

# Nutrition for optimum sports performance and health

## NUTH4025

This module enables the student to develop an understanding of the physical and psychological effects of exercise on the body systems, and how a personalised nutrition approach can play a part in enhancing individual athletic performance while maintaining optimum health. Students will learn the principles of macronutrient fuelling, as well as the importance of nutrient timing, hydration and micronutrients for both the recreational athlete and the elite performer. The module will provide an opportunity to critically review and appraise the latest scientific research into current guidelines for exercise and sport, as well as ergogenic aids, while recognising the importance of the individual.

This module is an option for students on the Diet, Nutrition & Health pathway, as well as an extra module for students on the Nutritional Therapy pathway.

This module is suitable for qualified Nutritional Therapists, and other health care practitioners and professionals e.g. Sports Medicine Physicians, Physiotherapists, Chiropractors, Sports Therapists, Sports & Exercise Scientists and Biologists.

### Content

- Effects of exercise on the body systems
- Guidelines for macronutrients
- Nutrient timing
- Importance of micronutrients
- The use and safety of ergogenic aids
- Critical evaluation of current sports nutrition evidence and guidelines

### Assessment:

4,000 word assignment

*In any given year the availability of optional modules will depend on student numbers and in the event of an optional module not being able to run due to a low number of students registering for that module, students will in these circumstances be able to choose an alternative optional module or the negotiated study module as an alternative (where appropriate, and subject to the approval of the Programme Lead)*

### Module Leader

Miranda Harris

### Credits

Level 7, 20 Credits

### Dates

11, 12, 13, 14, 15 & 16 June 2018  
(Monday – Saturday)

(10.15 – 17.15)

### Further Information

For information please go to  
<http://www.worcester.ac.uk/courses/diet-nutrition-health-pgcert-pgdip-msc.html>

### General Module Enquiries

Please contact:  
Miranda Harris on [m.harris@worc.ac.uk](mailto:m.harris@worc.ac.uk)

### To enrol or to check availability

Please contact Registry Admissions, Team C on tel: 01905 855111 or e-mail: [admissions@worc.ac.uk](mailto:admissions@worc.ac.uk)

### Workshop

It is also possible to access this programme as a 5 day workshop. Please e-mail [j.fleet@worc.ac.uk](mailto:j.fleet@worc.ac.uk) for further information.

CPD recognised: 28 BANT CPD hours



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