

COURSE SPECIFICATION DOCUMENT

Academic School / Department:	School of Liberal Arts
Programme:	BA International Sports Management
FHEQ Level:	4
Course Title:	Exercise, Nutrition and Lifestyle Management
Course Code:	SPRT 4301
Total Hours:	160
Timetabled Hours:	45
Guided Learning Hours:	15
Independent Learning Hours:	100
Credit	16 UK CATS credits 8 ECTS credits 4 US credits

Course Description:

The module explores the behavioural aspects of diet and important food hygiene issues. Key topics examined are nutritional interventions before and during performance, recovery strategies, the nutritional needs of special populations, and topical health issues which can be addressed through physical activity and/or dietary manipulation. Students will also investigate the application of these issues in professional practice and examine the translation of knowledge about nutrition and sport, exercise and physical activity into practical guidance for individuals and groups.

Prerequisites:

None

Aims and Objectives:

Aim: This course aims to provide students with a comprehensive understanding of fundamental nutrition principles and their practical application in personal health and sports contexts. Students will develop the knowledge and skills to analyze dietary needs, understand nutrient metabolism, and evaluate the impact of nutrition on exercise performance and overall well-being.

Objectives:

- To develop a detailed understanding of the principles of nutrition, with a focus on personal dietary needs.
- To identify the essential nutrients, their metabolism, and the energy requirements of exercise, and how these elements impact personal health and well-being.
- To demonstrate an understanding of the influence that dietary manipulation/management has on resting metabolism, exercise metabolism, and performance, and how to apply this knowledge to personal nutrition and lifestyle choices.
- To apply the principles of exercise and nutrition to make critical and informed decisions regarding personal and interpersonal lifestyle choices, with an emphasis on practical skills useful in life and working in sports contexts.

Programme Outcomes:

A4(I), B4(I), C4(I), D4(I)

A detailed list of the programme outcomes are found in the Programme Specification. This is located at the archive maintained by Registry and found at:

<https://www.richmond.ac.uk/programme-and-course-specifications/>

Course Learning Outcome	Programme Outcome
Disciplinary Knowledge and Understanding Apply core sport nutrition and lifestyle management theories to evaluate and enhance both athlete performance and personal well-being.	A4(I)
Disciplinary Applied Skills Utilize key concepts within nutrition and lifestyle management to address practical challenges in sports and personal contexts.	B4(I)
Communication Skills Effectively communicate sport nutrition and lifestyle management ideas across diverse platforms and media, enhancing both their professional and personal lives.	C4(I)
Transferable Skills Apply individual project management skills to set clear personal goals and manage personal nutrition and lifestyle factors.	D4(I)

Indicative Content:

Fundamental Principles of Nutrition

- Basic concepts and definitions
- Importance of nutrition in health and performance

Essential Nutrients and Metabolism

- Macronutrients: carbohydrates, proteins, and fats
- Micronutrients: vitamins and minerals
- Nutrient metabolism and energy production

Energy Requirements in Exercise

- Calculating energy needs for different activities
- Balancing energy intake and expenditure

Dietary Manipulation and Performance

- Impact of different diets on metabolism
- Nutritional strategies for enhancing athletic performance

Practical Application of Nutritional Principles

- Personal nutrition assessment and planning
- Meal preparation and dietary tracking

Lifestyle Management Factors

- Sleep hygiene and its impact on nutrition and performance
- Technology use and its effects on lifestyle
- Nutritional supplements in sport and exercise
- Use of snus in athletic contexts

Integrating Nutrition and Lifestyle Management

- Applying nutritional knowledge to everyday life
- Developing sustainable healthy habits

Assessment:

This course conforms to the University Assessment Norms approved at Academic Board and located at: <https://www.richmond.ac.uk/university-policies/>

Teaching Methodology:

This course will be delivered face to face through a combination of lectures and interactive sessions. In addition to classroom activities, there are guided learning elements that are tutor led and arranged through Blackboard. These activities can be asynchronous online sessions, flipped classrooms, set readings with discussion boards or set guest lectures for example. Set activities are monitored by the instructor to ascertain student engagement. Students are encouraged to prepare for class and to play an active part, to raise questions, following-up ideas and interact with a wide range of provided material.

Indicative Text(s):

Bean, A. (2022) *The Complete Guide to Sports Nutrition*. 10th edn. London: Bloomsbury Sport.

Dunford, M. and Doyle, J. A. (2019) *Nutrition for Sport, Exercise, and Health*. Champaign, IL: Human Kinetics.

McArdle, W. D., Katch, F. I., and Katch, V. L. (2022) *Sports and Exercise Nutrition*. 5th edn. Baltimore: Lippincott Williams & Wilkins.

Rippe, J. M. (ed.) (2019) *Lifestyle Medicine: Lifestyle, the Environment and Preventive Medicine in Health and Disease*. 2nd edn. Boca Raton, FL: CRC Press.

Journals

International Journal of Sport Nutrition and Exercise Metabolism.

Journal of Nutrition Education and Behavior.

Journal of Science and Medicine in Sport.

Journal of the International Society of Sports Nutrition.

Nutrition and Health.

Public Health Nutrition.

Sport and Exercise Nutrition.

Websites

These websites provide a wealth of information and resources that can enhance students' understanding and application of sport nutrition principles. They offer a mix of theoretical knowledge, and practical applications. Students are encouraged to explore these resources to deepen their understanding of the field and stay updated on the latest developments in sport nutrition.

General Nutrition and Sports Nutrition Resources

Academy of Nutrition and Dietetics. A comprehensive resource for nutrition and sports nutrition information, including articles, guidelines, and professional resources. Available at: <https://www.eatright.org> (Accessed: November 2024).

Office of Dietary Supplements – Vitamin and Mineral Supplement Fact Sheets. Provides reliable information on vitamins, minerals, and dietary supplements. Available at: <https://ods.od.nih.gov/factsheets/list-VitaminsMinerals/> (Accessed: November 2024).

Centers for Disease Control and Prevention (CDC) – Nutrition. Offers extensive information on nutrition, healthy eating, and disease prevention. Available at: <https://www.cdc.gov/nutrition/index.html> (Accessed: November 2024).

National Institutes of Health (NIH) - We Can! Campaign. Focuses on maintaining a healthy weight, energy balance, and getting active. Available at: <https://www.nhlbi.nih.gov/health/educational/wecan/healthy-weight-basics/balance.htm> (Accessed: November 2024).

Sport and Exercise Specific Resources

International Society of Sports Nutrition (ISSN). Provides scientific research and educational resources on sports nutrition and supplementation. Available at: <https://www.sportsnutritionistsociety.org> (Accessed: November 2024).

Precision Nutrition. Offers articles, courses, and coaching resources on nutrition and fitness, specifically tailored for athletes and fitness enthusiasts. Available at: <https://www.precisionnutrition.com> (Accessed: November 2024).

The Gatorade Sports Science Institute. Provides research and educational materials on sports nutrition and hydration for athletes. Available at: <https://www.gssiweb.org> (Accessed: November 2024).

Examine.com. An independent resource for evidence-based information on supplements and nutrition. Available at: <https://examine.com> (Accessed: November 2024).

Specialised Topics

NutritionFacts.org. Run by Dr. Michael Greger, this site offers videos and articles on a wide range of nutrition topics backed by scientific research. Available at: <https://nutritionfacts.org> (Accessed: November 2024).

MyFitnessPal Blog. Provides articles on diet, nutrition, and fitness to help with lifestyle management and healthy eating. Available at: <https://blog.myfitnesspal.com> (Accessed: November 2024).

The British Dietetic Association. Offers information on nutrition and dietetics, including resources for athletes and general health. Available at: <https://www.bda.uk.com> (Accessed: November 2024).

Healthy Children - American Academy of Pediatrics. Provides nutrition and fitness resources specifically for children and adolescents. Available at: <https://www.healthychildren.org/English/healthy-living/nutrition> (Accessed: November 2024).

Additional Resources

European College of Sport Science (ECSS). Offers resources and publications on sports science and exercise, including nutrition research. Available at: <https://www.ecss-congress.eu> (Accessed: November 2024).

Sports Dietitians Australia (SDA). Offers sports nutrition resources, articles, and information for athletes. Available at: <https://www.sportsdietitians.com.au> (Accessed: November 2024).

See syllabus for complete reading list.

Change Log for this CSD:

Nature of Change	Date Approved & Approval Body (School or AB)	Change Actioned by Registry Services
First edition	Nov 2024	