

Liverpool John Moores University

Title: FUNDAMENTAL SPORTS NUTRITION
Status: Definitive
Code: **7041SPOSCI** (120336)
Version Start Date: 01-08-2014

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

Team	Leader
Graeme Close	Y
Sam Shepherd	
James Morton	
Don MacLaren	

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 1

Component	Contact Hours
Lecture	16.000
Practical	8.000

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	statement	Consensus statement outlining the nutritional requirements for a chosen sport	100.0	

Aims

The aim of this module is to develop a comprehensive baseline understanding of fundamental sports nutrition. Classical and contemporary literature will be studied, and critically evaluated in engaging and thought provoking lectures, seminars and

laboratory practicals.

Learning Outcomes

After completing the module the student should be able to:

- 1 Critically evaluate the role of macronutrients composition on an athletes body composition, health and physical performance.
- 2 Critically evaluate the role of micronutrients on an athletes body composition, health and physical performance.
- 3 Critically evaluate the effects of dietary allergies and intolerances as well as the importance of gut health on an athletes body composition, health and physical performance.

Learning Outcomes of Assessments

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

Consensus statement 1 2 3

Outline Syllabus

Week 1 Introduction to sports nutrition – so what's it all about

Week 2 Digestion and Absorption

Week 3 Gut health

Week 4 Carbohydrates 1 – Arriving loaded and ready to go

Week 5 Carbohydrates 2 – Refuelling during and following exercise

Week 6 Protein requirements of athletes

Week 7 Fats for health and performance

Week 8 Hydration – does it really impair performance

Week 9 Micronutrients and the athlete

Week 10 Free radicals and antioxidants

Week 11 Making and gaining weight

Week 12 Food allergies and intolerances

Learning Activities

The course will include a combination of lectures and class practicals. The lectures will include group tasks and discussions to stimulate student interaction. Guest lecturers will give cutting edge lectures in their particular areas of expertise.

References

Course Material	Book
Author	Asker Jeukendrup and Michael Gleeson
Publishing Year	2010
Title	Sport Nutrition

Subtitle	An introduction to energy production and performance
Edition	2nd edition
Publisher	Human Kinetics
ISBN	978-0-7360-7962-4

Course Material	Book
Author	Louise Burke
Publishing Year	2007
Title	Practical Sports Nutrition
Subtitle	
Edition	
Publisher	Human Kinetics
ISBN	978-0-7360-4695-4

Notes

This is the first module on the degree course and is designed to lay the foundations on which the rest of the course will be based. Given that we are taking students from a dietetics and a sports science background it is important to look at the fundamentals of nutrition but from a sporting context. The module will look at the classical literature, e.g. looking at the early studies on carbohydrate intakes right through to modern day contemporary research, e.g, how low carbohydrate diets may help athletes performance. Whilst the scientific literature will unquestionably form the foundations for this module, the staff delivering it will all be engaged in applied nutrition consultancy and therefore the module will also cover the practical application of the scientific information.