



CORPORATE AND ACADEMIC SERVICES

MODULE SPECIFICATION

Part 1: Basic Data						
Module Title	Introduction to Sports Nutrition					
Module Code	UISV5A-15-1		Level	1	Version	1
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	None		Co- requisites	None		
Excluded Combinations	None		Module Entry requirements	None		
Valid From	01 September 2015		Valid to	01 September 2021		

CAP Approval Date	03 February 2015
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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. Understand the mechanisms for the integration of metabolism at molecular, cellular, and whole body levels. (A) 2. Demonstrate knowledge of the role of macro and micronutrients in promoting human health. (A, B) 3. Know and understand the effects of relevant disease processes on diet and nutrition, exercise and sport performance. (A) 4. Demonstrate an understanding of the metabolic and biochemical pathways of energy transfer from macronutrients during exercise. (A) 5. Communicate practical nutritional information to a client using an appropriate computer processing package. (B) 				
Syllabus Outline	<ul style="list-style-type: none"> • Metabolism of carbohydrate, fat and protein. • Overview of water and electrolyte balance. • Anti-nutrients, nutrient-nutrient interactions, nutri-ceuticals within the diet. • Relevant disease processes on the diet. 				
Contact Hours	<p>Indicative delivery modes:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">• Lectures, guided learning, seminars etc.</td> <td style="text-align: right;">33</td> </tr> <tr> <td>• Self directed learning</td> <td style="text-align: right;">3</td> </tr> </table>	• Lectures, guided learning, seminars etc.	33	• Self directed learning	3
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	<ul style="list-style-type: none"> 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 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 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> <table border="1" data-bbox="459 891 1369 1279"> <thead> <tr> <th colspan="5">Key Information Set - Module data</th> </tr> </thead> <tbody> <tr> <td colspan="4">Number of credits for this module</td> <td>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>150</td> <td>36</td> <td>114</td> <td>0</td> <td>150</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="571 1682 1262 1917"> <thead> <tr> <th colspan="2">Total assessment of the module:</th> </tr> </thead> <tbody> <tr> <td>Written exam assessment percentage</td> <td>60%</td> </tr> <tr> <td>Coursework assessment percentage</td> <td>0%</td> </tr> <tr> <td>Practical exam assessment percentage</td> <td>40%</td> </tr> <tr> <td></td> <td>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 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</p>																														

	<p>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> <p>Books</p> <p>Fink, H. H. and Mikesky, A. E. (Current Edition) <i>Practical Applications in Sports Nutrition</i>. Massachusetts, USA: Jones and Bartlett Learning.</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>Maughan, R. J., Burke, L. M. and Coyle, E. F. (Current Edition) <i>Food, Nutrition and Sports Performance II</i>. London: Routledge.</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>International Journal of Sports Medicine</p> <p>Journal of the International Society of Sports Nutrition</p> <p>Journal of Nutrition</p> <p>Journal of Sports Sciences</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 unseen end of term written examination under controlled conditions which will assess knowledge and understanding of the learning outcomes. These learning outcomes form part of the SENr framework. Students who aspire to have a career in Sports Nutrition should under controlled conditions be able to demonstrate robust and sound theoretical knowledge.</p> <p>The practical skills assessment will allow students to communicate their knowledge and understanding of Sports Nutrition to a client. The practical skills assessment has been included to assess the students ability to produce nutrition material that is visually appealing and readily understood by a target audience. It is important for students to have the ability to develop resources to support client education. Rather than having a one point of assessment (examination) the practical skills assessment is also thought to support students transition from Further Education into Higher Education.</p> <p>Formative assessment opportunities will be provided through similar formats to their summative assessments. 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 Exam (1.5 hours)	100%	
Component B Description of each element	Element weighting	
1. Practical Skills Assessment (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 Exam (1.5 hours)	100%	
Component B Description of each element	Element weighting	
1. Practical Skills Assessment (1500 words)	100%	

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.