

## Liverpool John Moores University

Title: APPLIED PLACEMENT  
Status: Definitive  
Code: **7145SPOSCI** (124263)  
Version Start Date: 01-08-2021

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

Team	Leader
Graeme Close	Y
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James Morton	
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**Academic Level:** FHEQ7      **Credit Value:** 20      **Total Delivered Hours:** 102

**Total Learning Hours:** 200      **Private Study:** 98

### Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	6
Placement	96

**Grading Basis:** 50 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Portfolio	Portfolio	Portfolio of evidence and reflective piece on your time on placement	75	
Presentation	Viva	Viva defence of the placement experience	25	

### Aims

*The aim of the module is to allow you to gain hands on experience working as a sports nutritionist, translating sport nutrition theory into applied practice whilst developing your skills in reflective practice.*

## **Learning Outcomes**

After completing the module the student should be able to:

- 1 Communicate effectively and work with athletes
- 2 Develop and implement effective sports nutrition advice to athletes
- 3 Critically evaluate the need for reflective practice and demonstrate reflection within sports nutrition consultancy

## **Learning Outcomes of Assessments**

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

Portfolio and reflective piece	1	2	3
Viva defence of the placement	1	3	

## **Outline Syllabus**

*Week 1 What to expect in a nutrition placement*

*Week 2 Ethics and risk assessment*

*Week 3 Reflective practice*

*Week 4 Placement*

*Week 5 Placement*

*Week 6 Placement*

*Week 7 Placement*

*Week 8 Placement*

*Week 9 Placement*

*Week 10 Placement*

*Week 11 Placement*

*Week 12 Placement*

## **Learning Activities**

Lectures will be given to prepare the students for the placement. On site learning will then take place under the supervision of an experienced sports nutritionist. It will also be expected that the student will engage in regular meetings with their academic supervisor to discuss the placement and engage in practitioner led reflective practice.

## **Notes**

Having been taught fundamental sports nutrition in semester 1, as well as completing the practical skills module in semester 1, students will now undergo a 12 week placement to practise and develop these skills. All of the students will have been trained in the assessment of body composition in 7142SPOSCI and will now get the chance to practise this technique on real athletes. It is crucial that the sports nutritionist not only has the scientific knowledge in sports nutrition but also has the ability to translate this into real world advice. The student will work alongside experienced members of staff to develop these skills. Applied experience is a key factor in gaining full SENr accreditation and it is therefore crucial that students are given this opportunity. Students will attend placements either as individuals or in groups of up to 3 and the placements will be provided by LJMU (although if a student does have a placement in mind they would like to complete then this can be discussed on an individual basis).