

Summary Information

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| Module Code | 7142SPOSCI |
| Formal Module Title | Practical Sports Nutrition |
| Owning School | Sport and Exercise Sciences |
| Career | Postgraduate Taught |
| Credits | 20 |
| Academic level | FHEQ Level 7 |
| Grading Schema | 50 |

Teaching Responsibility

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| 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

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

Learning Outcomes

| Code | Number | Description |
|------|--------|--|
| MLO1 | 1 | Critically assess the available techniques to assess body composition including their reliability and validity. |
| MLO2 | 2 | Critically analyse the validity and reliability of techniques to assess energy intake and energy expenditure |
| MLO3 | 3 | Develop a critical understanding of the specific requirements of team, power and endurance based sports |
| MLO4 | 4 | Critically evaluate the skills required to assess the dietary needs of athletes and gain hands on experience in these skills |

Module Content

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| 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 |
| Module Overview | This module is designed to equip you with the practical skills essential to work as a Sports Nutritionist. It covers key skills such as interview techniques, assessment of energy intake and expenditure and the assessment of body fat (aligned to ISAK standards). It will then look at how these techniques are implemented in a variety of sporting contexts. The aim of the module is to provide practical training in the hands-on skills that are required for a career in sports nutrition. |
| Additional Information | 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 composition assessment. This module is designed to equip the students with the skills required to commence the placement in semester 2. |

Assessments

| Assignment Category | Assessment Name | Weight | Exam/Test Length (hours) | Module Learning Outcome Mapping |
|---------------------|-----------------------|--------|--------------------------|---------------------------------|
| Report | Body composition test | 25 | 0 | MLO1 |
| Report | Energy test | 25 | 0 | MLO2 |
| Report | Meal plan report | 50 | 0 | MLO3, MLO4 |

Module Contacts

Module Leader

| Contact Name | Applies to all offerings | Offerings |
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| Julien Louis | Yes | N/A |
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Partner Module Team

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| Contact Name | Applies to all offerings | Offerings |
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