Sheffield Hallam University

MODULE DESCRIPTOR

TITLE	Exercise Nutrition
SI MODULE CODE	44-5976-00L
CREDITS	20
LEVEL	5
JACS CODE	B400
SUBJECT GROUP	Food
DEPARTMENT	Service Sector Management
MODULE LEADER	Dr Tony Lynn

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

The aims of this module are to:

- introduce students to nutritional concepts and theory applicable to specific athletic or highly physically active populations;
- provide an understanding of energy requirements and nutritional strategies to optimise physical activity and exercise performance and
- develop an understanding of the division between evidence based and anecdotal practice.

MODULE LEARNING OUTCOMES

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

1. Demonstrate an understanding of how the 'Balance of Good Health' may be adapted for people with high energy needs;
2. Describe the macronutrient requirements of physically active people;
3. Apply the glycaemic index to active and very active groups;
4. Identify hydration strategies and be aware of issues relating to hypohydration and hyperhydration;
5. Be able to evaluate sports supplements.

INDICATIVE CONTENT

- Current understanding of the macronutrient requirements of athletes and exercisers;
- Ergogenic aids and their use in exercise;
- The evidence base for supplement use;
- Hydration, dehydration and hyponatraemia;
- Post exercise nutrition and recovery.

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.

Methods

Formal lectures and seminar sessions

The principles and concepts of exercise nutrition will be delivered through a mix of lectures and seminars, supported by open learning (detailed below).

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 material.

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 to investigate the effect of diet on exercise performance. Students will be required to interpret and explain data in a structured format.

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	Report	CW	50%	2500 words	Y
2	Examination	EX	50%	2 hours	N

FEEDBACK

Students will receive feedback on their performance in the following ways

Individual written feedback/feedforward for the written assignment will be provided three weeks after submission. This will be supplemented with further oral feedback during subsequent timetabled sessions.

LEARNING RESOURCES FOR THIS MODULE (INCLUDING READING LISTS)

Recommended Texts
• Jeukendrup A & Gleeson M. (2010). *Sport Nutrition: An introduction to energy production and performance*.2nd Ed., Leeds, Human Kintetics. •
Supplementary and Alternative Texts
• Bean, A. (2009). The *Complete Guide to Sports Nutrition*. 6th Ed., A & C Black. *This book is written for the lay man, but provides a good introduction to the topic.*
• Burke L & Deakin V (2010). *Clinical Sports Nutrition*. 4th Ed., Sydney;London; McGraw-Hill.
• Cardwell, G. (2006). *Gold Medal Nutrition.* 4th Ed., Champaign, IL, Human Kinetics.
• Clark, N. (2008). *Sports Nutrition Guidebook*. 4th Ed., Champaign, IL, Human Kinetics.
• Lanham-New et al. (2012) *Sport and Exercise Nutrition*. The Nutrition Society. Blackwell Publishing.
• Manore M, Meyer N, Thompson J (2009) *Sport nutrition for health and performance*. 2nd Ed., Leeds, Human Kinetics.
• McArdle, W.D., Katch, F.I. & Katch, V.L. (2007). *Sports and Exercise Nutrition.* 3rd Ed., Philadelphia, Wolters Kluwer/Lippincott, Williams & Wilkins.
Williams MH. (2013). *Nutrition for Health, Fitness, and Sport*. 10th Ed., New York, McGraw-Hill.
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.
Internet sources of material have to be treated with caution. Non-peer reviewed material from the internet should not be cited in assignments.
English Institute of Sport http://www.eis2win.co.uk/pages/default.aspx
Gatorade Sports Science Institute http://www.gssiweb.com
International Society of Sports Nutrition http://www.sportsnutritionsociety.org/
The American College of Sports Medicine http://www.acsm.org/
The British Association of Sport and Exercise Sciences http://www.bases.org.uk/Home

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	N
Title Change	N
Level Change	N
Credit Change	N
Assessment Pattern Change	Y
Change to Delivery Pattern	N
Date the changes (or new module) will be implemented	**10/2013**

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	01/10/2013	31/05/2014
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.**	