




MODULE SPECIFICATION

Part 1: Basic Data					
Module Title	Sports Nutrition for Elite Athletes				
Module Code	UISV56-15-3	Level	3	Version	2.0
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) Sport and Exercise Nutrition BSc (Hons) Sport and Exercise Nutrition (SW)				
Pre-requisites	Applied Skills for Sport and Exercise Nutritionists (UISV59-15-2)	Co- requisites	None		
Excluded Combinations	None	Module Entry requirements	None		
Last Major Approval Date	03 February 2015	Valid from	01 September 2015		
Amendment Approval Date	V1.1- 31 July 2017 V2.0- 02 May 2018	Revised with effect from	V1.1- 01 September 2017 V2.0- 01 September 2018		

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. Select, assess, and critically analyse nutritional information in order to formulate advice on diets, nutrient intakes and the nutritional status of athletes. (A) 2. Use a critical understanding of relevant literature to design nutritional advice that will optimise performance and give consideration to the health of the athlete. (A) 3. Synthesise nutrient and energy requirements into menus that are appropriate to the demands of exercise or sport tailored to athletes' needs. (B) 4. Critically evaluate the theoretical basis for, and methods for investigating, the metabolic effects, the efficacy, health, safety, and legal aspects of ergogenic aids including pharmacologically active agents, sports foods, sports drinks, and supplements. (B)
Syllabus Outline	<ul style="list-style-type: none"> • Nutritional demands (training and competition) of various sport, including soccer, rugby, running, cycling, rowing, winter sports, combat sports • The use of nutritional ergogenic aids and performance enhancing substances by elite athletes.
Contact Hours	<p>Indicative delivery modes:</p> <ul style="list-style-type: none"> • Lectures, guided learning, seminars etc. 33 • Self-directed learning 3 • Independent learning (including work placement) 114 <p>TOTAL 150</p>

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 exercises will be introduced to guide the students through the core syllabus.</p> <p>Scheduled learning includes lectures, seminars, tutorials, practical classes and workshops (external visits)</p> <p>Independent learning includes hours engaged with essential reading, case study preparation, assignment preparation and completion etc. These sessions constitute an average time per level as indicated in the table below. Scheduled sessions may vary slightly depending on the module choices you make</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 a requirement is 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> <table border="1" data-bbox="472 853 1385 1245"> <thead> <tr> <th colspan="5">Key Information Set - Module data</th> </tr> </thead> <tbody> <tr> <td colspan="5">Number of credits for this module</td> </tr> <tr> <td colspan="4"></td> <td style="text-align: center;">15</td> </tr> <tr> <th>Hours to be allocated</th> <th>Scheduled learning and teaching study hours</th> <th>Independent study hours</th> <th>Placement study hours</th> <th>Allocated Hours</th> </tr> <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> <tr> <td colspan="4"></td> <td style="text-align: center;"></td> </tr> </tbody> </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 border="1" data-bbox="585 1644 1278 1883"> <thead> <tr> <th colspan="2">Total assessment of the module:</th> </tr> </thead> <tbody> <tr> <td>Written exam assessment percentage</td> <td style="text-align: center;">60%</td> </tr> <tr> <td>Coursework assessment percentage</td> <td style="text-align: center;">0%</td> </tr> <tr> <td>Practical exam assessment percentage</td> <td style="text-align: center;">40%</td> </tr> <tr> <td></td> <td style="text-align: center;">100%</td> </tr> </tbody> </table>	Key Information Set - Module data					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						Total assessment of the module:		Written exam assessment percentage	60%	Coursework assessment percentage	0%	Practical exam assessment percentage	40%		100%
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Reading Strategy	<p>Essential readings</p> <p>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</p>																																								

	<p>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>
<p>Indicative Reading List</p>	<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> <p>Books</p> <p>Burke, L. and Deakin, V. (Current Edition). <i>Clinical Sports Nutrition</i>. North Ryde, Australia: McGraw Hill.</p> <p>Maughan, R. J., Burke, L. M. and Coyle, E. F. (Current Edition) <i>Food, Nutrition and Sports Performance II</i>. London: Routledge.</p> <p>Maughan, R. J. and Burke, L. M. (Current Edition) <i>Sports Nutrition: Handbook of Sports Medicine and Science</i>. Oxford: Blackwell Publishing Ltd.</p> <p>McArdle, W. D., Katch, F. I. and Katch, V. L. (Current Edition) <i>Sports and Exercise Nutrition</i>. Baltimore, USA: Lippincott Williams and Wilkins.</p> <p>Journals</p> <p>International Journal of Sport Nutrition & Exercise Metabolism</p> <p>Journal of the International Society of Sports Nutrition</p> <p>Journal of Nutrition</p> <p>Journal of Sports Sciences</p> <p>Medicine and Science in Sport and Exercise</p> <p>Sports Medicine</p> <p>Websites</p> <p>British Association of Sport and Exercise Sciences (BASES) http://www.bases.org.uk/</p> <p>Sport and Exercise Nutrition Register http://www.senr.org.uk/</p>

Part 3: Assessment

Assessment Strategy	<p>The module will be assessed using an end of term written examination under controlled conditions. This component will address students' ability to evaluate principles in sports nutrition for elite athletes.</p> <p>A practical skills assessment will enable students to evaluate a range of valid and reliable information that is appropriate to evidence based practice in sport and exercise nutrition.</p> <p>Formative assessment opportunities will be provided through similar formats to their summative assessment. 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>
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Identify final assessment component and element	Unseen Written Examination	
% weighting between components A and B (Standard modules only)	A:	B:
	60%	40%
First Sit		
Component A (controlled conditions) Description of each element	Element weighting	
1. Unseen Written Examination (1.5 hours)	100%	
Component B Description of each element	Element weighting	
1. Practical Skills Assessment (equivalent to 1500 words)	100%	

Resit (further attendance at taught classes is not required)		
Component A (controlled conditions) Description of each element	Element weighting	
1. Unseen Written Examination (1.5 hours)	100%	
Component B Description of each element	Element weighting	
1. Practical Skills Assessment (equivalent to 1500 words)	100%	
<p>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.</p>		