Nutrition Future Challenges

Module Information

2022.01, Approved

Summary Information

Module Code	6501YAUNUT
Formal Module Title	Nutrition Future Challenges
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	72
Seminar	24

Module Offering(s)

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

Aims and Outcomes

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.

After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Critically evaluate the acute responses to exercise and the physical requirements for a sport.
MLO2	2	Develop an appropriate periodized programme.
MLO3	3	Critically assess the nutrient requirements of a physical activity in terms of the effects on body composition, training adaptations, recovery and performance.
MLO4	4	Develop and critically assess a nutritional programme which maximizes effectiveness.
MLO5	5	Critically evaluate contemporary and/or ethical issues in nutrition.
MLO6	6	Use appropriate mechanisms to critically evaluate and feedback nutritional data.

Module Content

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.
Module Overview	
Additional Information	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.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Essay	Essay - Coursework 1500 words	40	0	MLO1, MLO2
Report	In class test	30	0	MLO3, MLO4
Report	Report	30	0	MLO5, MLO6

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Timothy Donovan	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings