Module Definition Form (MDF)

Module code: MOD005696	**Version:** 6 **Date Amended:** 22/Aug/2022

1. Module Title
Performance and Exercise Nutrition

2a. Module Leader
Sanjoy Deb

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

2c. Faculty
Faculty of Science and Engineering

3a. Level
6

3b. Module Type
Standard (fine graded)

4a. Credits
15

4b. Study Hours
150

5. Restrictions

Type	Module Code	Module Name	Condition
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 plays a fundamental role in supporting the training demands of sport and exercise. Through an understanding of the metabolic demands of a specific sport, through to the physiological adaptations that occur with acute and chronic training, nutritional approaches pre, during and post-exercise can facilitate athletic progress. Optimising fuelling strategies in different sport contexts, and having a critical awareness of current scientific and evidence-based research concerning sports supplementation and related 'ergogenic aids', are essential to providing appropriate performance and exercise nutrition recommendations.

In this module, you will explore contemporary applications of dietary practice for sport and exercise performance. Having reviewed the importance of macro- and micro-nutrition pertinent to health and exercise, you will investigate core themes specific to sport and exercise nutrition such as weight management, nutrition for strength and conditioning, and endurance-based nutrition. As part of these core themes, you will explore underlying 'mechanisms of action' linked with specific nutrients and/or dietary applications. Following an overlapping lecture-series approach in which you will develop a critical appreciation of contemporary research knowledge, you will collaborate with your peers to develop practical and applied responses to real-world scenarios or conference-driven questions. From an applied, practical perspective, you will also undertake team-based learning workshops to gain an evaluative appreciation of sport/exercise-related case studies. Throughout this module, you will gain essential employability skills including: advanced dietary assessment and evaluation, conference-style presentation skills, innovative and strategic programme design, conceptual awareness and knowledge dissemination skills, and applied reflective practice.

6b. Outline Content

- Overview of macro- and micro-nutrition for sport
- Nutrition for weight management and weight-making sports
- Nutrition for strength, conditioning and weight-gain
- Nutrition for sprinting and power-based sports
- Endurance-based nutrition
- Nutrition for team-based sports
- Nutrition for extreme events
- Enhancing recovery from sport through nutrition strategies
- Nutrition for special populations
- Nutritional considerations for travelling to events
- Evidence-based insights into various erogenic aids (e.g. creatine monohydrate, beta alanine, caffeine, sports drinks)
- Evidence-based nutrition considerations for selected sport/exercise scenarios
- Integrated assessment of a performance nutrition programme for a sport or exercise-related case study

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 applied understanding of the importance of nutrition for various sports contexts
2	Knowledge and Understanding	critically evaluate of the use of various ergogenic nutrients for sports performance
3	Intellectual, practical, affective and transferrable skills	conduct a concise evidence-based nutrition review of a selected sport or exercise-related scenario
4	Intellectual, practical, affective and transferrable skills	present a conference-style evaluation of a performance nutrition programme for a sport or exercise-related case study

8a. Module Occurrence to which this MDF Refers				
Year	**Occurrence**	**Period**	**Location**	**Mode of Delivery**
2025/6	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	22	1,2	Lecture 2hrs x 11 weeks
Other teacher managed learning	22	3,4	Seminar/ practical 2hrs x 11 weeks
Student managed learning	106	1-4	Student managed learning
TOTAL:	150		

9. Assessment for the above Module Occurrence					
Assessment No.	**Assessment Method**	**Learning Outcomes**	**Weighting (%)**	**Fine Grade or Pass/Fail**	**Qualifying Mark (%)**
010	Coursework	1-3	50 (%)	Fine Grade	30 (%)
Article style report (1500 word equivalent).					
Assessment No.	**Assessment Method**	**Learning Outcomes**	**Weighting (%)**	**Fine Grade or Pass/Fail**	**Qualifying Mark (%)**
011	Practical	1,2,4	50 (%)	Fine Grade	30 (%)
Case study presentation (1500 word 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]