

MODULE SPECIFICATION

Part 1: Basic Data						
Module Title	Advanced Sports Nutrition					
Module Code	UISV57-15-3		Level	3	Version	1.1
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		
Last Major Approval Date	03 February 2015		Valid from	01 September 2015		
Amendment Approval Date	V1.1- 31 July 2017		Revised with effect from	V1.1- 01 September 2017		

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. Show a systematic understanding of the aetiology of nutritional or nutrition-related problems that are relevant to sports performance. (A) 2. Critically evaluate the nutritional demands of special populations and a range of exercise environments. (A) 3. Critically evaluate the application of the scientific literature to the athlete with particular nutritional needs. (A) 4. Critically evaluate the evidence supporting or refuting health claims associated with certain dietary interventions. (A) 								
Syllabus Outline	<ul style="list-style-type: none"> • Nutritional needs of the female athlete, diabetic athlete, vegetarian athlete, disabled athlete, athletes with gastrointestinal disorders, child athlete • Nutritional needs for special environments • Nutritional issues for the travelling athlete • Providing meals for athletic groups taking into account race and culture 								
Contact Hours	<p>Indicative delivery modes:</p> <table> <tbody> <tr> <td>• Lectures, guided learning, seminars etc.</td> <td>33</td> </tr> <tr> <td>• Self-directed learning</td> <td>3</td> </tr> <tr> <td>• Independent learning (including work placement)</td> <td>114</td> </tr> <tr> <td>TOTAL</td> <td>150</td> </tr> </tbody> </table>	• Lectures, guided learning, seminars etc.	33	• Self-directed learning	3	• Independent learning (including work placement)	114	TOTAL	150
• Lectures, guided learning, seminars etc.	33								
• Self-directed learning	3								
• Independent learning (including work placement)	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</p>								

workshops (external visits)

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.

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.

Key Information Sets Information

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.

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



The table below indicates as a percentage the total assessment of the module which constitutes a -

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

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:	
Written exam assessment percentage	0%
Coursework assessment percentage	0%
Practical exam assessment percentage	100%
	100%

Reading Strategy

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.

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

	<p>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>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: 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>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>Students will complete a practical skills assessment where they will need to review an advanced issue in sports nutrition. In planning for the practical skills assessment students will need to present their progress during taught sessions.</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</p>
---------------------	---

	application will be considered on an individual basis taking into account learning and assessment needs. For further information regarding this please refer to VLE.
--	--

Identify final assessment component and element	Practical Skills Assessment	
% weighting between components A and B (Standard modules only)	A:	B:
	100%	0%
First Sit		
Component A	Element weighting	
Description of each element		
1. Practical Skills Assessment (equivalent to 3000 words)	100%	

Resit (further attendance at taught classes is not required)		
Component A	Element weighting	
Description of each element		
1. Practical Skills Assessment (equivalent to 3000 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.		