

Liverpool John Moores University

Title: Exercise and Nutrition for PE 2
Status: Definitive
Code: **6308SSLN** (123104)
Version Start Date: 01-08-2018

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

Team	Leader
Ceriann Magill	Y
Colum Cronin	
Amy Whitehead	
Elizabeth Myers	
Emma Ball	
Nigel Green	
Julie Money	

Academic Level: FHEQ6 **Credit Value:** 20 **Total Delivered Hours:** 40
Total Learning Hours: 200 **Private Study:** 160

Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	20
Workshop	20

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	AS 1	Essay (4500 words)	100	

Aims

This module will allow for individuals to develop an extensive understanding of the nutritional requirements to support health and physical performance. In addition, the

module will require for individuals to critically review current research surrounding nutritional strategies used to improve performance. Finally, an understanding of how to measure and evaluate components of physical fitness will support the ability of individuals to make informed decisions on how best to develop health, fitness and physical performance.

Learning Outcomes

After completing the module the student should be able to:

- 1 Demonstrate an extensive understanding of nutritional components and their contribution towards practical performance.
- 2 Critically review current research surrounding strategies related to nutritional performance enhancement.
- 3 Measure and evaluate the various components of physical fitness to support health promotion and performance enhancement

Learning Outcomes of Assessments

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

Essay	1	2	3
-------	---	---	---

Outline Syllabus

Review of the different nutritional intakes required for exercise and performance enhancement.

Assessment of physical fitness components.

Exercise principles and practices.

Energy systems review.

Critical review of current research surrounding strategies related to performance enhancement. For example, caffeine, carbohydrate loading.

Learning Activities

The module content will be explored in lectures and through workshops.

Theoretical lectures will provide appropriate subject knowledge to support practical application.

Notes

This module will allow for individuals to develop an extensive understanding of the nutritional requirements to support health and physical performance. In addition, the module will require for individuals to critically review current research surrounding nutritional strategies used to improve performance. Finally, an understanding of how to measure and evaluate components of physical fitness will support the ability of individuals to make informed decisions on how best to develop health, fitness and

physical performance.