

COURSE SPECIFICATION DOCUMENT

NOTE: ANY CHANGES TO A CSD MUST GO THROUGH ALL OF THE RELEVANT APPROVAL PROCESSES, INCLUDING LTPC.

Academic School/Department:	Business and Economics
Programme:	BA (Hons) International Sports Management
FHEQ Level:	5
Course Title:	Exercise, Nutrition and Lifestyle Management
Course Code:	SPT 5205
Course Leader:	TBC
Student Engagement Hours:	120
Lectures:	30
Seminar / Tutorials:	15
Independent / Guided Learning :	75
Semester:	Summer
Credits:	12 UK CATS credits 6 ECTS credits 3 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: SPT 3105

Aims and Objectives:

1. To develop a detailed understanding of the principles of nutrition

2. To identify the essential nutrients, their metabolism and the energy requirements of exercise
3. To demonstrate an understanding of the influence that dietary manipulation/management has both on resting metabolism and on exercise metabolism and performance
4. To be able to apply the principles of exercise and nutrition to make critical and informed decisions regarding personal and interpersonal lifestyle choices.

Programme Outcomes

A6, A7

B3, B4, B5

C1

D1, D4, D5

A detailed list of the programme outcomes are found in the Programme Specification.

This is located at the archive maintained by the Academic Registry and found at:

<http://www.richmond.ac.uk/content/academic-schools/academic-registry/program-and-course-specifications.aspx>

Learning Outcomes:

By the end of this course, successful students should be able to:

- 1. Explain the roles that exercise, nutrition and lifestyle play in contributing to general well-being.**
- 2. Critically assess the nutritional needs and challenges of specific sports, athletes and exercisers.**
- 3. Identify and evaluate the range of nutritional risks in sport performers, athletes and exercisers.**

Indicative Content:

1. Introduction to nutrition; macronutrients, micronutrients
2. Nutrition for lifestyle and the physiology of human performance
3. Dietary allowances, goals and guidelines
4. Food labelling
5. Digestion and Balanced diet,
6. Dietary needs of different groups, Energy needs
7. Contemporary Issues in Sport, Exercise, and Nutrition
8. Nutrition-Related Disease, Drugs in Health and Society
9. Physical fitness and the benefits of keeping physically active
10. Nutritional implications for exercise-induced stress
11. "Special needs" athletes - veterans, juniors, diabetics, disabled
12. Dietary and lifestyle assessment of athletes, role of coaches, parents and athletes

13. Effects and risks of supplementation and nutritional ergogenic aids
14. Healthy living spaces and healthy working environments
15. Stress and anxiety, mental health, and relaxation

Assessment:

This course conforms to the Richmond University Standard Assessment Norms approved at Academic Council on June 28, 2012.

Teaching Methodology:

Teaching will be a combination of lectures, seminar discussions and workshops, using case studies and drawing on students' own experiences where appropriate. Lectures will be designed to cover the fundamental issues and build upon the recommended book chapters from the reading list and additional recommended readings. Students will be advised to supplement lecture notes by reading the relevant indicative reading(s).

The lectures will be participative in nature and will encourage commentary, application to real life scenarios/experiences and questioning to help develop deep learning and understanding, in addition to transferable skills.

Weekly seminars will support and enhance student learning through the exploration and application of their understanding of the subject in considering various nutritional, exercise and lifestyle scenarios. Seminar sessions will require both individual and team participation and students will be encouraged to come prepared to participate in class, presenting information in a coherent and concise manner..

Powercampus will be used to upload lecture notes and other essential course-related information.

Bibliography:

See syllabus for complete reading list

IndicativeText(s):

Daries, H. (2012) *Nutrition for Sport and Exercise*. Wiley-Blackwell
(ISBN: 978-1-4051-5354-6)

Thirlaway, K. (2009) *The psychology of lifestyle : promoting healthy behaviour*
Routledge,
(ISBN 0415416620)

Gavin, J. (2005) *Lifestyle fitness coaching* Human Kinetics,
(ISBN: 0736052062)

