Module Definition Form (MDF)

Module code: MOD005682	**Version:** 4 **Date Amended:** 08/Dec/2021

1. Module Title
Nutrition for Health and Exercise

2a. Module Leader
Charlotte Gowers

2b. School
School of Psychology, Sport and Sensory Sciences

2c. Faculty
Faculty of Science and Engineering

3a. Level
5

3b. Module Type
Standard (fine graded)

4a. Credits
15

4b. Study Hours
150

5. Restrictions

Type	Module Code	Module Name	Condition
Pre-requisites:	None		
Co-requisites:	None		
Exclusions:	None		
Courses to which this module is restricted:	Sport and Exercise Science, Sports Coaching and Physical Education		

LEARNING, TEACHING AND ASSESSMENT INFORMATION

6a. Module Description

Nutrition is an essential component for optimal health, and plays an integral role in supporting demands of, and adaptations to, exercise. In the fields of sport and exercise nutrition, sport and exercise science, and sports coaching, clients may range from those who want to become healthier/fitter, through to recreational,club or elite level athletes. Therefore, an awareness and appreciation of an individuals' dietary intake is a fundamental aspect of working in these applied contexts. In this module, you will explore the underlying importance of dietary intake to support general health, and exercise related demands. By using theoretical and evidence-based concepts, this module addresses the dietary macro-nutrients (carbohydrates, fats, proteins; including fluid intake) and micro-nutrients (vitamins and minerals) and their role in overall human health, with reference to population-based normative guidelines. You will also explore the practical applications of dietary strategies to support increased metabolic demands (e.g. exercise). The module will utilise a variety of learning activities including integrated lectures, practical sessions, collaborative learning seminars and team-based learning workshops. Methods of dietary evaluation, body composition and energy expenditure will also be explored in line with nutritional evaluation using real-world learning scenarios. Together with your peers, you will undertake a basic dietary analysis of a case study, as well as evaluate and design a nutrition programme for a specific case pertinent to health and/ or exercise scenarios. As part of this module, you will develop essential employability skills pertinent within this area including: working with clients, dietary evaluation, programme design, team work, presentation skills and reflective practice.

6b. Outline Content

• Introduction to the importance of nutrition for health and exercise

• Introduction to nutrition principles 1: Macro-nutrition (carbohydrates, fats, proteins; and hydration)

• Introduction to nutrition principles 2: Micro-nutrition (vitamins and minerals)

• Methods of dietary assessment and collection of dietary information

• Basic dietary analysis using nutrition-based software

• Evaluation of dietary intake and basic interpretation compared to normative values

• Assessment of body composition and energy expenditure pertinent to nutritional intake

• Introduction to key principles of menu planning

• Introduction to nutrition case studies using solution-focused learning

• Evaluative team learning relating to a selected case study

• Presentation of a nutrition case programme

6c. Key Texts/Literature

The reading list to support this module is available at: https://readinglists.aru.ac.uk/

6d. Specialist Learning Resources
Access to Nutritics Professional Dietary Analysis Software. Access to Compass House Physiology Laboratories. Use of Young Street Blended Learning rooms (Yst124)

7. Learning Outcomes (threshold standards)		
No.	**Type**	**On successful completion of this module the student will be expected to be able to:**
1	Knowledge and Understanding	demonstrate an understanding of the importance of macro and micro-nutrients in the diet for health and exercise
2	Knowledge and Understanding	demonstrate an understanding of different methods to assess dietary intake, including evaluation against population-based guidelines
3	Intellectual, practical, affective and transferrable skills	conduct and evaluate a basic dietary analysis for a selected case study
4	Intellectual, practical, affective and transferrable skills	design and present (in a team-based setting) an evidence-based nutrition programme for a selected case study

8a. Module Occurrence to which this MDF Refers				
Year	**Occurrence**	**Period**	**Location**	**Mode of Delivery**
2026/7	ZZF	Template For Face To Face Learning Delivery		Face to Face

8b. Learning Activities for the above Module Occurrence			
Learning Activities	**Hours**	**Learning Outcomes**	**Details of Duration, frequency and other comments**
Lectures	20	1-3	Based on 2hr lectures per week over 10 weeks; includes active or problem based learning scenarios
Other teacher managed learning	20	3,4	Based on 2hr practical/ seminar sessions following lectures over 10 weeks. Includes team activities and laboratory based practicals, as well as self directed reading and assignment preparation.
Student managed learning	110	1-4	Includes directed background reading to support lecture/ seminar series and associated assignments. Includes reading for active learning sessions and individual/team based preparation for assignments
TOTAL:	150		

9. Assessment for the above Module Occurrence

The assessment for some modules includes a presentation (see below for details on how this particular module is assessed). We recognise that presenting, especially to a large group, can cause significant anxiety or distress for some students. If this may affect you, please contact your Module Leader or the Disability and Neurodiversity Service as early as possible. We will work with you to consider appropriate reasonable adjustments. Depending on your individual needs, these might include, for example, presenting to a smaller group or presenting only to a member of academic staff.

Assessment No.	Assessment Method	Learning Outcomes	Weighting (%)	Fine Grade or Pass/Fail	Qualifying Mark (%)
010	Coursework	1-3	50 (%)	Fine Grade	30 (%)
Dietary assessment case study report (1500 words)					

Assessment No.	Assessment Method	Learning Outcomes	Weighting (%)	Fine Grade or Pass/Fail	Qualifying Mark (%)
011	Practical	1-4	50 (%)	Fine Grade	30 (%)
Dietary case study presentation (1500 words equivalent)					

In order to pass this module, students are required to achieve an overall mark of 40% (for modules at levels 3, 4, 5 and 6) or 50% (for modules at level 7*).

In addition, students are required to:
(a) achieve the qualifying mark for each element of fine graded assessment as specified above
(b) pass any pass/fail elements

[* the pass mark of 50% applies for all module occurrences from the academic year 2024/25 – see Section 3a of this MDF to check the level of the module and Section 8a of this MDF to check the academic year]