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University of
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Applied Nutrition for Sports Performance - SS533

Looking for a different module?

Location	Term	Level 1 (#info)	Credits (ECTS) 2 (#info)	Current Convenor 3 (#info)	2021 to 2022
Canterbury	Autumn	5	15 (7.5)		☑

Overview

This module takes basic nutrition to the next level in an applied manner. The different needs of different sports persons are considered. Students will gain critical knowledge of common nutrition data collection and analysis methods.

A synopsis of topics included in this module are:

- Elements of Digestion, absorption and energy metabolism
- Nutrition requirements for different sports and different types of individuals
- Changing body mass and related issues
- Nutritional Strategies
- Nutrition data collection and analysis

Details

Contact hours

1 hour lecture per week and 6 hours of seminars

Method of assessment

This module will be assessed by 1 written assignment (up to 3000 words) worth 100% of the final grade

Indicative reading

Burke L., Deakin V. Clinical Sports Nutrition. McGraw and Hill

Burke, L. Practical Sports Nutrition. Australia: Human Kinetics

Jeukendrup A & Gleeson M. Sports Nutrition: An Introduction to Energy Production and Performance (2nd Edition). Human Kinetics.

McCance & Widowsos. The Composition of Foods. Compiled by the Food Standards Agency and Institute of Food Research: Cambridge: Royal Society of Chemistry. (3rd 4th and 5th edition is also acceptable).

Burke L., Deakin V. Clinical Sports Nutrition. McGraw and Hill

Burke, L. Practical Sports Nutrition. Australia: Human Kinetics

Jeukendrup A & Gleeson M. Sports Nutrition: An Introduction to Energy Production and Performance (2nd Edition). Human Kinetics.

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[See the library reading list for this module \(Medway\)](https://medway.rl.talis.com/modules/ss533.html)

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Learning outcomes

On completion of this module, students will be able to:

- Review and apply knowledge of nutrition in relation to sport
- Critically review factors that may influence the nutritional requirements of sporting disciplines.
- Critically compare and contrast different methods of nutrition data collection and analysis

Notes

1. **Credit level 5.** Intermediate level module usually taken in Stage 2 of an undergraduate degree.
2. **ECTS credits** are recognised throughout the EU and allow you to transfer credit easily from one university to another.
3. **The named convenor** is the convenor for the current academic session.

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