

### Summary Information

Module Code	7141SPOSCI
Formal Module Title	Fundamental Sports Nutrition
Owning School	Sport and Exercise Sciences
Career	Postgraduate Taught
Credits	20
Academic level	FHEQ Level 7
Grading Schema	50

### Teaching Responsibility

LJMU Schools involved in Delivery
Sport and Exercise Sciences

### Learning Methods

Learning Method Type	Hours
Lecture	16
Practical	8

### Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
SEP-CTY	CTY	September	12 Weeks

### Aims and Outcomes

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.
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**After completing the module the student should be able to:**

**Learning Outcomes**

Code	Number	Description
MLO1	1	Critically evaluate the role of macronutrients composition on an athletes body composition, health and physical performance.
MLO2	2	Critically evaluate the role of micronutrients on an athletes body composition, health and physical performance.
MLO3	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.

**Module Content**

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
Module Overview	This module is designed to lay the foundations on which the rest of the course will be based. 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.
Additional Information	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.

**Assessments**

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Report	Consensus statement	75	0	MLO1, MLO2, MLO3
Report	Sport Nutrition Infographic	25	0	MLO1, MLO2, MLO3

**Module Contacts**

**Module Leader**

Contact Name	Applies to all offerings	Offerings
Jose Areta	Yes	N/A

**Partner Module Team**

Contact Name	Applies to all offerings	Offerings
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