



Module Specification

Applied Athlete Conditioning and Sports Nutrition

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Contents

Module Specification	1
Part 1: Information	2
Part 2: Description	2
Part 3: Teaching and learning methods	3
Part 4: Assessment.....	4
Part 5: Contributes towards	5

Part 1: Information

Module title: Applied Athlete Conditioning and Sports Nutrition

Module code: UZYKFX-30-2

Level: Level 5

For implementation from: 2023-24

UWE credit rating: 30

ECTS credit rating: 15

Faculty: Faculty of Health & Applied Sciences

Department: HAS School of Health and Social Wellbeing

Partner institutions: None

Field: Allied Health Professions

Module type: Module

Pre-requisites: None

Excluded combinations: None

Co-requisites: None

Continuing professional development: No

Professional, statutory or regulatory body requirements: None

Part 2: Description

Overview: Not applicable

Features: Not applicable

Educational aims: You will demonstrate an acute awareness about the role of sport rehabilitators in health, exercise and sports conditioning. In this module you will also demonstrate a broad knowledge and understanding about nutrition and its role and application in exercise, sports conditioning and recovery.

Outline syllabus: This module will introduce you to the concepts of pre-participation evaluation, scientific exercise testing for individuals and groups and will enable you to prepare general exercise and sports conditioning programmes for individuals and groups in the general population and for athletes. In this module you will learn how to develop, adapt and review appropriate exercise and fitness programmes used for general and sporting populations, by using critical reflection of scientific exercise prescription and delivery.

Part 3: Teaching and learning methods

Teaching and learning methods: A combination of scheduled learning and teaching and independent study as detailed in Part 4.

Module Learning outcomes: On successful completion of this module students will achieve the following learning outcomes.

MO1 Demonstrate an appropriate level of understanding and skill to conduct a pre-participation evaluation and scientific exercise testing for individuals and groups.

MO2 Demonstrate an understanding of and ability to prepare general exercise and sports conditioning programmes for individuals and groups in the general population and for athletes.

MO3 Develop, adapt and review appropriate exercise and fitness programmes used for general and sporting population.

MO4 Critically reflect on the scientific exercise prescription and delivery.

MO5 Show an acute awareness about the role of sport rehabilitators in health, exercise and sports conditioning.

MO6 Demonstrate a broad knowledge and understanding about nutrition and its role and application in exercise, sports conditioning and recovery.

Hours to be allocated: 300

Contact hours:

Independent study/self-guided study = 228 hours

Face-to-face learning = 72 hours

Total = 300

Reading list: The reading list for this module can be accessed at [readinglists.uwe.ac.uk](https://rl.talis.com/3/uwe/lists/03D75558-B28D-42A8-9537-439F4BEC3C36.html?draft=1&login=1) via the following link <https://rl.talis.com/3/uwe/lists/03D75558-B28D-42A8-9537-439F4BEC3C36.html?draft=1&login=1>

Part 4: Assessment

Assessment strategy: Assessment Task 1: 20 minute (maximum) presentation, to include 5 minutes of questioning

This assessment is an oral presentation of sport specific nutritional information flyer with sample menu. This method of assessment will build on the skills students display in the first year. An oral presentation allows the student to acknowledge that as a graduate it is likely they would be required to provide general nutritional advice and would appreciate the need for more specialist consultation for detailed dietary and nutritional advice, and respond to questions.

Assessment Task 2: 2000 word assignment

This assessment will require students to produce an exercise prescription, which needs to be a sport specific 12 week programme with a specific needs analysis of that chosen sport. This method of assessment will build on the skills students display in the first year particularly in the pre-requisite modules. Seminar groups will also be used to advance the students' ability to develop skills in exercise prescription.

Formative Assessment

Students will have the opportunity for feedback during in class activities and via the module team on written work.

Assessment tasks:

Presentation (First Sit)

Description: 20 minute oral presentation

Weighting: 25 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO4, MO5, MO6

Written Assignment (First Sit)

Description: 2000 word assignment

Weighting: 75 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4, MO5

Presentation (Resit)

Description: 20 minute oral presentation

Weighting: 25 %

Final assessment: No

Group work: No

Learning outcomes tested: MO4, MO5, MO6

Written Assignment (Resit)

Description: 2000 word assignment

Weighting: 75 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4, MO5

Part 5: Contributes towards

This module contributes towards the following programmes of study:

Sport Rehabilitation [Glenside] BSc (Hons) 2022-23