

Liverpool John Moores University

Title: NUTRITION FOR SPORTS PERFORMANCE
Status: Definitive
Code: **7017SPOSCI** (114318)
Version Start Date: 01-08-2011

Owning School/Faculty: Sports Sciences
Teaching School/Faculty: Sports Sciences

Team	Leader
Graeme Close	Y

Academic Level: FHEQ7
Credit Value: 20.00
Total Delivered Hours: 24.00
Total Learning Hours: 200
Private Study: 176

Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	18.000
Practical	6.000

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Presentation	AS1	Oral presentation and synopsis	100.0	

Aims

The aim of this module is to develop and enhance the students critical understanding of nutritional considerations affecting sports performance, and to develop the students application of this knowledge into practice for athletic populations.

Learning Outcomes

After completing the module the student should be able to:

- 1 Critically understand current concepts related to how sports nutrition can enhance athletic performance.
- 2 Critically review an athletes current nutritional practices and design improved dietary plans to enhance their personal performance.
- 3 Present data on current dietary practice and suggestions to improve this diet using powerpoint, demonstrating a critical understanding of current concepts.

Learning Outcomes of Assessments

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

Oral presentation and synopsis 1 2 3

Outline Syllabus

1. *Energy expenditure and energy intake – task on energy intake*
2. *Current concepts in carbohydrate intake: Understanding Glycaemic Index*
3. *Protein requirements for athletes*
4. *Does hydration impair performance*
5. *Fat loading – does it work?*
6. *Supplements – are they necessary or an expensive con?*
7. *Practical sports nutrition – evidence from the field*

Learning Activities

Students will be required to attend lectures and practicals and complete associated reading to support their learning. This will be assessed through the completion of an oral presentation and synopsis.

References

Course Material	Book
Author	MacLaren, D.P.M.
Publishing Year	2007
Title	Nutrition and Sport
Subtitle	
Edition	
Publisher	Elsevier
ISBN	

Course Material	Book
Author	Burke, L.
Publishing Year	2007
Title	Practical Sports Nutrition
Subtitle	

Edition	
Publisher	Human Kinetics
ISBN	

Course Material	Book
Author	Jeukendrup, A and Gleeson, M.
Publishing Year	2004
Title	Sport Nutrition: An Introduction to Energy Production and Performance
Subtitle	
Edition	
Publisher	Human Kinetics
ISBN	

Course Material	Book
Author	Mottram, D.R.
Publishing Year	2003
Title	Drugs in Sport
Subtitle	
Edition	
Publisher	Routledge
ISBN	

Notes

The purpose of this module is to enhance the students' understanding of nutritional considerations affecting sports performance and the application of this knowledge into practice for various athletic populations.