

**Module Outline****Part 1- as validated**

1.	<b>Title</b>	Nutrition, Lifestyle and Health for Athletes (04H)
2.	<b>Level *</b>	6
3.	<b>Credits</b>	20
4.	<b>Indicative Student Study Hours</b>	200
5.	<b>Core (must take and pass), Compulsory (must take) or Optional</b>	Core

**\* Foundation Level=3 Degree Year 1 = 4 Degree Year 2 = 5 Degree Year 3 = 6**

**PG (Masters) = 7**

**5. Brief Description of Module (purpose, principal aims and objectives)**

This module will cover lifestyle, health and nutrition considerations of athletes both from the athlete and coach perspective.

Athlete's lifestyle is of increasing importance and consideration of an athlete's transitions, choices and pressures surrounding them can affect their wellbeing and health. Therefore this module will explore some of the key aspects in an athlete's lifestyle both related to their sport and performance and externally.

The module progresses onto consider key nutritional issues for athletes and the main energy providing food groups. The requirements and problems encountered by different athletic groups will be discussed, with some basic remedies as an outcome. Whilst considering other topics such as menu planning and nutritional assessment gaining information which will help to ensure that diets and interventions are nutritionally balanced and can support athletic performance.

**6. Learning Outcomes - On successful completion of this module a student will be able to:**

*(Add more lines if required)*

1.	Critically evaluate lifestyle and health factors that can influence athletic performance
2.	Demonstrate a conceptual understanding of key issues associated with athlete lifestyle
3.	Justify the design of nutritional interventions and critically analyse the importance of periodized nutrition for athletes
Generic Learning Outcomes	
4.	Understand and apply concepts and principles of practice
5.	Critically appreciate the relationship between sport and exercise activity and intervention in a variety of athletic groups

## 7. Assessment

### Pass on aggregate or Pass all components

*(modules can only be pass all components if this is a PSRB requirement)*

Pass on aggregate

### Summary of Assessment Plan

	Type	% Weighting	Anonymous Yes / No	Word Count/ Exam Length	Learning Outcomes Coverage	Comments
1.	Case Study	50	Yes	1750 words	1, 2	
2.	Periodized Nutrition Plan and Report	50	Yes	1750 words	3, 4, 5	Includes periodisation training plan with nutrition intervention plan in appendices and 1750 word report.

### Further Details of Assessment Proposals

Give brief explanation of each assessment activity listed

1. Case Study – Athlete lifestyle considerations based on provided case study.
2. Periodized Nutrition Plan and Report – Links with Performance Coaching Module Assignment 2 - production of a periodisation training plan. The learners will develop this plan further to include a nutrition intervention and justify its design.

## 8. Summary of Pre and / or Co Requisite Requirements

Completion of Year 1 (HNC Sport & Exercise Science - Coaching Science Pathway), Year 2 (HND Sport & Exercise Science – Coaching Science Pathway) and progression granted by the academic board.

## 9. For use on following programmes

BSc (Hons) in Sports Coaching (top-up)

<b>1. Module Leader</b>	Katherine Ewing
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<b>2. Indicative Content</b>
<ol style="list-style-type: none"> <li>1. Athlete Lifestyle Considerations</li> <li>2. Athlete Support Networks</li> <li>3. Lifestyle Change and Transitions</li> <li>4. Career Planning</li> <li>5. Anti-Doping Responsibilities/ Accredited Advisor course</li> <li>6. Anti-Doping Responsibilities/ Accredited Advisor course</li> <li>7. Review of Dietary Nutrients and Energy Metabolism (<i>Assignment 1 Submission Week</i>)</li> <li>8. Dietary Requirements of Athletes when Training and Competing</li> <li>9. Importance of Fluid Management</li> <li>10. Body Weight Management</li> <li>11. Analysis of Performance Enhancing Nutritional Aids</li> <li>12. Periodized Nutrition for Athletes (<i>Assignment 2 Submission Week</i>)</li> </ol>

<b>3. Delivery Method</b> ( <i>please tick appropriate box</i> )					
Classroom Based	Supported Open Learning	Distance Learning	E-Learning	Work Based Learning	Other (specify)
<b>X</b>					
<i>If the Delivery Method is Classroom Based please complete the following table:</i>					
	<b>Activity</b> (lecture, seminar, tutorial, workshop)	<b>Activity Duration - Hrs</b>	<b>Comments</b>	<b>Learning Outcomes</b>	
1	Lecture 36hrs	36		All LO's	
2	Tutorials (group and 1-1)	6		All LO's	
3	Assignment preparation	20		All LO's	
4	Self-Study	138		All LO's	
	Total Hours	200			
If delivery method is <i>not</i> classroom based state lecturer hours to support delivery					

#### 4. Learning Resources

*To include contextualised Reading List.*

Highly Recommend:

Benardot, B. (2012). *Advanced Sports Nutrition: fine-tune your food and fluid intake for optimal training and performance*, Champaign, Illinois: Human Kinetics.

Burke, L (2007). *Practical Sports Nutrition*. Champaign, Illinois: Human Kinetics.

Jeukendrup, A.E. and Gleeson M (2019). *Sport Nutrition*, 3<sup>rd</sup> edition, Champaign, Illinois: Human Kinetics.

Recommend:

McArdle, W.D., Katch, F.I. and Katch, V. L. (2015) *Exercise Physiology: Energy, Nutrition and Human Performance*, 8th edition, Baltimore, MD: Lippincott Williams & Wilkins.

Websites/Journals/other:

<https://www.eis2win.co.uk/expertise/performance-lifestyle/>

<https://www.tass.gov.uk/>

<https://www.ukad.org.uk/>

American College of Sports Medicine Standpoint. (2009) Nutrition and Athletic Performance. *Official Journal of the American College of Sports Medicine*, 709-731.

Holway, F. E. and Spriet, L. L. (2011) Sport-specific nutrition: Practical strategies for team sports. *Journal of Sports Sciences*, 29(S1), S115-S125.

Jeukendrup, A. E. (2017) Periodized Nutrition for Athletes. *Sports Medicine*, 47(1), 51-63.

Mujika, L., Halson, S., Burke, L. M., Balagué, G. and Farrow, D. (2018) An Integrated, Multifactorial Approach to Periodization for Optimal Performance in Individual and Team Sports. *International Journal of Sports Physiology and Performance*, 13(5), 538-561.

Stellingwerff, T., Morton, J. P. and Burke, L. M. (2019) A Framework for Periodized Nutrition for Athletes. *International Journal of Sport Nutrition and Exercise Metabolism*, 29, 141-151.