

BPHY 116 Health, Nutrition and Diet

ECTS Value: 4 ECTS
Self-Study Hours: 48

Contact Hours: 20
Assessment Hours: 32

Overall Objectives and Outcomes

The World Health Organisation (WHO) states that an adequate, well balanced diet combined with regular physical activity promotes good health and prevents non-communicable diseases such as obesity, type 2 diabetes, and hypertension. This will be explored by the participants through the basic concepts of nutritional characteristics and the influence of different types of diet on the human. The characteristics of nutrients will be explored: carbohydrates, proteins, fats, vitamins, minerals, water, and fibre. The following will also be studied: the relationship of nutrition to exercise; supplements and ergogenic aids and weight control in relation to athletes.

By the end of this module, the learner will be able to:

Competences

- a. adopt lessons which explain the effects of different types of diets one can experience and/or needs when training in a particular sport/discipline;
- b. demonstrate engaging activities which illustrate the ideal combination of the macro and micro nutrients the human body needs for well-being, body weight management and also performance;
- c. create resources which describe and identify the nutritional information based on a food item (quantity of protein, carbohydrates, fat, vitamins, minerals, antioxidants and calories).

Knowledge

- a. associate the importance of having a well-balanced nutritional intake for health & wellbeing and also for optimum performance;
- b. establish the effects of the various nutritional and performance enhancing supplements;
- c. consolidate the dangers of fad diets and be aware of different types of diets associated with a particular sport;
- d. establish that well-balanced and adequate nutrition is a cornerstone of good health.

Skills

- a. demonstrate the roles of the macro and micro nutrients and the optimum combination through quality and quantity for the proper function of the human body and its' relation to sport performance;
- b. convey the optimum, natural performance enhancing methods for safe and effective body weight management;
- c. communicate the fundamentals of nutrition to achieving best results in fitness, health and competition.

Assessment Methods

This module will be assessed through: Resource pack, discussions

Suggested Readings

Core Reading List:

1. Jeukendrup A, Gleeson M. (2010). *Sports Nutrition* 2nd Edition, ISBN 9780736079624 Human Kinetics.
2. Kruskall LJ. (2010). *Fitness Professionals Guide to Sports Nutrition and Weight Management*, Coaches Choice.
3. Seebohar B. (2011). *Nutrition Periodization for Athletes: Taking Traditional Sports Nutrition to the Next Level*, Bull Publishing Company.
4. Benardot D. (2011). *Advanced Sports Nutrition* 2nd Edition, Human Kinetics.
5. Campbell B. (2013). *Sports Nutrition: Enhancing Athletic Performance*, CRC Press.

Supplementary Reading List:

1. Eberle SG. (2013). *Endurance Sports Nutrition* 3rd Edition, Human Kinetics.