

Module code: MOD010868	Version: 1 Date Amended: 07/Mar/2025
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1. Module Title
Nutrition for Sport, Health and Exercise

2a. Module Leader
Laura Northeast

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:			

LEARNING, TEACHING AND ASSESSMENT INFORMATION

6a. Module Description

This module will explore the role of nutrition in sport, health, and exercise, focusing on the specific nutritional needs of both athletes and non-athletes to support physical activity

You will gain a background knowledge of key nutritional concepts relevant to exercise, including the energy and nutritional demands of exercise and sport. You will evaluate the potential ergogenic effects of a food first approach, with consideration of the impact of macronutrients, micronutrients and nutritional supplements upon performance. You will learn the importance of the dietary reference values (DRV'S) in relation to maintaining good health and wellbeing. You will also learn how to evaluate and adjust these to meet the requirements of exercise and optimal performance'

Nutrition is a critical factor for participants across all sport, exercise or health-related activities. It is a fundamental cornerstone of life itself. In this module, you'll learn the significance of effective nutritional input for both improving sporting performance and for health and wellbeing.

6b. Outline Content

Indicative content will include:

- The role of nutrition for optimal health and performance, including dietary macro- and micronutrient content and how this differs for different populations: e.g. young, older, female, strength versus endurance athletes.
- Energy for exercise: energy balance equation, ways to calculate energy requirements, energy requirements for different types of exercise, energy value and properties of different foods.

How to evaluate nutrient intake and provide dietary advice.

6c. Key Texts/Literature

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

6d. Specialist Learning Resources

Dietary analysis software e.g., Nutritics

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	Evaluate the role of nutrition in the maintenance of good health and optimal sports performance and apply this knowledge to a variety of populations
2	Knowledge and Understanding	Evaluate individual nutritional requirements and provide advice.
3	Intellectual, practical, affective and transferrable skills	Demonstrate an understanding of how macronutrients and micronutrients need to be adjusted to meet changing dietary requirements

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	30	1-3	3-hour lecture per week
Other teacher managed learning	10	1-3	Individual and small group seminars, and peer discussion/collaboration opportunities
Student managed learning	110	1-3	Additional reading, tasks, synthesis and assessment preparation
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	100 (%)	Fine Grade	30 (%)
Review diets of an athlete for different training demands (e.g. strength versus endurance) comparing their requirements and making recommendations for improvement - 3000 words					

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]
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