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| 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%

Special Regulation

Students must achieve a minimum grade of 35% in both the practical and final exam

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 |