

MODULE DESCRIPTOR

TITLE	Advanced Exercise Nutrition
SI MODULE CODE	44-6965-00L
CREDITS	20
LEVEL	6
JACS CODE	B400
SUBJECT GROUP	Food
DEPARTMENT	Service Sector Management
MODULE LEADER	Trevor Simper

MODULE STUDY HOURS (based on 10 hours per credit)*			
Scheduled Learning and Teaching Activities	Placement (if applicable)	Independent Guided Study	Total Number of Study Hours
44		156	200

MODULE AIM

- To allow students to further develop knowledge introduced in the Exercise Nutrition module (level 5)
- Enable students to carry out practical applications relating to exercise nutrition 'in the field'. (these are numerous but for example- assess body composition)
- To develop analytical and communication skills essential for interpreting evidence in exercise nutrition and for presenting information and analysis to clients. NB despite the specific nature of the module these last two module aims will serve nutritionists working in all sectors.

MODULE LEARNING OUTCOMES

By engaging successfully with this module a student will be able to

- Carry out a range of practical analyses e.g. bloods/urine applicable to exercise nutrition-
- Critique a variety of methodologies used in exercise nutrition research
- Effectively advise exercisers on nutritional strategies to support exercise of specific modes, durations and intensities
- Show detailed understanding of the efficacy of ergogenic aids and supplements for a range of exercise activities
- Communicate effectively using 'sector relevant' skills (reports, and via verbal and written advice)

INDICATIVE CONTENT

The content of this module includes:

1. The difference between advice for (macronutrient, fluid, supplement and micronutrients) athletes/the highly active and the not so active.
2. Supplements and ergogenic aids for athletic performance.

3. Essential communication skills in effectively helping athletes/the highly active to change dietary intake, improve body composition and aid recovery.
4. Essential practical skills in measuring: body composition, recovery from exercise and dietary intake.
5. Up to date and practical information from leading exercise nutritionists working with elite and Olympic athletes

LEARNING, TEACHING AND ASSESSMENT - STRATEGY AND METHODS

Students will be supported in their learning, to achieve the above outcomes, in the following ways

Strategy

The learning and teaching strategy is designed to promote a student centred approach to the acquisition of specialist knowledge through keynote lectures and seminars. A selection of laboratory-based sessions will be used to develop specialist subject knowledge and skills relevant to the practice of an exercise nutritionist. Practising 'advising a client' in class with continuous feedback prepares students for real life and relevant employment

Methods

Formal lectures and seminar sessions

The principles and concepts of advanced exercise nutrition will be delivered through a mix of lectures, seminars and practical laboratory sessions supported by open learning. The seminars are very practical and students will explore through experimentation different ideas for getting the best outcomes for their clients.

Supported open learning

Students are expected to participate in supported open learning throughout the module. Supported open learning includes the student reading key texts and additional paper-based materials. Following this they may wish to consult tutors and discuss areas within class during the various teaching sessions.

Practical laboratory activities

Laboratory practical sessions will be used to enable a clearer understanding of the fundamental concepts introduced in the module. Through these, students will gain an appreciation of the basic methods used in advanced exercise nutrition. Students will be required to interpret and explain data in a structured format during the sessions.

Key Guest Speakers

Include Mark Ellison, who is the sports nutritionist to Manchester United, Andy Murray the British Olympic boxing team and others.

ASSESSMENT TASK INFORMATION

Task No.*	Short Description of Task	SI Code EX/CW/PR	Task Weighting %	Word Count or Exam Duration**	In-module retrieval available
1	Analysis of an athlete's diet	CW	50%	2500	Y
2	Oral viva examination	EX	50%	30 mins (2 hr written exam equivalent)	Y

FEEDBACK

Students will receive feedback on their performance in the following ways

All students will receive detailed feedback on their assessments and marks/feedback provided within three working weeks.

LEARNING RESOURCES FOR THIS MODULE (INCLUDING READING LISTS)

Resources

The module will make use of a range of materials. Students will have access to:

- A module "booklet" containing the module outline, details of the programme of study, directed readings and assessments;
- Specialist laboratory facilities and technical support;
- Relevant software and ICT applications
- An active Blackboard site where research papers, materials from lectures and seminars, video clips and a 'blog' are all available

Recommended Texts

McArdle, W.D., Katch, F.I. & Katch, V.L. (2012), *Sports and Exercise Nutrition*, Lippincott Williams & Wilkins.

This is the most comprehensive text for the subject if I were going to buy one book then it would probably be MK&K because of the depth of coverage.

Cardwell, G. (2006), *Gold Medal Nutrition*, 4th ed. Champaign, IL: Human Kinetics

Well written, easy (I think) comparatively to understand he has a nice style of writing- the bit where he compares our digestive system to a doughnut is my favourite.

Benardot, D. (2006). *Advanced Sports Nutrition*. Champaign, IL: Human Kinetics.

Supplementary and Alternative Texts

Bean, A (2008) *The Complete Guide to Sports Nutrition* A & C Black, London

Periodicals – The following journals are indicative only – you will find that the library subscribes to a wide range of journals, with many available online. **Internet sources** – the resources included below provide you with an indication of the wealth of information available online relating to service, operations and quality management. As you discover additional useful resources, please email the teaching team and we will continue to develop a valuable resource together.

Human Kinetics *International Journal of Sport Nutrition and Exercise Metabolism*: access through learning centre- available online

Journal of The International Society of Sports Nutrition <http://www.jissn.com/>

SECTION 2 MODULE INFORMATION FOR STAFF ONLY

MODULE DELIVERY AND ASSESSMENT MANAGEMENT INFORMATION

MODULE STATUS - INDICATE IF ANY CHANGES BEING MADE

NEW MODULE	N
EXISTING MODULE - NO CHANGE	Y
Title Change	N
Level Change	N
Credit Change	N
Assessment Pattern Change	N
Change to Delivery Pattern	N
Date the changes (or new module) will be implemented	N/A

MODULE DELIVERY PATTERN - Give details of the start and end dates for each module. If the course has more than one intake, for example, September and January, please give details of the module start and end dates for each intake.

	Module Begins	Module Ends
Course Intake 1	Sept 2013	June 2014
Course Intake 2	DD/MM/YYYY	DD/MM/YYYY
Course Intake 3	DD/MM/YYYY	DD/MM/YYYY

Is timetabled contact time required for this module?	Y
--	---

Are any staff teaching on this module non-SHU employees?	N
If yes, please give details of the employer institution(s) below	
What proportion of the module is taught by these non-SHU staff, expressed as a percentage?	

MODULE ASSESSMENT INFORMATION

Indicate how the module will be marked	
*Overall PERCENTAGE Mark of 40%	Y
*Overall PASS / FAIL Grade	N

*Choose one only – module cannot include both percentage mark and pass/fail graded tasks

SUB-TASKS

Will any sub-tasks (activities) be used as part of the assessment strategy for this module?	N
---	---

If sub-tasks / activities are to be used this must be approved within the Faculty prior to approval. Sub-task / activity marks will be recorded locally and extenuating circumstances, extensions, referrals and deferrals will not apply to sub-tasks / activities.

FINAL TASK

According to the Assessment Information shown in the Module Descriptor, which task will be the LAST TASK to be taken or handed-in? (Give task number as shown in the Assessment Information Grid in Section 1 of the Descriptor)	Task No. 2
--	---------------

NON-STANDARD ASSESSMENT PATTERNS

MARK 'X' IN BOX IF MODULE ASSESSMENT PATTERN IS NON STANDARD, eg MODEL B, ALL TASKS MUST BE PASSED AT 40%.	
NB: Non-standard assessment patterns are subject to faculty agreement and approval by Registry Services - see guidance. notes.	