

Liverpool John Moores University

Title: PRACTICAL SPORTS NUTRITION
Status: Definitive
Code: **7142SPOSCI** (124260)
Version Start Date: 01-08-2021

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

Team	Leader
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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
Test	Fat test	Measure and report body composition according to ISAK guidelines	25	
Test	Energy tes	Assess energy expenditure and energy intake	25	
Report	Meal plan	Design/justify meal plan	50	

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.

Learning Outcomes

After completing the module the student should be able to:

- 1 Critically assess the available techniques to assess body composition including their reliability and validity.
- 2 Critically analyse the validity and reliability of techniques to assess energy intake and energy expenditure
- 3 Develop a critical understanding of the specific requirements of team, power and endurance based sports
- 4 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:

Body composition test	1	
Energy test	2	
Meal plan report	3	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.

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 composition assessment. This module is designed to equip the students with the skills required to commence the placement in semester 2.