

Module Specification

Module Summary Information

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| 1 | Module Title | Sport and Exercise Physiology and Nutrition |
| 2 | Module Credits | 20 |
| 3 | Module Level | 5 |
| 4 | Module Code | SPX5003 |

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| 5 | Module Overview |
| <p>In this module, you will learn how manipulation of both physiology and nutrition can impact aspects of health, exercise and sports performance. You will gain extensive knowledge on how the human body tolerates and adapts to a physiological stressor both acutely and chronically. This module will also cover how nutrition can support upregulation of physiology both acutely and chronically. A range of learning activities will be provided to support you, including in-class tasks such as lectures and seminar sessions, but also a number of physiology and nutrition debate sessions, where you will be required to construct arguments in the defence of your claims. The understanding and application of key concepts within this module will serve as preparation for further study in these areas and applied practice within placements.</p> <p>The first assessment in this module tasks you to demonstrate your theoretical knowledge in an aspect of physiology and nutrition. Whilst in a further assessment, application of such physiological and nutritional concepts is required within an athletic or health population, by providing examples of interventions that may enhance physiological processes or nutritional status using evidence based practice.</p> | |

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| 6 | Indicative Content |
| <p>This module will cover:</p> <ul style="list-style-type: none"> • Digestive System • Carbohydrates • Fat • Protein • Vitamins & Minerals • Fluid & Electrolytes • Energy Intake, Expenditure & Balance • Aerobic Metabolism • Gas Exchange and Transport • The Cardiovascular System • Skeletal Muscle • Neural Control of Human Movement • The Endocrine System • Training for physiological adaptation | |

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| 7 | Module Learning Outcomes | |
| | On successful completion of the module, students will be able to: | |
| | 1 | Critically evaluate the importance of physiology and nutrition in the context of sport and exercise science/sports therapy. |
| | 2 | Apply the concepts and principles of physiology and nutrition to range of sport & exercise/sports therapy settings. |

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

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| 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 | 42 | |
| 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 | 86 | |
| Total Study Hours: | 200 | |