

Summary Information

Module Code	7144SPOSCI
Formal Module Title	Supplements and Drugs in Sport
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	20
Practical	4

Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
JAN-CTY	CTY	January	12 Weeks

Aims and Outcomes

Aims	The aim of this module is to develop the students critical understanding of the use of performance enhancing drugs and supplements in sport.
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After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Demonstrate a comprehensive understanding of anti-doping rules and regulations.
MLO2	2	Critically evaluate the use and efficacy of supplement use within sport.
MLO3	3	Critically evaluate the effects of drug use on health and performance of athletes.

Module Content

Outline Syllabus	<p>Week 1 Overview of supplements and drug use in sport and the role of the nutritionist</p> <p>Week 2 Supplements for endurance performance</p> <p>Week 3 Supplements for strength and power based sports</p> <p>Week 4 Supplements and therapeutic drug use for health, injury and hospital treatment</p> <p>Week 5 Anabolic Agents</p> <p>Week 6 Psychostimulants</p> <p>Week 7 Drugs to enhance endurance performance</p> <p>Week 8 Drug detection and methods used to evade detection</p> <p>Week 9 Supplement contamination and risk minimisation</p> <p>Week 10 Site visit to a supplement factory (SIS)</p> <p>Week 11 Athletes perspective</p> <p>Week 12 Future issues and setting up a supplement and drugs policy in elite sports</p>
Module Overview	<p>This module will look at the most common supplements, the mechanisms of action, evidence for and against their use and the safety of the supplements. The module aims to develop your critical understanding of the use of performance enhancing drugs and supplements in sport.</p>
Additional Information	<p>A comprehensive understanding of the use of drugs and supplements in sport is essential for anyone working in sports nutrition and is a key criteria in accreditation with SENr. Many athletes routinely use supplements although the understanding as to how they work and why they are taking them is often limited. This module will look at the most common supplements, the mechanisms of action, evidence for and against their use and the safety of the supplements. The testing of supplements for contaminated substances is extremely important and this module will also examine this and the ways of risk minimisation. The efficacy and danger of drug use will also be examined including both legal (i.e. over the counter analgesics) and illegal (i.e. anabolic steroids). This module will also take a critical look at the role of WADA and UKAD in their attempts to maintain drug free sport and the responsibilities of the sports nutritionist to comply with these regulations. The information taught in this module will be essential for 7045SPOSCI in semester 2 where the students will engage in an applied work placement.</p>

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Practice	Position stand on supplements	50	0	MLO2, MLO3
Centralised Exam	Examination	50	2	MLO1

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Neil Chester	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings
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