

Liverpool John Moores University

Title: APPLIED PLACEMENT
Status: Definitive
Code: **7045SPOSCI** (120340)
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 2

Component	Contact Hours
Lecture	6.000
Placement	18.000

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Report	Case Study	Written case study on the placement in line with SENr guidelines	75.0	
Presentation	Viva	Viva defence of the case study exploring reflective practice and the skills developed on the placement	25.0	

Aims

The aim of the placement is to allow the students to gain hands on experience in working as a sports nutritionist. Placements will typically take place off site at local sports clubs although some placements may also be on site with some of LJMU elite sports scholars. A key requirement of SENr accreditation is applied experience and therefore this module could be the starting point for the students to engage in this process. The module will also include some lectures and seminars on working in professional environments as well as developing the students knowledge of ethics and risk assessment.

Learning Outcomes

After completing the module the student should be able to:

- LO1 Communicate effectively and work with athletes
- LO2 Develop and implement effective sports nutrition advice to athletes
- LO3 Critically evaluate the need for reflective practice and demonstrate reflection within sports nutrition consultancy

Learning Outcomes of Assessments

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

Case Study	LO 1	LO 2	LO 3
Viva defence of the case study	LO 1	LO 3	

Outline Syllabus

Week 1 What to expect in a nutrition placement

Week 2 Ethics and risk assessment

Week 3 Reflective practice

Week 4 Placement

Week 5 Placement

Week 6 Placement

Week 7 Placement

Week 8 Placement

Week 9 Placement

Week 10 Placement

Week 11 Placement

Week 12 Placement

Learning Activities

Lectures will be given to prepare the students for the placement. On site learning will then take place under the supervision of an experienced sports nutritionist. It will also

be expected that the student will engage in regular meetings with their academic supervisor to discuss the placement and engage in practitioner led reflective practice.

References

Course Material	Book
Author	Edited by Knowles, Gilbourne, Cropley and Dugdill
Publishing Year	2014
Title	Reflective Practice in the Sport and Exercise Sciences
Subtitle	Contemporary Issues
Edition	1st
Publisher	Routledge
ISBN	978-04158814935

Course Material	Book
Author	Louise Burke
Publishing Year	2007
Title	Practical Sports Nutrition
Subtitle	
Edition	1st
Publisher	Human Kinetics
ISBN	9780736046954

Notes

Having been taught fundamental sports nutrition in semester 1, as well as completing the practical skills module in semester 1, students will now undergo a 9 week placement to practise and develop these skills. All of the students will have been trained in the assessment of body composition in 7042SPOSCI and will now get the chance to practise this technique on real athletes. It is crucial that the sports nutritionist not only has the scientific knowledge in sports nutrition but also has the ability to translate this into real world advice. The student will work alongside experienced members of staff to develop these skills. Applied experience is a key factor in gaining full SENr accreditation and it is therefore crucial that students are given this opportunity. Students will attend placements either as individuals or in groups of up to 3 and the placements will be provided by LJMU (although if a student does have a placement in mind they would like to complete then this can be discussed on an individual basis).