Sport & Exercise Nutrition BSc (Hons)*

UCAS Code: SPEN | Duration: 3 years | Full-time | Hope Park | 2024/2025

Placement year opportunities available

Course Overview

Nutrition and exercise are the most fundamental components of a healthy lifestyle, with inappropriate nutrition and/or insufficient exercise being the most common causes of a wide range of diseases. Correct nutrition is also essential for supporting and maximising sports performance and training adaptations. Our degree in Sport & Exercise Nutrition is therefore ideal for those interested in a future career where exercise and nutrition interact to promote health and sports performance.

An increasing understanding of the role of exercise and nutrition interventions to promote health and sports performance has led to the growth of industry for expert practitioners supporting athletes' performance needs, and the manufacturing of specialist supplements and food products. Whilst providing a rounded learning and teaching experience in the field of sport & exercise nutrition, our degree also offers the opportunity to focus on one of these specialist areas.

You will study within our multi-million pound Health & Sport Sciences complex, incorporating specialised exercise and nutrition teaching laboratories. Within these you will learn to conduct complete physiological and anthropometric assessments of human function, in addition to understanding clinical nutrition, nutritional biochemistry, food sensory analysis and food product development.

Entry Requirements

This course follows the standard University entry requirements. Please see the website for further information.

**Subject to validation*

Fees and Additional Costs

The tuition fees for 2024/2025 are £9,250 for full-time undergraduate courses.

On top of your tuition fees, you also need around £250 to purchase key textbooks throughout your Degree.

You will also need to consider the cost of your accommodation each year whilst you study at university. Visit our accommodation webpages for further details about our Halls of Residence: **www.hope.ac.uk/halls**

Applicants will need access to a computer if course delivery is switched to online. The University has a laptop lending service if remote study is necessary.

LIVERPOOL HOPE UNIVERSITY
1844

CONTACT
T: +44 (0)151 291 3000
E: enquiry@hope.ac.uk
www.hope.ac.uk

Sport & Exercise Nutrition Curriculum

Year One

Example topics include:

Principles of human nutrition

During this part of the course students will learn about optimum macro and micronutrient intakes, as well as the implications of excesses and deficiencies.

Exercise physiology

Understanding the foundations of the physiological basis for exercise, with particular reference to the anatomy and physiology of the respiratory, cardiovascular, muscular and metabolic systems.

Nutritional biochemistry and metabolism

You will have an opportunity to develop your understanding of key principles regarding biochemistry, with a focus on the biochemical assemblage of macronutrients and their metabolism.

Food systems

You will develop a clear understanding of the food supply chain and how this is linked to sustainability and health.

Nutritional modification

You will learn how to assess and modify the diet of an individual using dietary analysis software and will have the opportunity to try out your own reformulated diet plans in our state-of-the-art food laboratories during several practical sessions.

Year Two

Example topics include:

Physiology of exercise training

With a focus on the physiology of aerobic function, you will understand adaptations to exercise training and the measurement of key aerobic parameters such as the lactate threshold and maximal oxygen uptake.

Nutrition throughout the lifecycle

You will acquire knowledge and understanding of specific nutritional requirements needed for development, growth and optimal health.

Training programme design

You will learn about the fundamental principles of strength, speed and agility training and how to program them within an overall training programme.

Physical activity, health & health promotion

You will develop your understanding of the relationship between physical activity and health to examine the effectiveness of different health promotion campaigns to promote physical activity across a range of different communities and environments.

Nutritional epidemiology and public health nutrition principles

Students will critically appraise nutritional assessment, in addition to different research methods and study designs.

Year Three

Example topics include:

Nutrition, physical activity and sport

You will have an opportunity to learn about several key perspectives in the interrelationship between nutrition, physical activity, exercise, and health within this area.

Sports Nutrition

You will study the evidence and practical applications underpinning the role of diet and dietary supplementation of carbohydrate and protein to promote sports performance and training adaptations.

Food product development

This section of the course will focus on the development of sports nutrition products and will also consider wider global health issues and the enhancement of sustainable food systems.

Food safety, authenticity and food quality management

You will develop a comprehensive understanding of underlying legislation and obligations concerning these aspects, and will learn about the specific steps and processes needed to achieve effective food safety and quality management.

Research dissertation

An independent research project with the purpose of discovering new findings in the field of Sport and Exercise Nutrition.

COURSE STRUCTURE

Teaching on this degree is structured into lectures, where all students are taught together, seminars of smaller groups of around 15-20 students, and tutorials which typically have no more than 10 students. Seminars are very often of a practical nature, taking place in the exercise science or nutrition laboratories. You will also have the opportunity to speak one-to-one with your tutor each week.

In your first year of study there are approximately 12 teaching hours each week, which reduces to approximately 10 teaching hours in your second and third years. On top of teaching hours, you are also expected to spend approximately 30 hours studying independently for each week of your course, including studying in groups to prepare for any group assessments that you may have.

ASSESSMENT AND FEEDBACK

Assessment of your progress is made primarily via coursework, but with two exams in the summer term being taken each year. These exams are worth 33% of the first year and 25% of the second and third years.

A wide variety of assessments are used to enable all types of learners to excel and to prepare you for your future career. We therefore utilise individual and group presentations, laboratory reports, portfolios, case studies, essays and practical tests.

In your final year, you will complete a research dissertation focused on a research topic that you will discuss with one of the teaching team. Though guided by your tutor and normally related to your other areas of study, you will have a significant degree of independence in choosing the topic for your dissertation. In some cases, these dissertations have been presented at scientific conferences and recognised internationally as important pieces of research in the field.

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