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MODULE DESCRIPTOR

Module Title

Sports Nutrition

Reference	HS4109	Version	3
Created	March 2017	SCQF Level	SCQF 10
Approved	June 2010	SCQF Points	15
Amended	August 2017	ECTS Points	7.5

Aims of Module

To develop understanding of the nutritional requirements of different sports in order to provide evidence based recommendations.

Learning Outcomes for Module

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

- 1 Critically analyse the nutritional demands of a selected sport.
- 2 Critically evaluate the research on contemporary nutritional recommendations.
- 3 Critically evaluate the efficacy of selected nutritional ergogenic aids.
- 4 Evaluate strategies for achieving effective nutritional states for training and competition.

Indicative Module Content

Macro and micro nutrient requirements for athletic performance; fluids and electrolytes; exercise physiology and metabolic pathways; dietary analysis and development; timing of nutrient intake; nutritional ergogenic aids.

Module Delivery

Lectures supplemented by practical sessions and tutorial based discussions.

Indicative Student Workload

	Full Time	Part Time
Contact Hours	32	N/A
Non-Contact Hours	118	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: Coursework Weighting: 100% Outcomes Assessed: 1, 2, 3, 4
 Description: Presentation

MODULE PERFORMANCE DESCRIPTOR**Explanatory Text**

Presentation assessed with a grading proforma. Overall grade determined as follows:

Module Grade	Minimum Requirements to achieve Module Grade:
A	Rows 1-5: Minimum of 3 A?s, 1 B and maximum of 1 C Rows 6-8: Minimum of 2 B?s and maximum of 1 D
B	Rows 1-5: Minimum of 3 B?s, 1 C and maximum of 1 D Rows 6-8: Minimum of 1 B and maximum of 2 D?s
C	Rows 1-5: Minimum of 3 C?s, 1 D and maximum of 1 E Rows 6-8: Minimum of 3 D?s
D	Rows 1-5: Minimum of 4 D?s Rows 6-8: Minimum of 2 D?s And a maximum of 1 E or F in rows 1-8
E	Rows 1-8 Minimum of 2 E?s and Maximum of 1 F
F	Rows 1-8 Failure to achieve any of the above
NS	Non-submission of work by published deadline or non-attendance for examination

Module Requirements

Prerequisites for Module	Successful completion of stages 1-3 of the BSc (Hons) Applied Sport and Exercise Science course, or equivalent.
Corequisites for module	None.
Precluded Modules	None.

INDICATIVE BIBLIOGRAPHY

- BURKE, L. and DEAKIN, V., 2010. Clinical Sports Nutrition. 4th ed. New York: McGraw Hill.
- JEUKENDRUP, A. and GLEESON, M., 2010. Sport nutrition: an introduction to energy production and performance. 2nd ed. Champaign, IL: Human Kinetics.
- BEAN, A., 2013. The Complete Guide to Sports Nutrition. London: Bloomsbury Publishing.
- McCARDLE, W.D., KATCH, F.I. and KATCH, V.L., 2014. Exercise Physiology, energy, nutrition and human performance, 8th Edition. London: Lipincott, Williams and Williams.
- American College of Sports Medicine Position Stand: Nutrition & Athletic Performance. Available at: <http://www.acsm.org/access-public-information/position-stands>.