

MODULE DESCRIPTOR

Module Title

Applied Sports Nutrition

| | | | |
|-----------|------------|-------------|---------|
| Reference | HSM051 | Version | 2 |
| Created | March 2018 | SCQF Level | SCQF 11 |
| Approved | June 2008 | SCQF Points | 15 |
| Amended | July 2018 | ECTS Points | 7.5 |

Aims of Module

To enable the student to apply the knowledge and principles of nutrition to the specific needs of sporting individuals.

Learning Outcomes for Module

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

- 1 Critically evaluate the nutritional implications of the physiological and biochemical demands of training and competition in different sports.
- 2 Assess and critically evaluate the nutritional requirements and dietary adequacy of an athlete, applying a variety of assessment methods.
- 3 Discuss the evidence-base for the role of nutrition in enhancing sports performance.
- 4 Critically evaluate health and performance benefits of nutritional supplements and ergogenic aids.

Indicative Module Content

Macro- and micronutrient requirements for athletic performance; fluids and electrolytes; exercise physiology and metabolic pathways; dietary analysis; nutritional recommendations; timing of nutrient intake; menu planning; ergogenic aids.

Module Delivery

Online distance learning and full time on campus.

Indicative Student Workload

| | Full Time | Part Time |
|--|-----------|-----------|
| Contact Hours | 22 | 22 |
| Non-Contact Hours | 128 | 128 |
| Placement/Work-Based Learning Experience [Notional] Hours | N/A | N/A |
| TOTAL | 150 | 150 |
| <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: Component 1 is a coursework.

MODULE PERFORMANCE DESCRIPTOR**Explanatory Text**

Component 1 (Coursework) comprises 100% of the module grade. To pass the module, a D grade is required.

| Module Grade | Minimum Requirements to achieve Module Grade: |
|--------------|--|
| A | A |
| B | B |
| C | C |
| D | D |
| E | E |
| F | F |
| NS | Non-submission of work by published deadline or non-attendance for examination |

Module Requirements

| | |
|--------------------------|---|
| Prerequisites for Module | HS2126 Food and Nutrition (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 Ed. 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. UK: Wiley-Blackwell
- 6 MAUGHAN, R.J. and GLEESON, M., 2004. The biochemical basis of sports performance. Oxford: Oxford University Press.
- 7 MACLAREN, D. and MORTON, J., 2011. Biochemistry for sports and exercise metabolism. UK: Wiley.
- 8 McARDLE, W.D., KATCH, F.I. and KATCH, V.L., 2008. Sports and Exercise Nutrition. Lippincott, Williams and Wilkins.