

Liverpool John Moores University

Title: Nutrition Future Challenges
Status: Definitive
Code: **6501YAUNUT** (127933)
Version Start Date: 01-08-2021

Owning School/Faculty: Sport and Exercise Sciences
Teaching School/Faculty: Sport and Exercise Sciences

Team	Leader
Timothy Donovan	Y

Academic Level: FHEQ6
Credit Value: 20
Total Delivered Hours: 96
Total Learning Hours: 200
Private Study: 104

Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	72
Seminar	24

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	Essay	Essay - Coursework for Periodization for Athletes (1500 words)	40	
Test	Test	Test - In Class Assessment for Personalised Nutrition	30	
Report	Essay	Report - Science Communication	30	

Aims

The aim of this module is for students to examine practical, physiological, ethical and contemporary issues in nutrition and how to effectively communicate proposed intervention strategies for individuals or groups. The issues examined will include

subject feedback mechanisms and how science/technology can be used to effectively communicate the information with the individual/group. This module will build upon students understanding of food science and physiology and apply them to a new context.

Learning Outcomes

After completing the module the student should be able to:

- 1 Critically evaluate the acute responses to exercise and the physical requirements for a sport.
- 2 Develop an appropriate periodized programme.
- 3 Critically assess the nutrient requirements of a physical activity in terms of the effects on body composition, training adaptations, recovery and performance.
- 4 Develop and critically assess a nutritional programme which maximizes effectiveness.
- 5 Critically evaluate contemporary and/or ethical issues in nutrition.
- 6 Use appropriate mechanisms to critically evaluate and feedback nutritional data.

Learning Outcomes of Assessments

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

Essay - Coursework 1500 words	1	2
In class test	3	4
Report	5	6

Outline Syllabus

This module aims will be addressed by covering a range of subject areas including periodized nutrition for athletes; personalised nutrition; and science communication. will cover the following topics:

The students will examine the acute physiological response and substrate utilization during exercise, and how these can be translated into the development of an effective and efficient training programme.

The students will examine substrate utilization during physical activity, and how these can be translated into the development of an effective and efficient nutritional intervention which links to the needs analysis of the activity.

The students will examine contemporary issues in sport nutrition and evaluate appropriate feedback mechanisms for disseminating information to the subject. An examination of the ethical and practical implications of supplementation and their impact on the individual will be used to provide appropriate feedback.

Learning Activities

The module content will be delivered through a series of lectures, practicals and seminars. Theoretical lectures will provide appropriate subject knowledge to support the practicals. Practical sessions will include the assessment of physiology parameters and assessment of energy utilization.

Notes

Through classroom teaching, classroom discussion, exercises, experiments and other links, students can obtain an understanding of nutrient metabolism, development of a nutritional strategy, and the need for effective communication and feedback.