

Module Title:	Nutrition and Doping Regulation in Sport
Language of Instruction:	English
Credits:	5
NFQ Level:	6
Module Delivered In	2 programme(s)
Teaching & Learning Strategies:	This module will be taught in two theory classes of one hours each for a period of 12 weeks. The theory classes will include lectures, Q&A, group discussion, online quizzes, and guest lecturers where appropriate.
Module Aim:	To provide students with an understanding of the role of nutrition, nutritional practices and supplementation in enhancing exercise and sport performance. To provide students with an understanding of current Irish and International doping regulations in Sport
Learning Outcomes	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Demonstrate an understanding of current drug and supplement use in sport and of Irish and International regulations in this area.
LO2	Explain the role of nutrition in the preparation for competition
LO3	Recommend and advise on the best nutritional practices and nutritional requirements for participation in exercise and competitive sport at all levels
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>	
No requirements listed	

Module Content & Assessment

Indicative Content

Drug and Supplementation use

Commonly used/abused drugs and supplements in sports; EPO, Anabolic Steroids, Beta Blockers etc. and possible future directions i.e. gene doping

Doping Regulation

Irish sports council, WADA. History of doping. Drug testing protocol; players rights and obligations.

Sports Nutrition

Healthy balanced diet. Energy requirements and current practices of athletes. Food pyramid/plate. Basic nutrients. Assessment of diet. Timing of ingestion, Hydration/electrolyte balance, Carbohydrates, Fats, Protein, Vitamins and Minerals

Assessment Breakdown

%

Continuous Assessment

100.00%

Continuous Assessment

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Presentation	Presentation on a specific topic on doping regulation and/or banned substance. Approx 15 mins in length	1	30.00	n/a
Essay	Completion of Nutrition essay totalling a minimum of 2000 words	2,3	70.00	n/a

No Project

No Practical

No End of Module Formal Examination

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	Every Week	4.00
Independent Learning	Every Week	5.00
Total Hours		9.00

Module Delivered In

Programme Code	Programme	Semester	Delivery
CW_BBSBC_D	Bachelor of Arts in Sport, Business and Coaching	3	Mandatory
CW_BBSBC_B	Bachelor of Arts (Honours) in Sport, Business and Coaching	3	Mandatory