

### Module Information

2022.01, Approved

#### Summary Information

Module Code	6108SPS
Formal Module Title	Health & Performance Nutrition
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	26
Online	5
Practical	2
Seminar	9

#### Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
JAN-CTY	CTY	January	12 Weeks

#### Aims and Outcomes

Aims	This module first aims to introduce fundamental knowledge in nutrition related to methods to measure energy intake/expenditure and body composition, macro- and micronutrients. This knowledge will underpin the second aim of understanding how macronutrients, micronutrients and ergogenic aids can be used effectively to enhance sports performance, training adaptation, and exercise recovery. The module will also consider the application of the key principles of nutrition to improve health and prevent and treat metabolic disease.
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**After completing the module the student should be able to:**

### Learning Outcomes

Code	Number	Description
MLO1	1	Critically evaluate the contribution of macronutrients to sports performance, training adaptations and recovery.
MLO2	2	Critically evaluate the role of micronutrients and ergogenic aids in sports performance, training adaptation and recovery.
MLO3	3	Critically evaluate the role of diet in prevention and treatment of metabolic disease.

### Module Content

Outline Syllabus	Methods in Nutrition; Measuring energy intake, Measuring energy expenditure, Measuring body composition Nutrition Fundamentals – Macro- & micro-nutrients; RDI's, Carbohydrates, Fats, Proteins, Vitamins, Minerals Sports Nutrition; Endurance sports performance, Strength/power sports performance, Intermittent sports performance, Weight-making sports performance, Hydration Health Nutrition; Obesity, T2D, Aging & sarcopenia, Eating disorders Individual-level influences on physical activity and sedentary behaviour Prevalence, patterns and trends in physical activity and sedentary behaviour
Module Overview	
Additional Information	BUES mapped.

### Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Presentation	Population RDI's presentation	70	0	MLO1, MLO3
Presentation	Athlete profiling report	30	0	MLO1, MLO2, MLO3

### Module Contacts

#### Module Leader

Contact Name	Applies to all offerings	Offerings
Sam Shepherd	Yes	N/A

#### Partner Module Team

Contact Name	Applies to all offerings	Offerings
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