

Liverpool John Moores University

Title: FUNDAMENTAL SPORTS NUTRITION
Status: Definitive
Code: **7141SPOSCI** (124259)
Version Start Date: 01-08-2021

Owning School/Faculty: Sport and Exercise Sciences
Teaching School/Faculty: Sport and Exercise Sciences

Team	Leader
Jose Areta	Y
Julien Louis	
Sam Shepherd	
James Morton	
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Academic Level: FHEQ7 **Credit Value:** 20 **Total Delivered Hours:** 24
Total Learning Hours: 200 **Private Study:** 176

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	16
Practical	8

Grading Basis: 50 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	Statement	Consensus statement outlining the nutritional requirements for a chosen sport	75	
Report	Poster	Infographics on a specific topic in sport nutrition	25	

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
Sport Nutrition Infographic	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.

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.