

## COURSE SPECIFICATION DOCUMENT

<b>Academic School/Department:</b>	Richmond Business School
<b>Programme:</b>	BA (Hons) International Sports Management
<b>FHEQ Level:</b>	5
<b>Course Title:</b>	Exercise, Nutrition and Lifestyle Management
<b>Course Code:</b>	SPT 5205

<b>Student Engagement Hours:</b>	120
Lectures:	30
Seminar / Tutorials:	15
Independent / Guided Learning :	75

<b>Credits:</b>	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:** GEP 3140

### **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 is found in the Programme Specification. This is maintained by Registry and located at:

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

### **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 Board.

### **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, Hyley. 2012 Nutrition for Sport and Exercise. Wiley-Blackwell ISBN: 978-1-4051-5354-6

Thirlaway, Kathryn. 2009 The psychology of lifestyle : promoting healthy behaviour Routledge, ISBN 0415416620

Gavin, James. 2005 Lifestyle fitness coaching Human Kinetics,ISBN: 0736052062

Please Note: The core and the reference texts will be reviewed at the time of designing the semester syllabus

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Change Log for this CSD:

Major or Minor Change?	Nature of Change	Date Approved & Approval Body (School or LTPC)	Change Actioned by Academic Registry
Minor	Amendment of programme outcome codes to conform with B & E School standards.	School Chair's action by PDA	
Minor	Amendment of Prerequisite to conform with new General Education level 3 requirements		
	Annual update	May 2023	