

## Liverpool John Moores University

Title: PRACTICAL SPORTS NUTRITION  
Status: Definitive  
Code: **7042SPOSCI** (120337)  
Version Start Date: 01-08-2014

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

Team	Leader
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**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
Test	Fat test		25.0	1.00
Test	Energy tes		25.0	1.00
Report	Meal plan		50.0	

### Aims

*The aim of this module is to provide practical training in the hands on skills that are required for a career in sports nutrition. Sessions will typically take place in the*

*laboratories at LJMU and will begin with a short lecture/discussion on the theory and importance of the skill in question. Students will then engage in directed practice and practical training. The body composition lectures and training will be aligned with ISAK standards and it is envisaged that all students will then sit the ISAK examination to allow professional accreditation. The skills taught in this module will be essential for 7045SPOSCI in semester 2 where the students will engage in an applied work placement.*

## **Learning Outcomes**

After completing the module the student should be able to:

- LO1 Critically assess the available techniques to assess body composition including their reliability and validity.
- LO2 Critically analyse the validity and reliability of techniques to assess energy intake and energy expenditure
- LO3 Develop a critical understating of the specific requirements of team, power and endurance based sports
- LO4 Critically evaluate the skills required to assess the dietary needs of athletes and gain hands on experience in these skills

## **Learning Outcomes of Assessments**

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

In class test on body comp	LO 1	
In class test on energy exp	LO 2	
Design/justify meal plan	LO 3	LO 4

## **Outline Syllabus**

*Week 1 Body composition lecture  
Week 2 Body Composition practical  
Week 3 Energy Intake and expenditure  
Week 4 Energy expenditure practical  
Week 5 Interview skills (lecture and practical)  
Week 6 Meal planning  
Week 7 Reflection  
Week 8 Hydration practical  
Week 9 Special populations lecture  
Week 10 Nutrition for team sports  
Week 11 Nutrition for sprint/power/strength based sports  
Week 12 Nutrition for endurance sports*

## Learning Activities

Lectures will be taught by experienced academics who also work in applied practice. A combination of lectures, seminars and practicals will be utilised as well as lots of time made available for students to practise the techniques being taught. Specialist guest lectures will be brought in to deliver sessions such as interview techniques and ISAK accredited staff will perform the ISAK exam to allow students to attempt to gain ISAK accreditation.

## References

<b>Course Material</b>	Book
<b>Author</b>	Arthur Stewart and Laura Sutton
<b>Publishing Year</b>	2012
<b>Title</b>	Body Composition in Sport, Exercise and Health
<b>Subtitle</b>	
<b>Edition</b>	First
<b>Publisher</b>	Routledge
<b>ISBN</b>	978-0415614986

<b>Course Material</b>	Book
<b>Author</b>	Neil Spurway and Don MacLaren
<b>Publishing Year</b>	2007
<b>Title</b>	Nutrition and Sport
<b>Subtitle</b>	
<b>Edition</b>	First
<b>Publisher</b>	Churchill Livingstone
<b>ISBN</b>	978-0443103414

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## Notes

To work in the field of sports nutrition it is imperative that students not only understand the fundamental science but also have the ability to translate this into real world practical advice. This module is therefore designed to equip the students with the practical skills essential to work as a sports nutritionist. The module will cover key skills such as interview techniques, assessment of energy intake and expenditure and the assessment of body fat (aligned to ISAK standards). The module will then look at how these techniques are implemented in a variety of sporting contexts. Importantly, students will be given the opportunity to sit the ISAK exam to allow them to gain a formal professional accreditation in body fat assessment. This module is designed to equip the students with the skills required to commence the placement in semester 2.