

## Liverpool John Moores University

Title: SUPPLEMENTS AND DRUGS IN SPORT  
Status: Definitive  
Code: **7144SPOSCI** (124262)  
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:** 26  
**Total Learning Hours:** 200      **Private Study:** 174

### Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	20
Practical	4

**Grading Basis:** 50 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	Pos stand	Position stand on supplements	50	
Exam	Exam	Short answer exam	50	2

### Aims

*The aim of this module is to develop the students critical understanding of the use of performance enhancing drugs and supplements in sport.*

### Learning Outcomes

After completing the module the student should be able to:

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

## Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

Position stand on supplements Examination	2	3
	1	

## Outline Syllabus

*Week 1 Overview of supplements and drug use in sport and the role of the nutritionist*

*Week 2 Supplements for endurance performance*

*Week 3 Supplements for strength and power based sports*

*Week 4 Supplements and therapeutic drug use for health, injury and hospital treatment*

*Week 5 Anabolic Agents*

*Week 6 Psychostimulants*

*Week 7 Drugs to enhance endurance performance*

*Week 8 Drug detection and methods used to evade detection*

*Week 9 Supplement contamination and risk minimisation*

*Week 10 Site visit to a supplement factory (SIS)*

*Week 11 Athletes perspective*

*Week 12 Future issues and setting up a supplement and drugs policy in elite sports*

## Learning Activities

Lectures will form the basis of this module although there will also be some practicals, small group seminars and a site visit to a sports nutrition company's manufacturing site.

## Notes

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.