HARTPURY UNIVERSITY

Module Descriptor

Part 1: Basic Data						
Module Title	Principles of Sports Nutrition					
Module Code	WSPVFL-15-5		Level	5	Version	2.0
Credit Rating	15		ECTS Credit Rating	7.5		
Teaching Institution	University Centre Weston	Department	Sport	Module Type	Standard	
Contributes towards	FdSc Sports Studies FdSc Sports Studies (Football)					
Professional Accrediting Body	None		Module Entry requirements	None		
Pre-requisites	None		Excluded Combinations	None		
Most recent Validation Date	28 March 2022		Due for re-validation by	01 September 2027		
Amendment Approval Date			Approved with effect from	V2.0 - 01 September 2022		

Part 2: Module Content	
Learning Outcomes	On successful completion of this module students will be able to: 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	• 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

Part 3: Learning, Teaching and Assessment	
Description of Learning and Teaching	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. ***Scheduled learning*** Includes lectures, seminars, tutorials, demonstration, practical classes and workshops; external visits; supervised time in studio/workshop, and self-directed study. ***Independent learning*** May include the hours engaged with essential reading, case study preparation, assignment preparation and completion. ***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.
Resource Strategy	**Essential reading** Essential material will be indicated to the student via pre-course material, module guides and through their accessing a dedicated VLE presence. No requirement for the purchase of set text(s) will be made unless explicitly stated and students will have full access to library services, online applications, and inter-library loans. **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. **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.
Assessment Strategy	This module will be assessed according to the approved Hartpury Academic Regulations including any specific regulations detailed within the student's programme specification. 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. 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. 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. 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.

Identify final assessment component and element	B1	
% weighting between components A and B	**A:** **50%**	**B**: **50%**
First Sit		
Component A **Description of each element**	**Element weighting** **(as % of component)**	
1. Poster Defence (15 minutes)	100%	
Component B **Description of each element**	**Element weighting** **(as % of component)**	
1. Report (1,500 words)	100%	

Resit (further attendance at taught classes is not required)	
Component A **Description of each element**	**Element weighting** **(as % of component)**
1. Poster Defence (15 minutes)	100%
Component B **Description of each element**	**Element weighting** **(as % of component)**
1. Report (1,500 words)	100%
Please note: 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.	

Part 4: Unistats Information	
Unistats Information	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. Expected learning hours for the module:

Hours to be allocated	Scheduled learning and teaching study hours	Independent study hours	Placement study hours
150	45	105	0

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:

Total assessment of the module	Percentage
Written Examination (Written Examination / Written Test)	0%
Coursework (Report)	50%
Practical Examination (Oral Assessment)	50%
Total	100%

Module Amendment Log

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

Approved Module Changes (most recent at the top):

Current version number: 1.0

Outline Change Details:
Information re-ordered for new module template.

Material Alteration: No

Rationale:
Document amended to meet requirements of new 2022 template.

Module description for Course Marketing Purposes:
N/A

Change requested by: Joel Powis

I can confirm that all programme managers have been consulted and support this change
I can confirm that student representatives have been consulted about this change
I have retained evidence of this consultation which has been placed in the Module File

Signature: **Date**: 23.03.2022

Name of Head of Department: Sarah Lee

- I confirm that this change does not require additional resources beyond the scope of those already present or planned for by the department, and have not included a completed Resource Impact and Authorisation Form
- I can confirm that this change does require a change to the HECOS code

Signature: S Lee **Date**: 23/03/2022

Approval Committee and Date:	CSP Chairs Action 2022 03 28
Change approved with effect from:	01 September 2022
Resulting new HECOS code:	100433 Sport and Exercise Sciences
Resulting new version number:	2.0

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

Initial HECOS code:	100247 Nutrition

Initial module description for Course Marketing Purposes:
N/A