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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:
<b>A</b>	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>B</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
<b>C</b>	Rows 1-5: Minimum of 3 C?s, 1 D and maximum of 1 E Rows 6-8: Minimum of 3 D?s
<b>D</b>	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
<b>E</b>	Rows 1-8 Minimum of 2 E?s and Maximum of 1 F
<b>F</b>	Rows 1-8 Failure to achieve any of the above
<b>NS</b>	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**

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