- 4. Healthy diets and physical activity – investigating if a change to a healthier diet improves physical activity.*
- 5. Physical activity and healthy eating – investigating if an increase in physical activity promotes healthier eating.*

## Learning Activities

Students will attend a relevant conference, taking notes and networking with conference delegates. Students set their own research question, facilitated by staff, and write a grant application using a specific "real world" application. This includes appropriate secondary research, public engagement, research question and design, and an understanding of impact. In addition to references below, students will employ the use of peer reviewed journals relevant to their chosen area.

## **Notes**

Course aims to develop a high level understanding of professional research related practice in sport and nutrition in relation to health outcomes.