

Module code: MOD010874	Version: 1 Date Amended: 07/Mar/2025
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1. Module Title
Performance and Exercise Nutrition

2a. Module Leader
David Dixon

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
Pre-requisites:	None		
Co-requisites:	None		
Exclusions:	None		
Courses to which this module is restricted:	Applied Sports Science (High Performance) Applied Sport Science (Health and Physical Activity)		

LEARNING, TEACHING AND ASSESSMENT INFORMATION

6a. Module Description

Performance and Exercise Nutrition explores contemporary applications of dietary practice for sports performance. You'll begin with an introduction and review of the importance of macro/micro-nutrition with a focus on sport and exercise. Using evidence-based research, the impact of nutrition for different sporting contexts will be explored. Lecture-based theoretical considerations will be merged alongside seminar workshops to develop practical protocols for key performance nutrition areas including nutrition for enhanced strength and power; endurance-based nutrition; weight making sports and weight management; and recovery-based strategies. A central focus of this module includes current research-based awareness of selected 'ergogenic' aids, and practical implications for sports performance (e.g. creatine, beta-alanine, caffeine and sodium bicarbonate).

You'll develop a critical understanding of applied aspects of nutrition relevant to the demands of a chosen sport. In doing so, you'll develop essential employability skills including advanced dietary assessment, conference style presentation skills, innovative and strategic programme design, and critical thinking skills.

6b. Outline Content

Indicative content will include:

- Overview of macro- and micro-nutrition for sport
- Nutrition for strength and conditioning
- Use of nutrition to improve endurance sports
- Nutrition for weight-making: sport and weight management programmes
- Enhancing recovery from sport through nutrition strategies
- Sports Supplementation 1: insight into the use of creatine monohydrate and beta-Hydroxy beta-methyl-butyric acid in sport
- Sports Supplementation 2: the use of blood alkaline in sport
- Sports Supplementation 3: dietary stimulants and 'fat burners'
- Review of solution-focused learning pertinent to case studies
- Evidence-based nutrition considerations for a selected sport
- Integrated assessment of a selected sports case study with a focus on performance

6c. Key Texts/Literature

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

6d. Specialist Learning Resources

None

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 the knowledge and understanding of the key role nutrition plays in performance and exercise contexts
2	Knowledge and Understanding	Demonstrate an applied understanding of nutrition within sport-specific contexts.
3	Intellectual, practical, affective and transferrable skills	Critically evaluate of the use of various ergogenic nutrients for sports performance
4	Intellectual, practical, affective and transferrable skills	Present investigative and research findings in a clear, effective and professional manner

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	1-4	3-hour lecture per week
Other teacher managed learning	10	1-4	Individual and small group seminars, and peer discussion/collaboration opportunities
Student managed learning	110	1-4	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	1,2	65 (%)	Fine Grade	30 (%)
2000-word report summarising three separate case studies					
Assessment No.	Assessment Method	Learning Outcomes	Weighting (%)	Fine Grade or Pass/Fail	Qualifying Mark (%)
011	Practical	3,4	35 (%)	Fine Grade	30 (%)
The students will produce a poster to represent the evidence to justify a supplementation protocol. This will be a 20-minute presentation (including questions).					

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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