

Module Specification

Module Summary Information

1	Module Title	Practical Skills in Sport & Exercise Nutrition
2	Module Credits	20
3	Module Level	4
4	Module Code	SPN4001

5	Module Overview
<p>This module aims to provide you with an introduction to the core practical competencies required in sport & exercise nutrition. You will consider a vast array of nutrition-related measurements including: energy balance (intake and expenditure); anthropometrical assessments; body composition, methods of assessing dietary intake; and both physiological and biochemical markers of nutritional status.</p> <p>This module is underpinned by the need to consider the applied practical nature of professional sport and exercise nutritionists. It will provide you with the essential practical skills to undertake a variety of nutrition/physiology-related assessments and help prepare you for the “Sport & Exercise Nutrition Placement” and “Professional Practice in Sport & Exercise Nutrition” modules where you will undertake these assessments in real-world, professional settings.</p> <p>This module draws upon professional guidelines as prescribed by The British Association of Sport & Exercise Sciences (BASES) and the practical competency requirements of the Sport & Exercise Nutrition Register (SENR).</p> <p>The primary mode of delivery will be via practical sessions where you will be exposed to variety of laboratory and field techniques in sport and exercise nutrition.</p>	

6	Indicative Content
<p>To include: Dietary assessment methods, Anthropometry assessment, Blood Sampling & Analysis, Hydration testing, Dietary analysis methods, Energy expenditure assessment, and Performance testing.</p>	

7	Module Learning Outcomes	
	On successful completion of the module, students will be able to:	
	1	Demonstrate the knowledge and skills to undertake a wide range of practical nutrition-related assessments'
	2	Explain different quantitative and qualitative methods of dietary assessment and rationalise appropriate choices for different population groups

8	Module Assessment		
Learning Outcome			
	Coursework	Exam	In-Person
1, 2			X

9	Breakdown Learning and Teaching Activities	
Learning Activities	Hours	
Scheduled Learning (SL) includes lectures, practical classes and workshops, peer group learning, Graduate+, as specified in timetable	36	
Directed Learning (DL) includes placements, work-based learning, external visits, on-line activity, Graduate+, peer learning, as directed on VLE	72	
Private Study (PS) includes preparation for exams	92	
Total Study Hours:	200	