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## MODULE DESCRIPTOR

### Module Title

Sports Nutrition

Reference	AS3038	Version	1
Created	March 2018	SCQF Level	SCQF 9
Approved	March 2018	SCQF Points	15
Amended		ECTS Points	7.5

### Aims of Module

To provide students with knowledge and understanding of the physiological, biochemical and nutritional principles applicable to the management of diet and performance in elite athletes.

### Learning Outcomes for Module

On completion of this module, students are expected to be able to:

- 1 Discuss the principles of exercise physiology and physiological methods of assessing performance.
- 2 Discuss the principles of exercise biochemistry and biochemical methods of assessing performance.
- 3 Discuss the nutritional requirements and dietary assessment in sport.
- 4 Evaluate nutritional interventions to improve performance in sport, including nutritional supplements and ergogenic aids.

### Indicative Module Content

Professional regulatory bodies; physiological adaptations to exercise of varying intensity and duration to include neural, endocrine, musculoskeletal, cardiorespiratory, immunological and water homeostatic mechanisms; metabolic adaptations to exercise of varying intensity and duration to include fat, carbohydrate and protein metabolising pathways; physiological and biochemical mechanisms of exercise fatigue; nutritional consequences of physiological and metabolic demands in exercise and sport; hydration in exercise and sport; nutritional interventions to improve performance, such as carbohydrate loading, nutritional supplements and ergogenic aids; physiological, biochemical and nutritional means applicable to assessment of performance; any regulations applicable to relevant performance-enhancing strategies; effective translation of nutritional recommendations and meal planning for different scenarios.

### Module Delivery

Theoretical material is delivered by lectures and tutorials, and supported by practicals.

**Indicative Student Workload**

	Full Time	Part Time
Contact Hours	45	N/A
Non-Contact Hours	105	N/A
Placement/Work-Based Learning Experience [Notional] Hours	N/A	N/A
TOTAL	150	N/A
<i>Actual Placement hours for professional, statutory or regulatory body</i>		

**ASSESSMENT PLAN**

If a major/minor model is used and box is ticked, % weightings below are indicative only.

**Component 1**

Type:	Examination	Weighting:	100%	Outcomes Assessed:	1, 2, 3, 4
Description:	Unseen, closed book examination.				

**MODULE PERFORMANCE DESCRIPTOR****Explanatory Text**

This module is assessed using the one component of assessment as detailed in the Assessment Plan. To pass this module, students must achieve a module grade D or better.

Module Grade	Minimum Requirements to achieve Module Grade:
<b>A</b>	A mark for C1 of 70 % or more.
<b>B</b>	A mark for C1 between 60 and 69 %.
<b>C</b>	A mark for C1 between 50 and 59 %.
<b>D</b>	A mark for C1 between 40 and 49 %.
<b>E</b>	MARGINAL FAIL. A mark for C1 between 35 and 39 %.
<b>F</b>	FAIL. A mark for C1 of less than 35%.
<b>NS</b>	Non-submission of work by published deadline or non-attendance for examination

**Module Requirements**

Prerequisites for Module	Successful completion of Stage 2 or equivalent.
Corequisites for module	None.
Precluded Modules	None.

**INDICATIVE BIBLIOGRAPHY**

- 1 CAMPBELL, B. 2013. *Sports nutrition: enhancing athletic performance*. CRC Press Inc.
- 2 LANHAM-NEW, S., STEAR, S., SHIRREFFS, S and COLLINS, A. 2011. *Sport and exercise nutrition*. John Wiley and Sons.
- 3 MAUD, P.J. and FOSTER C. 2006. *Physiological assessment of human fitness*. 2nd edition. Human Kinetics.
- 4 MAUGHAN, R.J., 2013. *The encyclopaedia of sports medicine: an IOC medical commission publication*, volume XIX. Sports nutrition. Wiley-Blackwell.
- 5 MAUGHAN, R.J. 2009. *The Olympic textbook of science in sport*. Wiley-Blackwell
- 6 MAUGHAN, R.J. and GLEESON, M. 2010. *The biochemical basis of sports performance*. 2nd edition. Oxford University Press.
- 7 MACLAREN, D. and MORTON, J. 2011. *Biochemistry for sports and exercise metabolism*. Wiley.
- 8 McARDLE, W.D., KATCH, F.I. and KATCH, V.L. 2019. *Sports and Exercise Nutrition*. 5th edition. Lippincott, Williams and Wilkins.