LAWS: Nutrition and Doping Regulation in Sport

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	
On successful completion of this module the learner should be able to:	
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 *This is prior learning (or a practical skill) that is recommended before enrolment in this module.*
No recommendations listed
Incompatible Modules *These are modules which have learning outcomes that are too similar to the learning outcomes of this module.*
No incompatible modules listed
Co-requisite Modules
No Co-requisite modules listed
Requirements *This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.*
No requirements listed

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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

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Module Workload

Workload: Full Time		
Workload Type	*Frequency*	*Average Weekly Learner Workload*
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 or Arts (Honours) in Sport, Business and Coaching	3	Mandatory