

Module Title:	Sports Nutrition
Language of Instruction:	English
Credits:	5
NFQ Level:	8
Module Delivered In	3 programme(s)
Teaching & Learning Strategies:	Students will be taught using a combination of lectures, interactive Q&A, group discussion, peer learning, case studies and use of relevant software. Small-group practical laboratory sessions will provide students with the opportunity to apply their theoretical knowledge and develop their hands-on laboratory skills. Independent learning will contribute significantly to the development of the learner and will involve preparation for classes, review of class materials, reviewing current literature, and work associated with assessment tasks.
Module Aim:	To provide students with an understanding of the role of nutrition and the practical application of nutrition guidelines in enhancing exercise and sports performance and to develop a critical understanding of the concepts and current literature in the area of sports nutrition.
Learning Outcomes	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Appraise and critique current guidelines and research in relation to the role of nutrition and nutritional supplementation for the enhancement of performance
LO2	Recommend and advise on nutritional requirements and optimal nutritional practices for participation in exercise and competitive sport at all levels
LO3	Accurately measure, record and interpret the results of sports nutrition laboratory practicals.
Pre-requisite learning	
Module Recommendations <i>This is prior learning (or a practical skill) that is recommended before enrolment in this module.</i>	
No recommendations listed	
Incompatible Modules <i>These are modules which have learning outcomes that are too similar to the learning outcomes of this module.</i>	
No incompatible modules listed	
Co-requisite Modules	
No Co-requisite modules listed	
Requirements <i>This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.</i>	
Successful completion of year 2 or equivalent	

Module Content & Assessment

Indicative Content
Section A.1 Energy balance and body composition
Section A.2 Protein requirements for strength and endurance
Section A.3 Recovery nutrition for training and competition
Section A.4 Nutrition for competition preparation
Section A.5 Fluid and fuel intake for training and competition
Section A.6 Dietary supplements and ergogenic aids
Section A.7 Vitamins, minerals and anti-oxidants for athletes
Section A.8 Dietary analysis
Section A.9 Accurate recording, analysis and interpretation of sports nutrition laboratory measurements

Assessment Breakdown	%
Practical	50.00%
End of Module Formal Examination	50.00%

No Continuous Assessment

No Project

Practical				
Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	Portfolio of evidence of practical skills which may include written reports, case studies or presentations.	1,2,3	50.00	n/a

End of Module Formal Examination				
Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Formal Exam	Exam	1,2	50.00	End-of-Semester

SETU Carlow Campus reserves the right to alter the nature and timings of assessment

Module Workload

Workload: Full Time		
<i>Workload Type</i>	<i>Frequency</i>	<i>Average Weekly Learner Workload</i>
Lecture	12 Weeks per Stage	2.00
Practicals	12 Weeks per Stage	2.00
Independent Learning	15 Weeks per Stage	5.13
Total Hours		125.00

Module Delivered In

Programme Code	Programme	Semester	Delivery
CW_SASPS_B	Bachelor of Science (Honours) in Sport and Exercise Science	5	Mandatory
CW_SASRA_B	Bachelor of Science (Honours) in Sports Rehabilitation and Athletic Therapy	5	Mandatory
CW_SASAC_B	Bachelor of Science (Honours) in Strength and Conditioning	5	Mandatory