

Module Specification

Part 1: Basic Data					
Module Title	Principles of Sports Nutrition				
Module Code	WSPVFL-15-5	Level	5	Version	1.0
Credit Rating	15	ECTS Credit Rating	7.5	Includes WBL?	No
Teaching Institution	University Centre Weston	Department	Sport	Module Type	Standard
Contributes towards	FdSc Sports Studies				
PSRB involved	None	Module Entry requirements	None		
Pre-requisites	None	Excluded Combinations	None		
Most recent Validation Date	V1.0 – 10 July 2019		Due for re-validation by:	01 September 2024	
Amendment Approval Date			Amended with effect from	01 September 2019	

Part 2: Learning and Teaching	
Learning Outcomes	<p>On successful completion of this module students will be able to:</p> <ol style="list-style-type: none"> 1 Examine the role of macro and micronutrients in the diet, for defined individuals (A, B) 2 Demonstrate knowledge and critical understanding of the physiological responses to exercise and the mechanisms by which nutrition can influence health, exercise and sports performance across different populations (A, B) 3 Critically apply an evidenced based approach to the formulation of a targeted nutrition plan (B)
Syllabus Outline	<ul style="list-style-type: none"> • Introduction to nutrition and food labels • Digestion, digestive system and the BMR • Energy intake and expenditure recommendations • Carbohydrates and methods of energy intake, fats, exercise and appetite, proteins, exercise and appetite • Vitamins role of supplements in sport, minerals and ergogenic aids in sport • Fluid Ingestion – hydration • Weight management – weight loss and gain, excessive energy expenditure • Nutrition for competition- strategies before, during and after exercise performance • Optimising recovery through nutrition • Practical activities may include: water balance during exercise; the effects of ergogenic aids and manipulating carbohydrate availability on performance

Teaching and Learning Methods	<p>Introductory lectures are supported by seminars, case studies, visits and practical workshops. In addition this module will be supported by interactive forums and learning tools.</p> <p>Scheduled learning Includes lectures, seminars, tutorials, demonstration, practical classes and workshops; external visits; supervised time in studio/workshop, and self-directed study.</p> <p>Independent learning May include the hours engaged with essential reading, case study preparation, assignment preparation and completion.</p> <p>Virtual Learning Environment (VLE), or equivalent This module is supported by a VLE where students will be able to find all necessary module information. Direct links to information sources will also be provided from within the VLE.</p>																																																																	
Unistats Information	<p>The Office for Students (OfS) require Unistats information to be produced at programme level for all undergraduate programmes of more than one year in length. These are comparable sets of standardised information about undergraduate courses allowing prospective students to compare and contrast between programmes they are interested in applying for.</p> <table><tr><td colspan="5">Expected learning hours for the module:</td></tr><tr><td colspan="5"></td></tr><tr><td colspan="4">Number of credits for this module</td><td>15</td></tr><tr><td colspan="5"></td></tr><tr><td>Hours to be allocated</td><td>Scheduled learning and teaching study hours</td><td>Independent study hours</td><td>Placement study hours</td><td>Allocated Hours</td></tr><tr><td>150</td><td>45</td><td>105</td><td>0</td><td>150</td></tr><tr><td colspan="5"></td></tr></table> <p>The table below indicates as a percentage the total assessment of the module which constitutes a -</p> <p>Written Exam: Unseen written exam, open book written exam, In-class test Coursework: Written assignment or essay, report, dissertation, portfolio, project Practical Exam: Oral Assessment and/or presentation, practical skills assessment, practical exam</p> <p>Please note that this is the total of various types of assessment and will not necessarily reflect the component and module weightings in the Assessment section of this module description:</p> <table><tr><td colspan="5">Total assessment of the module:</td></tr><tr><td colspan="5"></td></tr><tr><td colspan="4">Written exam assessment percentage</td><td>0%</td></tr><tr><td colspan="4">Coursework assessment percentage</td><td>50%</td></tr><tr><td colspan="4">Practical exam assessment percentage</td><td>50%</td></tr><tr><td colspan="4"></td><td>100%</td></tr></table>	Expected learning hours for the module:										Number of credits for this module				15						Hours to be allocated	Scheduled learning and teaching study hours	Independent study hours	Placement study hours	Allocated Hours	150	45	105	0	150						Total assessment of the module:										Written exam assessment percentage				0%	Coursework assessment percentage				50%	Practical exam assessment percentage				50%					100%
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Reading Strategy	<p>Essential reading Essential material will be indicated to the student via pre-course material, module guides and through their accessing a dedicated VLE programme presence. No requirement for the purchase of set text(s) will be made unless explicitly stated and</p>																																																																	

	<p>students will have full access to library services, online applications, and inter-library loans.</p> <p>Further reading Students are expected to identify all other reading relevant to their chosen topic for themselves. They will be required to read widely using the library catalogue, a variety of bibliographic and full text databases, and Internet resources. Many resources can be accessed remotely. The purpose of this further reading is to ensure students are familiar with current research, classic works and material specific to their interests from the academic literature and wider professional sources.</p> <p>Access and skills Formal opportunities for students to develop their library and information skills are provided within the induction period and student skills sessions. Additional support is available through online resources. This includes interactive tutorials on finding books and journals, evaluation information and referencing. Sign up workshops are also offered.</p>
Indicative Reading List	<p>The following list is offered to provide the validators /accrediting bodies with an indication of the type and level of information students may be expected to consult. As such, its currency may wane during the life span of the module specification. However, current advice on readings will be available via other more frequently updated mechanisms.</p> <p>Bender, D. A. (current edition) <i>Introduction to nutrition and metabolism</i>. Boca Raton, FL.: CRC Press.</p> <p>Brouns, F. (current edition) <i>Essentials of sports nutrition</i>. Chichester: John Wiley.</p> <p>Burke L. and Deakin V. (current edition) <i>Clinical sports nutrition</i>. Maidenhead: McGraw-Hill Education.</p> <p>Jeukendrup, A. and Gleeson, M. (current edition) <i>Sport nutrition: an introduction to energy production and performance</i>. Champaign, IL: Human Kinetics.</p> <p>Maughan, R. J. (Current Edition) <i>Nutrition in sport</i>. London: John Wiley and Sons Ltd.</p> <p>Maughan R. J., Burke, L. M., and Coyle E. F. (current edition) <i>Food, nutrition and sports performance II</i>. The International Olympic Committee consensus on sports nutrition. London: Routledge.</p> <p>Maughan, R. J. and Gleeson, M. (current edition) <i>The biochemical basis of sports performance</i>. New York, USA: Oxford University Press.</p> <p>McArdle, W. D. (current edition) <i>Sports and exercise nutrition</i>. Philadelphia, USA: Lippincott, Williams and Wilkins.</p> <p>McArdle W. D., Katch F. I. and Katch V. L. (current edition) <i>Exercise physiology: nutrition energy and human performance</i>. Philadelphia, USA: Lippincott, Williams & Wilkins.</p> <p>Mougios, V. (current edition) <i>Exercise biochemistry</i>, Leeds: Human Kinetics.</p> <p><u>Articles</u></p> <p>Bahrke, M. S. and Yesalis, C. E. (2002) 'Performance-enhancing substances in sport and exercise.' <i>Human Kinetics</i>, ix, 373.</p> <p>Burke, L. M., Castell, L. M. and Stear, S. J. (2009) BJSM reviews: A-Z of supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance Part 1. <i>Br J Sports Med</i> 43: 728-729.</p> <p><u>Journals</u></p> <p>British Journal of Nutrition</p> <p>European Journal of Applied Physiology</p> <p>Exercise Metabolism</p> <p>International Journal of Nutrition</p> <p>International Journal of Sports Nutrition and</p>

	<p>International Journal of Sports Physiology and Performance</p> <p>Journal of Applied Physiology</p> <p>Journal of Human Nutrition & Dietetics</p> <p>Journal of Sports Sciences</p> <p>Journal of the American Dietetic Association</p> <p>Medicine, Science, Sport and Exercise</p> <p><u>Websites</u></p> <p>American College of Sports Medicine www.acsm.org</p> <p>American Dietetic Association www.eatright.org</p> <p>Australian Institute of Sport www.ais.org.au</p> <p>British Dietetic Association www.bda.uk.com</p> <p>British Nutrition Foundation www.nutrition.org.uk</p> <p>English Institute of Sport www.eis2win.co.uk</p> <p>Food Standards Agency www.food.gov.uk</p> <p>International Olympic Committee www.olympic.org</p> <p>World Anti-Doping Agency www.wada-ama.org</p>
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Part 3: Assessment	
Assessment Strategy	<p>This module will be assessed according to the approved Hartpury Academic Regulations including any specific regulations detailed within the student's programme specification.</p> <p>Poster Presentation: For Component A students will be required to deliver a poster presentation that provides a critical analysis of the nutritional requirements of different populations, demonstrating knowledge of underpinning nutritional theories.</p> <p>Dietary Planning Report: Component B will require students to formulate a nutritional plan to be utilised by a designated individual in preparation for a specific event. They will need to critically evaluate any recommendations provided.</p> <p>Opportunities for formative assessment exist for the assessment strategy used. Verbal feedback is given and all students will engage with personalised tutorials setting SMART targets as part of the programme design.</p> <p>A student may apply for alternative means of assessment if appropriate. Each application will be considered on an individual basis taking into account learning and assessment needs. For further information regarding this please refer to the VLE.</p>

Identify final assessment component and element	B1	
% weighting between components A and B (Standard modules only)	A:	B:
	50%	50%
First Sit		
Component A (controlled conditions) Description of each element	Element weighting	
1. Poster Presentation (15 minutes)	100%	
Component B Description of each element	Element weighting	
1. Dietary Planning Report (1,500 words)	100%	

Resit (further attendance at taught classes is not required)	
Component A (controlled conditions) Description of each element	Element weighting
1. Poster Presentation (15 minutes)	100%
Component B Description of each element	Element weighting
1. Dietary Planning Report (1,500 words)	100%
If a student is permitted a retake of the module under the Academic Regulations, the assessment will be that indicated by the Module Specification at the time that retake commences.	

Module Amendment Log

Module Title:	Principles of Sports Nutrition
Module Code:	WSPVFL-15-5
Initial Approval Date:	10 July 2019

Changes:

Current version number: 0	
Outline Change Details: new module	
Rationale: A new module for a programme new to Hartpury University validation.	
Approval Committee and Date:	CVC 2019 10 07
Change approved with effect from:	1 September 2019
Resulting new version number:	1.0