

## Liverpool John Moores University

Title: Sport and Exercise Sciences  
Status: Definitive  
Code: **6112SSLN** (123130)  
Version Start Date: 01-08-2016

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

Team	Leader
Elizabeth Mahon	Y
Sally Starkey	
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**Academic Level:** FHEQ6  
**Credit Value:** 10  
**Total Delivered Hours:** 20

**Total Learning Hours:** 100  
**Private Study:** 80

### Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	10
Workshop	10

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Report	AS1	Literature Review (2,500 words)	100	

### Aims

*This module follows on from level 5 Sports and Exercise Nutrition and looks at some of the key issues relating to nutrition/performance and health in more depth and considers techniques to explore these in both research and practice.*

### Learning Outcomes

After completing the module the student should be able to:

- 1 Interpret and critically evaluate the nutritional status of athletes in practice and research
- 2 Develop a critical understanding of factors that can enhance or inhibit sports performance relative to current research and practice
- 3 Review and critically analyse a topical aspect of sports science and/or sports nutrition

### **Learning Outcomes of Assessments**

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

Report	1	2	3
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### **Outline Syllabus**

*Measuring nutritional status of athletes; Physical assessment of athletes – kinanthropometry; Training and competition nutrition; Weight loss/management in athletes; Disordered eating in athletes; Training principles and fitness.*

### **Learning Activities**

The module consists of lectures & workshops aimed at developing critical thinking and applied research skills within the field of exercise and sports nutrition.

### **Notes**

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