



CORPORATE AND ACADEMIC SERVICES

MODULE SPECIFICATION

| Part 1: Basic data | | | | | |
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| Module title | Sports Nutrition | | | | |
| Module code | UISXS9-15-2 | Level | 2 | Version | 1.2 |
| UWE credit rating | 15 | ECTS credit rating | 7.5 | WBL Module? | No |
| Owning faculty | Hartpury | Field | Sport Science | | |
| Department | Sport | Module type | Standard | | |
| Contributes towards | BSc (Hons) Equestrian Sports Science BSc (Hons) Sport and Exercise Sciences BSc (Hons) Sport and Exercise Sciences (SW) BSc (Hons) Sport Performance BSc (Hons) Sports Conditioning and Injury Management BSc (Hons) Sports Conditioning and Injury Management (SW) BSc (Hons) Sports Therapy BSc (Hons) Sports Therapy (SW) BSc (Hons) Strength and Conditioning BSc (Hons) Strength and Conditioning (SW) FdSc Sport Performance | | | | |
| Pre-requisites | Introduction to Human Physiology (UISXL9-15-1); OR Introduction to Exercise Physiology (UISXL7-15-1); OR Introduction to Equestrian Sports (UIEXN7-30-1) | Co-requisites | None | | |
| Excluded combinations | None | Module entry requirements | None | | |
| First CAP Approval Date | 17 February 2014 | Valid from | 01 September 2014 | | |
| Revision CAP Approval Date | V1.1- 08 June 2015 V1.2- 07 July 2016 | Revised with effect from | 01 September 2016 | | |

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| Review Date | 01 September 2020 |
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| Part 2: Learning and Teaching | |
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| Learning outcomes | On successful completion of this module students will be able to: <ol style="list-style-type: none"> 1 Demonstrate knowledge of the underpinning concepts of the science of nutrition (A, B). 2 Appraise the sources of energy and nutrients in the diet (A, B). 3 Understand the critical role of diet on health, injury and repair (A). 4 Evaluate the potential ergogenic effect of macro-nutrient manipulation and |

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| | 5 | nutritional supplementation on sporting performance (A, B). Demonstrate critical understanding in the acquisition, interpretation and analysis of information (B). |
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| Syllabus outline | <p>The following sports nutrition topics will be covered in the module syllabus:</p> <ol style="list-style-type: none"> 1 Sports nutrition. 2 Macronutrients. 3 Micronutrients. 4 Nutritional ergogenic aids for power sports. 5 Nutritional ergogenic aids for endurance sports. 6 Hydration strategies. 7 Eating disorders. 8 Performance enhancing agents. 9 The role of nutrition in injury and repair. | | | | | | | | | | | | |
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| Contact hours | <p>Indicative delivery modes:</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 80%;">Lectures, guided learning, seminars etc</td> <td style="text-align: right;">33</td> </tr> <tr> <td>Self directed study</td> <td style="text-align: right;">3</td> </tr> <tr> <td>Independent learning</td> <td style="text-align: right;">114</td> </tr> <tr> <td>TOTAL</td> <td style="text-align: right;">150</td> </tr> </table> | Lectures, guided learning, seminars etc | 33 | Self directed study | 3 | Independent learning | 114 | TOTAL | 150 | | | | |
| Lectures, guided learning, seminars etc | 33 | | | | | | | | | | | | |
| Self directed study | 3 | | | | | | | | | | | | |
| Independent learning | 114 | | | | | | | | | | | | |
| TOTAL | 150 | | | | | | | | | | | | |
| Teaching and learning methods | <p>This module is delivered using large group learning sessions and opportunities for small group work. Additionally essential and recommended reading and exercises will be introduced to guide the students through the core syllabus.</p> <p>Scheduled learning May include lectures, seminars, tutorials, project supervision, demonstration, practical classes and workshops; and laboratory work.</p> <p>Independent learning May include hours engaged with essential reading, case study preparation, assignment preparation and completion etc.</p> <p>Virtual learning environment (VLE) This specification 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> | | | | | | | | | | | | |
| Key information sets information | <p>Key information sets (KIS) are produced at programme level for all programmes that this module contributes to, which is a requirement set by HESA/HEFCE. KIS 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> <p>Key Information Set – Module Data</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 70%;">Number of credits for this module</td> <td style="border: 1px solid black; text-align: center;">15</td> </tr> </table> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <thead> <tr> <th style="width: 15%;">Hours to be allocated</th> <th style="width: 20%;">Scheduled learning and teaching study hours</th> <th style="width: 20%;">Independent study hours</th> <th style="width: 15%;">Placement study hours</th> <th style="width: 30%;">Allocated Hours</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">150</td> <td style="text-align: center;">36</td> <td style="text-align: center;">114</td> <td style="text-align: center;">0</td> <td style="text-align: center;">150</td> </tr> </tbody> </table> <p>The table below indicates as a percentage the total assessment of the module which constitutes a:</p> <ol style="list-style-type: none"> 1 <i>Written Exam</i>: Unseen written exam, open book written exam, in-class test. 2 <i>Coursework</i>: Written assignment or essay, report, dissertation, portfolio, project. 3 <i>Practical Exam</i>: Oral Assessment and/or presentation, practical skills assessment, practical exam. | 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 | 36 | 114 | 0 | 150 |
| 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 | 36 | 114 | 0 | 150 | | | | | | | | | |

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| | 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: |
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| | <p>Total assessment of the module:</p> <table border="1" data-bbox="911 224 1177 365"> <tr> <td>Written exam assessment percentage</td> <td>40%</td> </tr> <tr> <td>Coursework assessment percentage</td> <td>60%</td> </tr> <tr> <td>Practical exam assessment percentage</td> <td>0%</td> </tr> <tr> <td></td> <td>100%</td> </tr> </table> | Written exam assessment percentage | 40% | Coursework assessment percentage | 60% | Practical exam assessment percentage | 0% | | 100% |
| Written exam assessment percentage | 40% | | | | | | | | |
| Coursework assessment percentage | 60% | | | | | | | | |
| Practical exam assessment percentage | 0% | | | | | | | | |
| | 100% | | | | | | | | |
| Reading strategy | <p>Essential readings Any essential reading will be indicated clearly, along with the method for accessing it, e.g. students may be required to purchase a set text, be given a print study pack or be referred to texts that are available electronically or in the Library. Module guides will also reflect the range of reading to be carried out.</p> <p>Further readings Further reading will be required to supplement the set text and other printed readings. 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 search, 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 their academic literature.</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 validation panels/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, as indicated above, CURRENT advice on readings will be available via other more frequently updated mechanisms, including the module guide.</p> <ul style="list-style-type: none"> • Bean, A. (Current Edition) <i>The Complete Guide to Sports Nutrition</i>. London: A and C Black. • Berning, J. and Nelson-Steen, S. (Current Edition) <i>Nutrition for Sport and Exercise</i>. Maryland: Aspen Publication. • Brown, S., Miller, W. and Eason, J. (Current Edition) <i>Exercise Physiology. Basis of Human Movement in Health and Disease</i>. London: Lipponcott Williams and Williams. • Driskoll, J. (Current Edition) <i>Sports Nutrition: Fats and Proteins</i>. London: CRC Press. • Manore, M. and Thompson, J. (Current Edition) <i>Sports Nutrition for Health and Performance</i>. London: Human Kinetic. • Maughan, R.J. (Current Edition) <i>The Encyclopaedia of Sports Medicine: An IOC Medical Commission Publication, Sports Nutrition</i>. Blackwell Wiley: Bognor Regis. • Maughan, R.J. and Burke, L. (Current Edition) <i>Handbook of Sports Medicine and Science. Sports Nutrition</i>. Oxford: Blackwell Science. <p>Journals:</p> <ul style="list-style-type: none"> • British Journal of Sports Medicine. • Canadian Journal of Applied Physiology. • Exercise and Sport Science Reviews. • European Journal of Applied Physiology. • International Journal of Sports Medicine. • Journal of Applied Physiology. • Journal of Physiology. • Journal of Sports Sciences. • Medicine and Science in Sport and Exercise. | | | | | | | | |

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| | <ul style="list-style-type: none"> • Research Quarterly for Exercise and Sport. • Sports Medicine. • International Journal of Sports Nutrition and Exercise Metabolism <p>Websites and databases</p> <ul style="list-style-type: none"> • American College of Sports Medicine http://www.acsm.org. • Journal of Sports Science & Medicine http://www.jssm.org. • Pub Med http://www.ncbi.nlm.nih.gov/entrez/query.fcgi. • Sports Science http://www.sportsci.org. • The Physiological Society http://www.physoc.org. |
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| Part 3: Assessment |
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| Assessment Strategy | <p>Summative assessment will reflect the approach to the module, whereby students will be expected to demonstrate knowledge and understanding of principles in sports nutrition. The written exam will address students' ability to demonstrate knowledge and understanding of the key principles in sports nutrition. The written assignment will allow for the development of knowledge and intellectual skills, focusing on the application of theoretical principles.</p> <p>Formative assessment opportunities will be provided through similar formats. Feedback will be provided on these attempts prior to summative assessments.</p> <p>In line with the College's commitment to facilitating equal opportunities, 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 VLE.</p> <p>Students on the BSc (Hons) Sports Therapy are required to gain a minimum of 40% in each component and element. In addition no compensation or condonement may be applied.</p> |
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| Identify final assessment component and element | Written examination |
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| % weighting between components A and B (Standard modules only) | A: | B: |
| | 40% | 60% |

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| Component A (controlled conditions) Description of each element | Element weighting |
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| 1 | Written examination (1.5 hours) | 100% |
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| Component B Description of each element | Element weighting |
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| 1 | Written assignment (1,500 words) | 100% |
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| Resit (further attendance at taught classes is not required) |
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| Component A (controlled conditions) Description of each element | Element weighting |
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| | | |
|---|---------------------------------|------|
| 1 | Written examination (1.5 hours) | 100% |
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| Component B Description of each element | Element weighting |
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| | | |
|---|----------------------------------|------|
| 1 | Written assignment (1,500 words) | 100% |
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If a student is permitted a retake of the module under the University Regulations and Procedures, the assessment will be that indicated by the Module Description at the time that retake commences.