

MODULE DESCRIPTOR

Module Title

Sports Nutrition

Reference	PL3038	Version	1
Created	May 2022	SCQF Level	SCQF 9
Approved	June 2022	SCQF Points	15
Amended	August 2021	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	35	N/A
Non-Contact Hours	115	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:	Essay				

MODULE PERFORMANCE DESCRIPTOR**Explanatory Text**

Component 1 (Coursework, CW1) comprises 100% of the module grade. A minimum of Module Grade D is required to pass the module.

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	None, in addition to SCQF level 9 entry requirements or equivalent.
Corequisites for module	None.
Precluded Modules	None.

INDICATIVE BIBLIOGRAPHY

- 1 LANHAM-NEW, S., STEAR, S., SHIRREFFS, S and COLLINS, A. 2011. *Sport and exercise nutrition*. John Wiley and Sons.
- 2 MAUD, P.J. and FOSTER C. 2006. *Physiological assessment of human fitness*. 2nd edition. Human Kinetics.
- 3 MAUGHAN, R.J. and GLEESON, M. 2010. *The biochemical basis of sports performance*. 2nd edition. Oxford University Press.
- 4 MACLAREN, D. and MORTON, J. 2011. *Biochemistry for sports and exercise metabolism*.. Wiley.
- 5 McARDLE, W.D., KATCH, F.I. and KATCH, V.L. 2019. *Sports and Exercise Nutrition*. 5th edition. Lippincott, Williams and Wilkins.