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| 4101SPOPSYSemester 1*Sport* | APPLIED SPORT PSYCHOLOGY SKILLS(20c) | *Aim:*Teach students various methods and techniques used in applied sport psychology.Help students contextualize core psychology concepts. Allow students to develop self-awareness of career relevant knowledge, skills, and experiences.To encourage students to engage with the development of employability skills by completing a self-awareness statement. | *Learning activities:*Student-centered methods including tutorials, seminars, group activities, and on-linelearning resources. | *Assessment:*Core psy concepts (45%) Self-awareness statement (10%) ASP data techniques (45%) |
| 4101SPOSCISemester 1*Sport* | RESEARCH SKILLS(20c) | *Aim:*The module aims to introduce theoretical concepts underpinning inter-disciplinary applied sport and exercise science practice, and to familiarise and develop computing competency, practical skills and techniques relevant to applied sport and exercise science settings.To encourage students to engage with the development of employability skills by completing a self-awareness statement. | *Learning activities:*Students are expected to attend time-tabled lectures, tutorials and practical computing sessions and are encouraged to utilise the available directed learning/private study time to get advice from module staff and/or conduct essential reading. Some of the teaching sessions will require students to engage in personal development tasks. In addition, some teaching sessions will contain workshop based activities where students will be required to use their group collaboration, analytical, and problem solving skills to enhance their own learning and problem solve. Students should complete the required and recommended reading to widen their knowledge and understanding and their ability to apply material. Students will be required to evidence this in the three assessments. | *Assessment:*Scientific writing portfolio (60%) Careers Self Awareness (10%) Reflective oral presentation (30%) |
| 4102SPOSCISemester 1*Sport* | PSYCHOLOGICAL FOUNDATIONS(20c) | *Aim:*The module aims to develop knowledge and understanding of the foundation concepts that underpin motor learning/control, sport, exercise and social psychology. | *Learning activities:*LecturesOnline workshopsOnline LabsLabs | *Assessment:*Online Exam (65%) Online test (35%) |
| 4103SPOSCISemester 1*Sport* | BIOMECHANICAL FOUNDATIONS(20c) | *Aim:*The aim of this module is to introduce the basic principles of human anatomical structure and biomechanics and to illustrate applications of these principles in sport, exercise and health. The module also aims to provide an introduction to experimental methods in biomechanics and to develop skills in data handling. | *Learning activities:*You are expected to attend time-tabled lectures and engage with practical sessions and online worksheets. You are also encouraged to utilise the available directed learning/private study time and resources made available via the virtual learning platforms. Students should also complete the required and recommended reading to widen their knowledge, understanding and their ability to apply module material. | *Assessment:*Online anatomy test (50%) Biomechanics MCQ Exam (50%) |
| 4301SSLNSemester 1*Sport* | Personal and Professional Development 1(20c) | *Aim:*This module aims to introduce students to the necessary skills, conventions and personal development required for working at level 4. This module is a key foundation for all other modules. | *Learning activities:*This module will be delivered through Peer Learning Groups (PLG), work-based learning (in schools or community), practical (OAA experience) | *Assessment:*Portfolio (60%) Essay (30%) Self Awareness Statement (10%) |
| 4303SSLNSemester 1*Sport* | Introduction to Skill Acquisition(10c) | *Aim:*This module will introduce students to key concepts related to skill acquisition. It will also illustrate how these concepts can be applied in a range of physical education environments. | *Learning activities:*Study skills techniques including note-taking, active reading, planning for an assignment and information searchesOnline lecturesPlanning and using individual and group discussions as an aid to learningPresenting information in practical environmentsPractical coaching of peers and experience in a range of practical activitiesSelf-reflection | *Assessment:*Essay (100%) |
| 4307SSLNSemester 1*Sport* | Physiology 1(20c) | *Aim:*The aim of this module is for individuals to develop an understanding of the physiological developments, principles and energy systems required in relation to practical performance to support physical education. Individuals will also develop an awareness of the different stages of physical development through infancy, childhood and adolescence. An understanding of theoretical knowledge and application will support the ability of individuals to devise and deliver appropriate practical sessions. | *Learning activities:*The module content will be delivered through lectures and practical activities. Theoretical lectures will be provide appropriate subject knowledge to support practical application. | *Assessment:*Exam (50%) Essay (50%) |
| 4309SSLNSemester 1*Sport* | Introduction to Skill Acquisition(20c) | *Aim:*This module will introduce students to key concepts related to skill acquisition. It will also illustrate how these concepts can be applied in a range of physical education environments. | *Learning activities:*Study skills techniques including note-taking, active reading, planning for an assignment and information searchesOnline lecturesPlanning and using individual and group discussions as an aid to learningPresenting information in practical environmentsPractical coaching of peers and experience in a range of practical activitiesSelf-reflection | *Assessment:*Essay (100%) |
| 4461SSLNSemester 1*Sport* | Sport Coaching Pedagogy 1(20c) | *Aim:*This module will enable individuals to consider and appreciate how sport and physical activity can provide a positive learning environment for the development of a wide range of skills and attributes. These include movement, sport specific skills, leadership and teamwork. This module will allow for reflection on how pedagogy can impact on the physical, affective, cognitive, and social development of individuals. | *Learning activities:*Study skills techniques including note-taking, active reading, planning for an assignment and information searchesOnline lecturesPlanning and using individual and group discussions as an aid to learningPresenting information in practical environmentsPractical coaching of peers and experience in a range of practical activitiesSelf-reflection | *Assessment:*Portfolio (100%) |
| 4464SSLNSemester 1*Sport* | Psychology for Sports Coaches 1(20c) | *Aim:*This module introduces students to the applied field of sport psychology. It will enable the student to understand all psychological issues that are pertinent to the field of sports coaching. | *Learning activities:*The module will be delivered through lecture based workshops, online tasks, individual/group tasks and tutor support sessions. | *Assessment:*Presentation (100%) |
| 5101SPFOOTSemester 1*Sport* | PSYCHOLOGY OF FOOTBALL(20c) | *Aim:*The module aims to develop the students conceptual and applied knowledge and understanding of psychology in football, with particular reference to the development and support of elite level players. It will encourage students to apply theoretical and applied processes relevant to the development and support of players in professional football. | *Learning activities:*Students are expected to attend time-tabled lectures, seminar, workshops and practicals, and are encouraged to utilise the available directed learning/private study time to get advice from module staff and/or conduct essential reading. Some of the sessions will contain individual and group-work in which students will be required to explain, evaluate and present conceptual knowledge and psychological data. Students should complete the required recommended reading and tasks to widen their theoretical and applied knowledge. Students will be required to evidence this in the production and completion of their assessments. | *Assessment:*Psychological presentation (30%) Perceptual cognitive report (70%) |
| 5101SPOPSYSemester 1*Sport* | APPLIED SPORT PSYCHOLOGY PRINCIPLES(20c) | *Aim:*The module aims to explore the theory and process that underpins the implementation of sport psychology services with sport performers, and to establish how sport psychology skills and techniques can be applied in sport performance settings. | *Learning activities:*The module delivery combines lectures, evaluating the psychological application of the technique / skill and the theory/research that underpins it, with workshops that actively explore the practical application of the relevant skill(s) in sport performance settings. This permit the skills essential to Applied Sport Psychology practice to be taught and practiced. | *Assessment:*Consultancy report (40%) Educational workshop (35%) Applied practice essay (25%) |
| 5101SPOSCISemester 1*Sport* | APPLIED SPORT AND EXERCISE PRINCIPLES(20c) | *Aim:*To develop the student's knowledge and practical skills/competencies required of practitioners in various applied sport and exercise disciplines. | *Learning activities:*Students are expected to attend time-tabled lectures, practicals and tutorials and are also encouraged to utilise the available directed learning/private study time and/or conduct essential reading to widen their knowledge and understanding and their ability to apply material. In addition, teaching sessions will contain practical based activities where students will be required to practise and develop their applied skills to enhance their own learning. Students will be required to evidence this in the module examination. | *Assessment:*Presentation (34%) Skills assessment (66%) |
| 5102SPFOOTSemester 1*Sport* | PHYSIOLOGY OF FOOTBALL(20c) | *Aim:*To examine the physiological responses to football-specific intermittent exercise patterns.Develop the student’s theoretical knowledge and understanding of factors that contribute to effective training programme design in football. | *Learning activities:*Students are expected to attend time-tabled lectures and are encouraged to utilize the available directed learning/private study time to get advice from module staff and/or conduct essential reading. Data collection within the laboratories will be undertaken by students in groups to collect their essential data for their assessment 1. Students should complete the required and recommended reading to widen their knowledge and understanding. | *Assessment:*Laboratory report (70%) Adaptations presentation (30%) |
| 5102SPOSCISemester 1*Sport* | PSYCHOLOGICAL PRINCIPLES(20c) | *Aim:*The module aims to develop students’ ability to evaluate psychological principles associated with sport, exercise, and those associated with motor control and learning and expertise. This will be evaluated via an essay based assessment, and laboratory report examinations. Formative opportunities for students to self-evaluate their understanding will be offered throughout the module and specified feed-forward sessions. Students will also gain exposure to laboratory scenarios in the context of motor learning and control in order to further develop their understanding of experimental psychology. | *Learning activities:*Students are expected to attend time-tabled lectures and are encouraged to utilise the available directed learning/private study time to get advice from module staff and/or conduct essential reading. Some of the teaching sessions will contain practical based activities where students will be required to use their analytical, statistical and problem solving skills to enhance their own learning. Students should complete the required and recommended reading to widen their knowledge and understanding and their ability to apply material. Students will be required to evidence this in their assessments. | *Assessment:*Online Test on CANVAS (35%) Online Exam on CANVAS (65%) |
| 5105SPOSCISemester 1*Sport* | PHYSIOLOGICAL RESPONSES TO EXERCISE TRAINING(20c) | *Aim:*To develop knowledge and understanding of the cardiovascular and metabolic responses of acute and chronic exercise and discuss these in relation to human health and performance. | *Learning activities:*Students are expected to attend time-tabled lectures and are encouraged to utilise the available directed learning/private study time to get advice from module staff and/or conduct essential reading. Some of the teaching sessions will contain practical based activities where students will be required to use their analytical, statistical and problem solving skills to enhance their own learning. Students should complete the required and recommended reading to widen their knowledge and understanding and their ability to apply material. Students will be required to evidence this in the production of their coursework and the module examination. | *Assessment:*Laboratory report (50%) Seen Essay (50%) |
| 5111SPFOOTSemester 1*Sport* | CURRENT ISSUES IN SCIENCE AND FOOTBALL 1(20c) | *Aim:*The module aims to develop students' knowledge and skills of current issues and applied concepts in football in the disciplines of physiology, psychology, and sociology. The module also aims to develop students' ability to analyse and evaluate the scientific research around these current areas. | *Learning activities:*Students are expected to attend time-tabled lectures and are encouraged to utilise the available directed learning/private study time to get advice from module staff and/or conduct essential reading. Some of the teaching sessions will contain groupwork, practical and laboratory based activities where students will be required to use their analytical, statistical and problem-solving skills to enhance their own learning. Students should complete the required and recommended reading to widen their knowledge and understanding and their ability to evaluate and apply material. Students will be required to evidence this in the production of their coursework and other assessments. | *Assessment:*Essay (50%) Presentation (50%) |
| 5301SSLNSemester 1*Sport* | Personal and Professional Development 2(20c) | *Aim:*This module allows students to experience, observe, contribute and apply professional principles within a work-based learning community environment. | *Learning activities:*This module will be delivered through Peer Learning Groups (PLG) and through Work-Based Placement | *Assessment:*Presentation (50%) Portfolio (50%) |
| 5302SSLNSemester 1*Sport* | Applied Pedagogy 2(20c) | *Aim:*This module will enable students to consider and appreciate how physical education can provide a positive learning environment for the development of a wide range of skills and attributes. These include movement, sport specific, leadership, teamwork. This module will allow for critical reflection on how pedagogy can impact on the physical, affective, cognitive and social development of individuals. | *Learning activities:*Study skills techniques including note-taking, active reading, planning for an assignment and information searchesPlanning and using individual and group discussions as aid to learningOnline lecturesPresenting information in a variety of waysPractical teaching of peers and experience in a range of physical education and outdoor and adventurous activities | *Assessment:*Portfolio (100%) |
| 5307SSLNSemester 1*Sport* | Contemporary Issues in Physical Education 2(20c) | *Aim:*This module aims to develop a conceptual understanding of physical education and sport within society, by considering the influence of external partners and examining the current community and National strategies and initiatives that impact on the development of young people and analyse these from sociological perspectives. | *Learning activities:*Theoretical and practical concepts and principles will be introduced and developed through a combination of lectures, seminars and practical learning activities.Opportunities will be available, where appropriate, for individual tutorials.Students will also be involved in a range of directed tasks which will be completed as independent study.Students will be required to complete background reading and preparations before lecture and workshop sessions, in order to aid their contribution to discussions and debates from an informed point of view.Theoretical concepts and principles will be introduced and developed through a combination of lectures, workshops and work-based learning activities.Opportunities will be available, where appropriate, for individual tutorials.Students will also be involved in a range of directed tasks which will be completed as independent study.Students will be required to complete background reading and preparations before lecture and seminar sessions, in order to aid their contribution to discussions & debates from an informed point of view. | *Assessment:*Presentation (100%) |
| 5401SSLNSemester 1*Sport* | Sport Development Policy(20c) | *Aim:*This module aims to extend students' understanding of sport development theory and practice of policy.. In addition, students will develop an understanding of the choices and pressures sport development practitioners face in devising, shaping and delivering sport development activity. | *Learning activities:*This module will be delivered through a combination of flipped classroom learning, seminars and group tasks. It will be supplemented by a range of on-going exercises in independent study time. The group task will be delivered in partnership with external agencies to develop good practice and to get students to respond to live ‘issues and case studies’. | *Assessment:*Report (50%) Essay (50%) |
| 5403SSLNSemester 1*Sport* | Research Methods(20c) | *Aim:*This module will enhance students' understanding of the research process and develop their skills to complete investigations involving primary data collection and interpretation. | *Learning activities:*This module is taught via lectures, seminars and workshops. The lectures and seminars focus on the theoretical underpinning as outlined above, while the workshops focus on students developing and refining their ideas in relation to thier proposed research deisgn. | *Assessment:*Report (100%) |
| 5461SSLNSemester 1*Sport* | Sport Coaching Pedagogy 2(20c) | *Aim:*This module aims to provide students with a critical appreciation of pedagogical models, their application, and evidence base. It seeks to provide opportunities for students to critical review pedagogical models and to develop their own pedagogical practice. In so doing students will utilise research skills and their own self-reflection to further their understanding of pedagogical practice. | *Learning activities:*Study skills techniques including note-taking, active reading, planning for an assignment and information searchesOnline lecturesPlanning and using individual and group discussions as an aid to learningPresenting information in practical environmentsPractical coaching of peers and experience in a range of practical activitiesSelf-reflection | *Assessment:*Portfolio (100%) |
| 5465SSLNSemester 1*Sport* | Strength and Conditioning for Coaches 2(20c) | *Aim:*Students will learn how to implement strength and conditioning concepts and principles in the applied sporting environment. Specifically, students will develop knowledge of programme design through an improved awareness of ‘periodisation’ and ‘programme delivery’. Students will gain the opportunity to practice and explore the correct ways to administer safe and effective training-interventions. Students will also gain an awareness of how to ‘monitor and evaluate’ the needs of individual participants from a range of applied environments.The module will be delivered in classrooms and practical spaces. | *Learning activities:*The module will be delivered through lecture based workshops, practical sessions, online tasks, individual/group tasks and tutor support sessions. | *Assessment:*Portfolio (50%) Practical Exam (50%) |
| 6101SPFOOTSemester 1*Sport* | PERSONAL DEVELOPMENT AND PROFESSIONAL TRAINING(20c) | *Aim:*1. To develop students' ability to synthesise and critically analyse scientific research around a range of multi-disciplinary current topics and issues in football.2. To develop students' ability to present the synthesis in a format suitable for the workplace and through debate. | *Learning activities:*Students are expected to attend time-tabled lectures, workshops and seminars and are encouraged to utilise the available directed learning/private study time to get advice from module staff and/or conduct essential reading. Some of the sessions will contain individual and group-work in which students will be required to use their analytical, presentation and independent learning skills to enhance their own learning. Students should complete the required and recommended reading to widen their knowledge and understanding and their ability to evaluate and apply material. Students will be required to evidence this in the production and completion of their assessments. | *Assessment:*Workshop Assessment (50%) Debate Essay (50%) |
| 6101SPOSCISemester 1*Sport* | CURRENT ISSUES IN PHYSICAL ACTIVITY, SEDENTARY BEHAVIOUR, HEALTH MEASUREMENT AND RESEARCH(40c) | *Aim:*This module aims to engage students in current physical activity, sedentary behaviour and health research and measurement concepts. Students will gain experience of using physical activity and sedentary behaviour measurement tools and analysis of physical activity data. Students will also gain an understanding of other variables associated with physical activity and sedentary behaviour, including the measurement and analysis of some health markers. | *Learning activities:*Students will be required to attend lectures, some of which may be delivered by guest speakers. Practicals, online practicals, seminars and worksheet tasks should be completed as directed. Additional tutorials are avaialble during the module to support learning. Students will be required to book tutorials throughout the semester using the usual booking system to support learning, and will also be required to complete prescribed reading and engage in directed study tasks. | *Assessment:*Individual presentation (50%) Portfolio (50%) |
| 6102SPOSCISemester 1*Sport* | SPORTS BIOMECHANICS(40c) | *Aim:*The aim of this module is for students to gain the knowledge and skills necessary to evaluate sports biomechanics in performance and injury contexts | *Learning activities:*Lectures. Laboratory practicals to collect data on sports skills. Workshops on the use motion capture software to quantify motion characteristics. Data processing with a step-by-step guide. Online tasks to explore further data analysis and processing examples and expand problem solving skills. | *Assessment:*Consultancy report (50%) Sports biomechanics exam (50%) |
| 6107SPOSCISemester 1*Sport* | PSYCHOLOGY AND DEVELOPMENT ISSUES IN SPORT(40c) | *Aim:*The module aims to develop student's ability to critically evaluate contemporary sport and exercise psychology concepts that influence athletes' and exercisers' performance and development. The module will address topics, such as anxiety, flow, identity, career transition, applied sport and exercise psychology consultation within a critical evaluation of the psycho-socio, cultural and environmental considerations of development. | *Learning activities:*Students are expected to attend time-tabled lectures and are encouraged to utilise the available directed learning / private study time to get advice from module staff and/or conduct essential reading. Some of the teaching sessions will contain activities where students will be required to use their analytical and problem-solving skills to enhance their own learning. Students should complete the required and recommended reading to widen their knowledge and understanding and their ability to critically evaluate material. Students will be required to evidence this in the production of their coursework essays and examination. | *Assessment:*Essay (50%) Exam (50%) |
| 6108SPOSCISemester 1*Sport* | SKELETAL MUSCLE PHYSIOLOGY, METABOLISM AND NUTRITION(40c) | *Aim:*This module aims to increase your understanding of the regulation of the metabolic processes by which muscles are provided with energy during exercise as well as examining the molecular mechanisms underpinning muscle adaptation to exercise training. Having drawn upon this theoretical knowledge, the module also aims to develop your ability to translate this information to the applied context of sports nutrition with the goal of improving sports performance, training adaptations and recovery. | *Learning activities:*LecturesTutorials/SeminarsLaboratory practical sessionsSelf-directed learning | *Assessment:*Lab Report (50%) Exam (50%) |
| 6112SPFOOTSemester 1*Sport* | PSYCHOLOGY OF FOOTBALL(20c) | *Aim:*The module aims to develop the students' conceptual and applied knowledge and understanding of psychology in football, with particular reference to the development and support of elite level players. It will encourage students to apply theoretical and applied processes relevant to the development and support of players in professional football. | *Learning activities:*Students are expected to attend time-tabled lectures, seminar, workshops and practicals, and are encouraged to utilise the available directed learning/private study time to get advice from module staff and/or conduct essential reading. Some of thesessions will contain individual and group-work in which students will be required to explain, evaluate and present conceptual knowledge and psychological data. Students should complete the required recommended reading and tasks to widen their theoretical and applied knowledge. Students will be required to evidence this in the production and completion of their assessments. | *Assessment:*Presentation (30%) Report (70%) |
| 6114SPFOOTSemester 1*Sport* | PERFORMANCE ANALYSIS OF FOOTBALL(20c) | *Aim:*The module aims to develop students' understanding of theoretical and applied knowledge of tactical and physical performance analysis techniques and the selection of informative metrics in football, and their knowledge on how to apply theoretical and applied knowledge to evaluate and communicate performance analysis data in football. The module also aims to develop students' understanding of the integrated nature of football and the multitude of factors that impact match performance metrics. | *Learning activities:*Students are expected to attend time-tabled lectures, seminar, workshops and practicals, and are encouraged to utilise the available directed learning/private study time to get advice from module staff and/or conduct essential reading. Some of thesessions will contain individual and group-work in which students will be required to explain, evaluate and present conceptual knowledge and performance analysis data. Students should complete the required recommended reading and tasks to widentheir theoretical and applied knowledge. Students will be required to evidence this in the production and completion of their assessments. | *Assessment:*Report (60%) Presentation (40%) |
| 6301SSLNSemester 1*Sport* | Make it Happen - Project Plan(10c) | *Aim:*The aim of this module is to prepare to undertake a community physical education activity project as a team and in doing so develop an understanding of how leadership, management and teamwork skills have the potential to be effectively applied. | *Learning activities:*Project management and monitoring procedures.Team roles, development and performance.Leadership and management styles and theories. | *Assessment:*Report (100%) |
| 6302SSLNSemester 1*Sport* | Applied Pedagogy 3(20c) | *Aim:*This module aims to critically analyse the needs and performance of learners. By providing students with a conceptual understanding of pedagogical and talent development theory. | *Learning activities:*ICT workshopsPerformance AnalysisPractical coaching sessionsLecturesStudy skills techniques including note-taking, active reading, planning for an assignment and information searchesOnline lecturesPlanning and using individual and group discussions as an aid to learningPresenting information in practical environmentsPractical coaching of peers and experience in a range of practical activitiesSelf-reflection | *Assessment:*Report (100%) |
| 6307SSLNSemester 1*Sport* | Contemporary Issues in Physical Education 3(20c) | *Aim:*This module aims to develop a deeper understanding of the role physical education plays in promoting physical activity, health and well-being of young people. Students will also critically reflect on the challenges, choices and constraints that young people experience within the complexity of the educational environment and wider society using a range of philosophical and sociological perspectives. | *Learning activities:*Theoretical and practical concepts and principles will be introduced and developed through a combination of lectures, seminars and practical learning activities.Opportunities will be available, where appropriate, for individual tutorials.Students will also be involved in a range of directed tasks which will be completed as independent study.Students will be required to complete background reading and preparations before lecture and workshop sessions, in order to aid their contribution to discussions and debates from an informed point of view. | *Assessment:*Portfolio (100%) |
| 6310SSLNSemester 1*Sport* | Physical Literacy for Life(10c) | *Aim:*To examine and consider on how physical literacy has been interpreted and embraced worldwide. | *Learning activities:*Learning Activities: Lectures and Workshops | *Assessment:*AS1 (100%) |
| 6365SSLNSemester 1*Sport* | Work Related Learning 2(10c) | *Aim:*The aim of this module is to provide the student with the opportunity to set and work towards personal employment goals within an area of work that may be relevant to your future career choice. | *Learning activities:*Work Placement: - Your work based learning placement requires you to take on the role of an employee (under supervision) within the organisation. This should provide opportunities for you to learn by practical involvement the operation of procedures that guide practice within the organisation; observe and interview key individuals within the organisation. Once this placement is complete you are required to write an evaluative report on the agency within the industry; reflecting on the experience to illustrate a selected key experience work experience. Please refer to the dedicated work based learning handbook which was made available for you in year two under WRL 1 via the Blackboard VLE. An updated version for this year’s module can also be found under WRL 1 module content on Blackboard. | *Assessment:*Essay (100%) |
| 6401SSLNSemester 1*Sport* | Strategic Sport Development(20c) | *Aim:*This module aims to enable students to critically analyse, manage and evaluate strategic sport development current issues. | *Learning activities:*This module will comprise of flipped classroom learning with applied interactive seminar sessions to consolidate learning and apply content from online learning. In addition a series of 1-2-1 and group tutorials will be used alongside each of the two sets of assessment to support critical analysis at level 6. | *Assessment:*Report (100%) |
| 6405SSLNSemester 1*Sport* | Evaluating Sports Practitioners(20c) | *Aim:*This module will enable students to recognise, manage and support the development of sports practitioners. | *Learning activities:*Lectures will introduce students to fundamental knowledge about the coaching process to enable them to build their own model to evaluate a coach. Key topics will include education and development models, the application of power in coaching relationships and the evaluation of coaches through a variety of validated frameworks.Practical sessions will help students to critically evaluate and then implement their models of sport practitioner development.Seminars will allow students to discuss and review their progress in developing a model and in its implementation. | *Assessment:*Portfolio (100%) |
| 6464SSLNSemester 1*Sport* | Applied Sport Coaching Pedagogy 3(10c) | *Aim:*At the end of this module you will be able to critically analyse the pedagogical and multidisciplinary needs of learners. The module will provide you with a conceptual understanding of pedagogical theory and you will be provided with opportunities to enhance your knowledge and understanding of pedagogical approaches. | *Learning activities:*Study skills techniques including note-taking, active reading, planning for an assignment and information searchesOnline lecturesPlanning and using individual and group discussions as an aid to learningPresenting information in practical environmentsPractical coaching of peers and experience in a range of practical activitiesSelf-reflection | *Assessment:*Presentation (100%) |
| 6465SSLNSemester 1*Sport* | Coaching Process 3(20c) | *Aim:*At the end of this module you will be able to critically analyse the key factors influencing the identification and development of talent. In addition it will provide you with a conceptual understanding of planning for the development of sporting performance and enhance your knowledge and understanding of the key determinants of high performance/performing coaching. | *Learning activities:*Study skills techniques including note-taking, active reading, planning for an assignment and information searchesOnline lecturesPlanning and using individual and group discussions as an aid to learningPresenting information in practical environmentsPractical coaching of peers and experience in a range of practical activitiesSelf-reflection | *Assessment:*Report (100%) |
| 6466SSLNSemester 1*Sport* | Employability and Professional Development 3(20c) | *Aim:*The aims of this module is to provide students with the opportunities to develop their coaching skills and knowledge in relation to future employability. The aim is for the students to become independent, reflexive practitioners who are capable of sustaining enquiry into aspects of professional sports coaching or delivery context. This module offers the opportunity to plan, implement, analyse and revise and reflect on a sustained coaching placement. | *Learning activities:*Placement based experiential learningStudy skills techniques including note-taking, active reading, planning for an assignment and information searchesGroup discussions as an aid to learningPresenting information in practical environmentsSelf-reflection | *Assessment:*Practical (50%) Presentation (50%) |
| 7101SPOSCISemester 1*Sport* | TECHNICAL TRAINING FOR EXERCISE PHYSIOLOGY(40c) | *Aim:*The aim of this module is provide the student with the knowledge, technical and critical appraisal skills required to work as an effective clinical physiologist. The module will focus on the practical skills required for the assessment of patients with non-communicable diseases at rest and during exercise. | *Learning activities:*Students are expected to attend timetabled workshops both on and off campus. Practical skills in the delivery of clinical exercise physiology will be central to this module and application of theory to practice will be debated during workshops some of which will be field based. Students will be required to demonstrate competency in the practical delivery of a wide range of skills. Students should complete the required work related learning tasks as well as the recommended reading to widen their critical knowledge and understanding. The integration of theoretical and practical knowledge should be evidenced in the assessment tasks. | *Assessment:*Literature Review (50%) Practical Exam (50%) |
| 7108SPOSCISemester 1*Sport* | RESEARCH METHODS(20c) | *Aim:*This module of study is available to provide mastery and expertise in quantitative research strategies, methods and techniques, specifically focussed on quantitative data so that students can undertake postgraduate research. The module aims to encourage critical understanding of how quantitative data should be handled and analysed using a variety of approaches. The module will provide the opportunity to develop critical analysis of statistical concepts and procedures, train them to use statistical analysis software and extend their knowledge of the experimental and research design process. | *Learning activities:*This module provides two hours of direct contact per week. Students will receive stimulus lectures on topics concerned with research design and data analysis. Students will also take part in computer practicals, where they will be required to analyse data using a statistical package and interpret the statistical output. In addition, online tasks/ quizzes are used to provide formative feedback to students and diagnostic feedback to staff regarding student performance through the module. | *Assessment:*research design critique (30%) Statistical evaluation (70%) |
| 7111SPOSCISemester 1*Sport* | CURRENT ISSUES IN BIOMECHANICS(20c) | *Aim:*This module aims to develop and extend students' opportunity to investigate issues of current importance in Sport and Clinical Biomechanics. Students will gain valuable experience in critically appraising the literature and exploring recent research questions in the laboratory by developing skills in data collection, analysis and presentation. | *Learning activities:*Students are expected to attend lectures and demonstrations and to complete prescribed reading to develop and extend their knowledge and understanding of current biomechanical issues. In addition, participation in and completion of experimental / laboratory assignments is required to facilitate the completion of coursework tasks. It requires students to read up to date literature in the appropriate fields and to evaluate past and current directions. Tutorial components of the module will include the critical appraisal of selected research topics in biomechanics and the determination of current understanding in those areas.Students will experience (attainment assessed by) extending/focusing their subject specific knowledge base associated with selected topics in biomechanics; achieve mastery and expertise in their subject specific practical skills in selected experimental techniques in biomechanics; extending/focusing their cognitive skills (in the areas of review, assimilation, and interpretation); furtherance of their transferable skills: students will have opportunities to extend independent learning skills, IT skills, extend appropriate problem solving skills, written communication skills and oral communication skills. | *Assessment:*Essay 1 (50%) Essay 2 (50%) |
| 7112SPOSCISemester 1*Sport* | TECHNICAL TRAINING IN BIOMECHANICS(20c) | *Aim:*The aim of this module is to provide technical training in laboratory techniques appropriate to sport and clinical biomechanics. The module will provide the opportunity for students to develop laboratory skills so that they are able to collect and interpret biomechanical data to benchmark standards. The appropriate use of IT in data processing, analysis and communication is paramount and will therefore be a skill developed through this module. | *Learning activities:*This module provides two hours of direct contact per week. All sessions are in the biomechanics labs working hands on with biomechanics equipment and/or data. In addition to taught classes, students are expected to undertake independent activities and further work/reading which will be set each week or in preparation for taught content. These activities will be used to develop independent skills related to content of that week's class. | *Assessment:*Assignment 1 (50%) Assignment 2 (35%) Assignment 2 (15%) |
| 7133SPOSCISemester 1*Sport* | RESEARCH METHODS AND TRAINING IN SPORT PSYCHOLOGY(20c) | *Aim:*To critically explore the philosophical approaches appropriate to sport psychology research, and to develop and extend students' skills in qualitative research methods, data analysis and representation relevant to Sport Psychology. | *Learning activities:*Students receive lectures on the research paradigms and methods used within Sport Psychology, accompanied by seminars focussed on training in the use of the qualitative research methods of data collection, analysis and representation. Students also take part in directed on-line task based activities to practise qualitative protocols related to effective interview design, conduction and data analysis / representation. | *Assessment:*Philosophical essay (50%) Technical report (50%) |
| 7134SPOSCISemester 1*Sport* | PERFORMANCE AND DEVELOPMENT ISSUES IN SPORT PSYCHOLOGY(40c) | *Aim:*The module aims to critically evaluate and integrate current theoretical and methodological issues in Sport Psychology, and provides the opportunity to study contemporary topics in Sport Psychology from both a performance and development perspective through exposure to Sport and Exercise oriented material. | *Learning activities:*Students are expected to attend time-tabled sessions. Critical debate and discussion of the material presented will be a central feature, where students will be required to think critically and integratively to contribute to debate and enhance their own learning. Students should complete the required and recommended reading to widen their critical knowledge and understanding, and this should be evidenced in the two assessment tasks. The module also requires students to engage in the analysis and interpretation of quantitative research methods as part of the systematic review based assessment. Feedforward and formative feedback sessions are used within the module to prepare students for the summative asssessments. | *Assessment:*Individual presentation (50%) Essay (50%) |
| 7141SPOSCISemester 1*Sport* | FUNDAMENTAL SPORTS NUTRITION(20c) | *Aim:*The aim of this module is to develop a comprehensive baseline understanding of fundamental sports nutrition. Classical and contemporary literature will be studied, and critically evaluated in engaging and thought provoking lectures, seminars and laboratory practicals. | *Learning activities:*The course will include a combination of lectures and class practicals. The lectures will include group tasks and discussions to stimulate student interaction. Guest lecturers will give cutting edge lectures in their particular areas of expertise. | *Assessment:*Consensus statement (75%) Sport Nutrition Infographic (25%) |
| 7142SPOSCISemester 1*Sport* | PRACTICAL SPORTS NUTRITION(20c) | *Aim:*The aim of this module is to provide practical training in the hands on skills that are required for a career in sports nutrition. | *Learning activities:*Lectures will be taught by experienced academics who also work in applied practice. A combination of lectures, seminars and practicals will be utilised as well as lots of time made available for students to practise the techniques being taught. Specialist guest lectures will be brought in to deliver sessions such as interview techniques and ISAK accredited staff will perform the ISAK exam to allow students to attempt to gain ISAK accreditation. | *Assessment:*Body composition test (25%) Energy test (25%) Meal plan report (50%) |
| 7152SPOSCISemester 1*Sport* | FUNDAMENTAL STRENGTH AND CONDITIONING APPLIED PRACTICES PART 1(20c) | *Aim:*To develop the students’ knowledge, understanding and practical experience of appropriate strength and conditioning techniques. | *Learning activities:*1. Prescribed and independent reading prior to each lecture. 2. Theory workshops/lectures.3. Practical workshops. | *Assessment:*2,500 word essay (50%) Technical skills (50%) |
| 7153SPOSCISemester 1*Sport* | FUNDAMENTAL STRENGTH AND CONDITIONING APPLIED PRACTICES PART 2(20c) | *Aim:*To develop the student’s knowledge, understanding and practical experience of different methods of developing strength and conditioning aims as part of the process of strength and conditioning programme design. This will include methods of communicating, assessing, implementing and reviewing strength and conditioning aims. | *Learning activities:*1. Prescribed and independent reading prior to each lecture. 2. Theory lectures/workshops. 3. Practical workshops. | *Assessment:*2,500 word literature review (50%) Needs analysis poster (50%) |
| 7161SPOSCISemester 1*Sport* | PHYSIOLOGICAL ASSESSMENT(20c) | *Aim:*To produce a "Thinking Practitioner." We will provide students with structured and progressive training, and challenge the student's understanding to enable critical thinking about the choice of laboratory equipment to test for key physiological measures and the limitations of the information derived. To support the Thinking Practitioner concept, extensive practical training will be undertaken in fundamental exercise physiology measurements. Sessions typically include a lead lecture covering the theoretical underpinnings of each method followed by practical training. Student engagement is essential, it is expected that students will take part in both conducting (i.e. experimenter) and performing (i.e. participant) exercise tests. To consolidate knowledge, data collected during the physiological tests is subsequently used in the research methods module to assist teaching of statistical research methods. | *Learning activities:*This module is timetabled in sessions of 3 h per week during semester 1. Sessions include lectures covering the essential theoretical underpinnings of the topic, practical laboratory training and statistics workshops. Student engagement is essential, it is expected that students will take part in either conducting or performing each physiological test. To consolidate knowledge, data collected during the physiological tests is subsequently used in the Quantitative Research Methods module to assist teaching of statistical research methods, including difference testing, regression, reproducibility and sample size estimation. | *Assessment:*Lab report (60%) Test and feedback to a client (40%) |
| 7162SPOSCISemester 1*Sport* | MOLECULAR EXERCISE PHYSIOLOGY(20c) | *Aim:*Nowadays, cutting-edge research in exercise physiology seeks mechanistic understanding and so relies heavily on molecular techniques. This module is aimed at providing students with the knowledge and practical skills to contribute to this exciting area of research. The module is delivered through problem-based discussions and laboratory practicals conducted in small groups. | *Learning activities:*This module is timetabled as either 2 h discussion sessions or 1 day (8 h) laboratory practicals. The module is delivered through problem-based discussions and laboratory practicals conducted in small groups. The discussion sessions employ student-centred learning to develop a working understanding of the signal transduction hypothesis of exercise-induced adaptation. The subsequent practical sessions conducted in the biochemistry laboratory are aimed at providing fundamental ‘bench skills’, including pipetting, the construction of molar solutions and interpolation of data using a standard curve. | *Assessment:*Lab report (30%) Experimental design (70%) |
| 7401SSLNSemester 1*Sport* | Advanced Coaching Process(20c) | *Aim:*The aim of this module is to allow students to gain an advanced understanding of the theoretical concepts that are essential to the coaching process. The module will explore concepts as they apply to each individual within their particular sport coaching role. It will enable to them to form clear understanding of the marriage between theory and practice in sport coaching. | *Learning activities:*Students will participate in lectures, seminars and web-based support activities throughout the module. There will also be a strong element of self-directed learning and engagement. | *Assessment:*AS1 (100%) |
| 7402SSLNSemester 1*Sport* | Sport Coaching Pedagogy and Practice(20c) | *Aim:*To develop a critical understanding of how you, as a coach, align to Sports Coach UKs "The Coach as..." guidelines. Examining professional, pedagogic and practical alignment whilst also evidencing critical understanding of athlete learning and development in your sport. | *Learning activities:*The module incorporates multi-disciplinary approaches that draws on contemporary literature and current issues surrounding coaching pedagogy and practice. The module critically examines the role of the coach and other stakeholders within the coaching process. There is exploration of the nature and structure of learning theories and environments. Students will have the opportunity to reflect upon their own coaching strategies and delivering skills and relate these to the relevant theories. | *Assessment:*Portfolio (100%) |
| 7404SSLNSemester 1*Sport* | Advanced Training Programme(20c) | *Aim:*This module aims to deepen understanding of contemporary scientific theories, principles and methods and their application in the physical development of athletes. | *Learning activities:*The module will engage in problem-based learning through the systematic review of literature. Students will be required to critically reflect on the challenges and opportunities of applying scientific theory in practice. | *Assessment:*AS1 (100%) |
| 4101SPFOOTSemester 2*Sport* | SCIENCE AND FOOTBALL FOUNDATIONS(20c) | *Aim:*The module aims to introduce and develop the student's knowledge and understanding of the multifaceted role of science in football, by introducing key aspects of physiology, psychology, skill acquisition, sociology, performance / match analysis, and biomechanics in football | *Learning activities:*Students are expected to attend time-tabled lectures/seminars and are encouraged to utilise the available directed learning/tutorial time to get advice from the module staff and/or conduct essential reading. Some of the teaching sessions will contain seminars where students engage in personal development tasks. In addition, students will be expected to engage in a significant amount of private study. Students should complete the required and recommended reading to widen theirknowledge and understanding, along with their ability to evaluate material. Students will be required to provide evidence of this in the production of their coursework and an in-class test. | *Assessment:*Essay (50%) Exam (50%) |
| 4102SPOPSYSemester 2*Sport* | APPLIED SPORT PSYCHOLOGY FOUNDATIONS(20c) | *Aim:*The module aims to familiarise students to the fundamental role and professional training requirements of the applied sports psychologist. Key communication skills that are relevant for sport psychology practice are also explored. | *Learning activities:*Students will be required to engage in a series of lectures which discuss the development of Applied Sport Psychology as a discipline and vocation. Within these sessions, students will begin to consider the role, knowledge, skills and training requirements integral to the profession. Students will begin to develop an appreciation of the importance of communication process, counselling skills and teambuilding through both lectures and workshop activities. | *Assessment:*Portfolio (50%) Exam (50%) |
| 4104SPOSCISemester 2*Sport* | RESEARCH METHODS 1(20c) | *Aim:*The aim of this module is to introduce the fundamental concepts of research methods, along with covering the basic application and interpretation of statistical and mathematical techniques that are relevant to research conducted in sport and exercise sciences. | *Learning activities:*Lectures will be used to deliver the concepts of research methods. However, to facilitate understanding, students will be asked to undertake activities and tasks as part of the lecture. A combination of lectures and computer practicals will be used to teach students how to apply, interpret and report statistical analysis, as part of these session students will be taught how to use a statistical software package. The sports maths workshops are designed to be interactive sessions. In each workshop students will be given a short description of the mathematical technique to be used. Students will then work through tasks in order to further their understanding of the technique. | *Assessment:*Maths Exam (33%) Statistics and research design (67%) |
| 4105SPOSCISemester 2*Sport* | PHYSIOLOGICAL RESPONSES TO ACUTE EXERCISE(20c) | *Aim:*To develop knowledge and understanding of the basic structure and function of key physiological systems and metabolic processes and discuss how these systems and processes respond to acute exercise | *Learning activities:*Students are expected to attend time-tabled lectures and are encouraged to utilise the available directed learning/private study time to get advice from module staff and/or conduct essential reading. Some of the teaching sessions will contain practical based activities where students will be required to use their analytical, statistical and problem solving skills to enhance their own learning. Students should complete the required and recommended reading to widen their knowledge and understanding and their ability to apply material. Students will be required to evidence this in the production of their coursework and the module examination. | *Assessment:*Laboratory Report (60%) MCQ exam (40%) |
| 4106SPOSCISemester 2*Sport* | PHYSICAL ACTIVITY, SEDENTARY BEHAVIOUR AND HEALTH FOUNDATIONS(20c) | *Aim:*The aim of this module is to introduce the principles underpinning the promotion of physically active, low sedentary, healthy lifestyles. The structure of this module, and associated modules at level 5 and 6, is guided by the behavioural epidemiology framework. The module also aims to provide an introduction to quantitative and qualitative methodologies in physical activity (PA) and sedentary behaviour (SB) research, and to develop skills in data analyses and interpretation. | *Learning activities:*Students are expected to attend time-tabled lectures, practicals and workshops and are encouraged to utilise the available directed learning/private study time and resources made available via the virtual learning platforms. Students should seek advice from module staff and/or conduct essential reading as directed. Some of the teaching sessions will contain practical based activities where students will be required to use their analytical, statistical and problem solving skills to enhance their own learning. Students should complete the required and recommended reading to widen their knowledge, understanding and their ability to apply module material. Students will be required to evidence this in exams, the production of their coursework, in practical/tutorial discourse, and via learning platform tasks. | *Assessment:*Group poster presentation viva (60%) Online test (40%) |
| 4302SSLNSemester 2*Sport* | Applied Pedagogy 1(10c) | *Aim:*This module will enable students to consider and appreciate how physical education can provide a positive learning environment for the development of a wide range of skills and attributes. These include movement, sport-specific skills, leadership and teamwork. This module will allow for reflection on how pedagogy can impact on the physical, affective, cognitive and social development of individuals. | *Learning activities:*Study skills techniques including note-taking, active reading, planning for an assignment and information searchesOnline lecturesPlanning and using individual and group discussions as an aid to learningPresenting information in a variety of waysPractical teaching of peers and experience in a range of practical activities | *Assessment:*Portfolio (100%) |
| 4304SSLNSemester 2*Sport* | Psychology 1(20c) | *Aim:*This module introduces students to the applied field of sports psychology and its application to physical education. Students will learn psychological principles and theories that they can use to explain behaviour within their domain of physical education. | *Learning activities:*This module will be taught via lectures, workshops, and tutorials. | *Assessment:*Presentation (100%) |
| 4306SSLNSemester 2*Sport* | Contemporary Issues in Physical Education 1(20c) | *Aim:*This module aims to develop a conceptual understanding of a broad range of issues in physical education and sport. Students will analyse these issues using philosophical and sociological perspectives. | *Learning activities:*Theoretical and practical concepts and principles will be introduced and developed through a combination of lectures, seminars and practical learning activities.Opportunities will be available, where appropriate, for individual tutorials.Students will also be involved in a range of directed tasks which will be completed as independent study.Students will be required to complete background reading and preparations before lecture and workshop sessions, in order to aid their contribution to discussions and debates from an informed point of view. | *Assessment:*Presentation (100%) |
| 4308SSLNSemester 2*Sport* | Applied Pedagogy 1(20c) | *Aim:*This module will enable students to consider and appreciate how physical education can provide a positive learning environment for the development of a wide range of skills and attributes. These include movement, sport-specific skills, leadership and teamwork. This module will allow for reflection on how pedagogy can impact on the physical, affective, cognitive and social development of individuals. | *Learning activities:*Study skills techniques including note-taking, active reading, planning for an assignment and information searchesOnline lecturesPlanning and using individual and group discussions as an aid to learningPresenting information in a variety of waysPractical teaching of peers and experience in a range of practical activities | *Assessment:*Portfolio (100%) |
| 4462SSLNSemester 2*Sport* | Coaching Process 1(20c) | *Aim:*This module will enable individuals to consider and appreciate the complexity of the coaching process. The module will help individuals consider and develop their coaching philosophy and practice. | *Learning activities:*Study skills techniques including note-taking, active reading, planning for an assignment and information searchesOnline lecturesPlanning and using individual and group discussions as an aid to learningPresenting information in a variety of waysPractical coaching of peers and experience in a range of practical activities | *Assessment:*Report (100%) |
| 4465SSLNSemester 2*Sport* | Strength and Conditioning for Coaches(20c) | *Aim:*This module introduces students to the applied field of strength and conditioning (S&C). S&C is an evolving discipline that focuses on developing and maximising the physical and performance characteristics of sports participants along the sports pathway. In order to do so, students will be exposed to the application scientific principles (e.g. anatomy & physiology, biomechanics and training theory) underpinning human movement and performance. The module will be delivered in classrooms and practical spaces. | *Learning activities:*The module will be delivered through lecture based workshops, practical sessions, online tasks, individual/group tasks and tutor support sessions. | *Assessment:*Exam (100%) |
| 4466SSLNSemester 2*Sport* | Employability and Professional Development 1(20c) | *Aim:*The aim of this module is to provide an effective platform for students to examine employability and personal development through personal development planning (PDP) and work related learning (WRL). The module will provide opportunities to observe and engage in a variety of learning activities within a number of different settings, develop an understanding of effective pedagogical skills and their application in practical and work related contexts. This module will also provide a framework to support students in becoming an autonomous, and effective reflective practitioners. | *Learning activities:*Placement based experiential learningStudy skills techniques including note-taking, active reading, planning for an assignment and information searchesGroup discussions as an aid to learningPresenting information in practical environmentsSelf-reflection | *Assessment:*Reflective Presentation (50%) Poster Presentation (40%) Self-Awareness Statement (10%) |
| 5102SPOPSYSemester 2*Sport* | APPLIED SPORT PSYCHOLOGY ADVANCED SKILLS(20c) | *Aim:*Teach students advanced methods and techniques used in applied sport psychology. Help students contextualize core psychology concepts. Allow students to develop self-awareness of career relevant knowledge, skills, and experiences. | *Learning activities:*Student-centred methods including tutorials, seminars, group activities, and on-line learning resources. | *Assessment:*Qualitative research report (50%) Group research report (50%) |
| 5103SPFOOTSemester 2*Sport* | BIOMECHANICS OF FOOTBALL(20c) | *Aim:*The aim of this module is examine biomechanics of football skills and risk factors for injury. The module develops the students understanding of biomechanical factors related to football skills, equipment and injury prevention. | *Learning activities:*Lectures. Laboratory practicals to collect data on sports skills. Tutorials on the use motion capture software to quantify motion characteristics. Data processing with a step-by-step guide. Online tasks to explore further data analysis and processing examples and expand problem solving skills. | *Assessment:*Analysis Report (50%) Exam (50%) |
| 5103SPOSCISemester 2*Sport* | BIOMECHANICAL PRINCIPLES(20c) | *Aim:*The aim of this module is to develop the understanding of biomechanical principles and key measurement techniques for use in sport and exercise contexts. | *Learning activities:*You will be required to attend lectures on a weekly basis and to engage with practical sessions. You will also have online activities, worksheets and data analysis and interpretation tasks. You will complete one laboratory report and an exam. | *Assessment:*Biomechanics Lab Report (50%) Biomechanics Short Answer Exam (50%) |
| 5104SPFOOTSemester 2*Sport* | PERFORMANCE ANALYSIS OF FOOTBALL(20c) | *Aim:*The module aims to develop the students conceptual and applied awareness of performance analysis in football, with particular reference to tactical and physical performance data. It will encourage students to apply theoretical and applied process knowledge to evaluate and communicate performance analysis data in football. | *Learning activities:*Students are expected to attend time-tabled lectures, seminar, workshops and practicals, and are encouraged to utilise the available directed learning/private study time to get advice from module staff and/or conduct essential reading. Some of the sessions will contain individual and group-work in which students will be required to explain, evaluate and present conceptual knowledge and performance analysis data. Students should complete the required recommended reading and tasks to widen their theoretical and applied knowledge. Students will be required to evidence this in the production and completion of their assessments. | *Assessment:*Scientific Lab Report (60%) Data presentation (40%) |
| 5104SPOSCISemester 2*Sport* | RESEARCH METHODS 2(20c) | *Aim:*The module aims to develop an understanding of the key issues and concepts underpinning different types of research. This will include a development of both quantitative and qualitative research methods as well as data analysis procedures | *Learning activities:*Students receive lectures on all topics covered in the module. Lectures will be supported by workshop and practical sessions where appropriate. Students will be able to critique their understanding at specific time points by completing formative tests. | *Assessment:*Qualitative methods report (50%) SPSS & quantitative design (50%) |
| 5106SPOSCISemester 2*Sport* | PHYSICAL ACTIVITY, SEDENTARY BEHAVIOUR AND HEALTH PRINCIPLES(20c) | *Aim:*The aim of this module is to develop the student's theoretical knowledge and practical skills required for the promotion of physically active, low sedentary, healthy lifestyles. The structure of this module, and associated modules at level 4 and 6, is guided by the behavioural epidemiology framework. The module also aims to provide practical opportunities to develop skills associated with the assessment of physical activity and sedentary behaviour. | *Learning activities:*Students are expected to attend time-tabled lectures and are encouraged to utilise the available directed learning/private study time and resources made available via the virtual learning platforms. Students should seek advice from module staff and/or conduct essential reading as directed. Some of the teaching sessions will contain practical based activities where students will be required to use their analytical, statistical and problem solving skills to enhance their own learning. Students should complete the required and recommended reading to widen their knowledge, understanding and their ability to apply module material. Students will be required to evidence this in the production of their coursework, in practical/tutorial discourse, and via learning platform tasks. | *Assessment:*Individual practical & viva (50%) Group presentation (50%) |
| 5112SPFOOTSemester 2*Sport* | CURRENT ISSUES IN SCIENCE AND FOOTBALL 2(20c) | *Aim:*The module aims to develop students' knowledge and skills of current issues and applied concepts in football in the disciplines of biomechanics, coaching, and performance analysis. The module also aims to develop students' ability to analyse and evaluate the scientific research around these current areas. | *Learning activities:*Students are expected to attend time-tabled lectures and are encouraged to utilise the available directed learning/private study time to get advice from module staff and/or conduct essential reading. Some of the teaching sessions will contain group work, practical and laboratory based activities where students will be required to use their analytical, statistical and problem-solving skills to enhance their own learning. Students should complete the required and recommended reading to widen their knowledge and understanding and their ability to evaluate and apply material. Students will be required to evidence this in the production of their coursework and other assessments. | *Assessment:*Essay (50%) Presentation (50%) |
| 5304SSLNSemester 2*Sport* | Research Design(20c) | *Aim:*This module will develop students' understanding of a range of research methodologies and methods typically used within social science research. Students will create a research project proposal that will prepare them for further research study in level 6. | *Learning activities:*This module is taught through lectures, seminars, practical and tutorials and will link to the core modules. The project proposal will also prepare students for a larger-scale research study in level 6. | *Assessment:*Presentation (50%) Report (50%) |
| 5306SSLNSemester 2*Sport* | Physical Education Teacher Education 1(20c) | *Aim:*This option module aims to provide students with the opportunity to understand and analyse the role of physical education in terms of planning, teaching, learning and assessment in the 5-19 years age range. | *Learning activities:*Theoretical and practical concepts and principles will be introduced and developed through a combination of lectures, seminars and practical learning activities.Opportunities will be available, where appropriate, for individual tutorials. Students will also be involved in a range of directed tasks which will be completed as independent study.Students will be required to complete background reading and preparations before lecture and workshop sessions, in order to aid their contribution to discussions and debates from an informed point of view. | *Assessment:*Portfolio (100%) |
| 5309SSLNSemester 2*Sport* | Skill Acquisition 2(20c) | *Aim:*This module aims for students to develop an understanding of how to implement a non- linear pedagogy to improve motor skills during physical education lessons. This will be based upon a dynamical systems framework and include a constraints based approach to teaching. | *Learning activities:*Study skills techniques including note-taking, active reading, planning for an assignment and information searches.Online lectures.Planning and using individual and group discussions as an aid to learning.Presenting information in practical environments. | *Assessment:*Paired Presentation (30 mins) (100%) |
| 5311SSLNSemester 2*Sport* | Scientific Principles of PE 1(20c) | *Aim:*The module aims to introduce the nutritional and psychological perspectives that contribute to learning and development in physical education. | *Learning activities:*The module content will be explored in lectures and through workshops. Theoretical lectures will provide appropriate subject knowledge to support practical application. | *Assessment:*Essay (2500 words) (60%) Presentation (2000 words) (40%) |
| 5405SSLNSemester 2*Sport* | Delivering Adapted Activities(20c) | *Aim:*The aim of this module is to enable students to identify and manipulate the factors affecting the construction and delivery of sports activities, taking into account the bio-psycho-social needs of the participants. | *Learning activities:*Students will explore through lectures and in practical sessions the needs of different participant groups, and the variety of frameworks that have been devised to manage adaptations of sports activities.Students will experience and investigate how modifications in sports activities affect levels and quality of participation through their own involvement in student-led and facilitated practical sessions. | *Assessment:*Report (50%) Practice (50%) |
| 5406SSLNSemester 2*Sport* | Sports Volunteering(20c) | *Aim:*The aim of this module is to define and discern between different types of volunteers and volunteering, and support students to understand and construct appropriate management systems across a range of settings and events. | *Learning activities:*Students will explore the role and development of volunteering in sport and physical activity, as well as volunteer management theory and practice, through a combination of lectures, seminars and workshops. | *Assessment:*Paired Report (100%) |
| 5462SSLNSemester 2*Sport* | Coaching Process 2(20c) | *Aim:*This module will enable individuals to recognise the psycho-social influences on the coaching process. Students will be able to situate and explain the contextual nature of sport coaching by critical drawing on appropriate methodologies and theory. | *Learning activities:*Study skills techniques including note-taking, active reading, planning for an assignment and information searchesOnline lecturePlanning and using individual and group discussions as an aid to learningPresenting information in a variety of waysPractical coaching of peers and experience in a range of practical activities | *Assessment:*Report (100%) |
| 5463SSLNSemester 2*Sport* | Research Methods II(20c) | *Aim:*This module will enhance students' understanding of the research process and develop their skills to complete investigations involving primary data collection and interpretation. | *Learning activities:*This module is taught via lectures, workshops, and tutorials. Semester one focuses on the theoretical underpinning as outlined above while semester two focuses on students developing and executing their small research project. | *Assessment:*Report (100%) |
| 5464SSLNSemester 2*Sport* | Psychology for Sports Coaches 2(20c) | *Aim:*This level 5 module builds on the foundations introduced in level four by supporting student’s ability to correctly apply sport psychology concepts in line with performer’s outcome goals. | *Learning activities:*The module will be delivered through lecture based workshops, online tasks, individual/group tasks and tutor support sessions. | *Assessment:*Presentation (50%) Report (50%) |
| 6103SPOSCISemester 2*Sport* | APPLIED MOTOR BEHAVIOUR(40c) | *Aim:*The module builds on the Psychological Foundations (level 4) and Psychological Principles (level 5) modules. The module is designed to develop a critical understanding within a selected number of topics in motor behaviour. You will be involved in discussion on theoretical issues associated with a number of topics in visual-motor control and learning. Importantly, you will be required to synthesise data sets and suggest how the findings can be applied to different sport and health settings | *Learning activities:*Online lab activitiesSelf-directed | *Assessment:*Data interpretation (50%) Lab Report (50%) |
| 6105SPOSCISemester 2*Sport* | PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR INTERVENTIONS IN PRACTICE(40c) | *Aim:*This module aims to engage students in key physical activity, sedentary behaviour and health intervention concepts. It will explore current evidence and practice related to promoting physical activity and reducing sedentary time in a range of populations/settings and also examine how interevntions are designed and evaluated. | *Learning activities:*Students will be required to attend lectures, some of which may be delivered by guest speakers. Workshops, practicals, online practicals and online worksheet tasks should be completed as directed. Additional tutorials will be available during the module to support learning. Students will be required to book tutorials throughout the semester using the usual booking system to support learning, and will also be required to complete prescribed reading and engage in directed study tasks. | *Assessment:*Critical Review (50%) Poster presentation (50%) |
| 6106SPOSCISemester 2*Sport* | CLINICAL BIOMECHANICS(40c) | *Aim:*The aim of this module is for students to gain the knowledge and skills necessary for evaluating gait quantitatively and to gain the critical knowledge of muscle and tendon function and adaptation. | *Learning activities:*LecturesLaboratory practicals to collect gait dataUsing custom made programs on LJMU AppPlayer (ReportGenerator and TemporoSpatial) with existing data available on BlackBoardTry QTM 3D motion capture software on LJMU AppPlayer, with pre-recorded data, following a step-by-step guide ReportGenerator: Compare video of a normal gait case with angle curvesData processing with step-by-step guideExplore gait analysis related websites (CMAS standards, ESMAC, CGA)For the muscle and tendon content there will be lectures followed up by laboratory demonstration and measurement plus analysis of typical data | *Assessment:*Gait analysis report (50%) Clinical biomechanics exam (50%) |
| 6111SPFOOTSemester 2*Sport* | BIOMECHANICS OF FOOTBALL(20c) | *Aim:*The aim of this module is to examine biomechanics of football skills and risk factors for injury. The module develops the students' understanding of biomechanical factors related to football skills, equipment and injury prevention and their ability to critically analyse these concepts. | *Learning activities:*Students are expected to attend time-tabled lectures and are encouraged to utilise the available directed learning/private study time to get advice from module staff and/or conduct essential reading. Some of the teaching sessions will contain group work, practical and laboratory based activities where students will be required to use their analytical, statistical and problem-solving skills to enhance their own learning. Students should complete the required and recommended reading to widen their knowledge and understanding and their ability to evaluate and apply material. Students will be required to evidence this in the production of their coursework and other assessments. | *Assessment:*Analysis Report (50%) Exam (50%) |
| 6113SPFOOTSemester 2*Sport* | PHYSIOLOGY OF FOOTBALL(20c) | *Aim:*To develop students' ability to examine and critically analyse the physiological responses to football-specific intermittent exercise patterns. Develop students' theoretical knowledge and understanding on the factors that contribute to effective training programme design in football and develop their ability to critically analyse the research evidence associated with these factors. | *Learning activities:*Students are expected to attend time-tabled lectures and are encouraged to utilise the available directed learning/private study time to get advice from module staff and/or conduct essential reading. Some of the teaching sessions will contain group work, practical and laboratory based activities where students will be required to use their analytical, statistical and problem-solving skills to enhance their own learning. Students should complete the required and recommended reading to widen their knowledge and understanding and their ability to evaluate and apply material. Students will be required to evidence this in the production of their coursework and other assessments. | *Assessment:*Report (70%) Presentation (30%) |
| 6306SSLNSemester 2*Sport* | Physical Education Teacher Education 2(20c) | *Aim:*This option module will provide students with the opportunity to critically evaluate physical education (5-19) in relation to teaching, learning and assessment. | *Learning activities:*Theoretical and practical concepts and principles will be introduced and developedthrough a combination of lectures, workshops and work-based learning activities.Opportunities will be available, where appropriate, for individual tutorials.Students will also be involved in a range of directed tasks which will be completed asindependent study.Students will be required to complete background reading and preparations beforelecture and workshop sessions, in order to aid their contribution to discussions &debates from an informed point of view. | *Assessment:*Essay (50%) Presentation (50%) |
| 6312SSLNSemester 2*Sport* | Scientific Principles of PE 2(20c) | *Aim:*The module aims to expand upon and critically review the nutritional and psychological perspectives that contribute to learning and development in physical education. | *Learning activities:*The module content will be explored in lectures and through workshops. Theoretical lectures will provide appropriate subject knowledge to support practical application. | *Assessment:*Report (60%) Presentation (40%) |
| 6404SSLNSemester 2*Sport* | Contemporary Issues in Sport and Society(20c) | *Aim:*This module will enable students to identify contemporary issues in sport and society and critically appraise and explain them via the application of theories cognate to Sport Development and the social sciences. | *Learning activities:*This module will be taught via lectures, seminars, tutorials and workshops. | *Assessment:*Report (100%) |
| 6462SSLNSemester 2*Sport* | Interdisciplinary Considerations for Programme Design(20c) | *Aim:*This module seeks to integrate the principles of S&C to produce an annual training plan. Students will need to demonstrate the ability to critically evaluate the key concepts and challenges of programme design and delivery. In particular, students will develop an understanding of how programme design is challenged by different population groups (age and level of maturity), injury status and sporting contexts. The module will be delivered in classrooms and practical spaces. | *Learning activities:*The module will be delivered through lecture based workshops, practical sessions, online tasks, individual/group tasks and tutor support sessions. | *Assessment:*Portfolio (100%) |
| 6463SSLNSemester 2*Sport* | Psychology for Sports Coaches 3(20c) | *Aim:*This module seeks to integrate the principles of psychology into an annual training plan. Students will need to demonstrate the ability to critically evaluate the key concepts and challenges of programme design and delivery. In particular, students will develop an understanding of how programme design is challenged by different population groups (age and level of maturity), injury status and sporting contexts. The module will be delivered in classrooms. | *Learning activities:*The module will be delivered through lecture based workshops, online tasks, individual/group tasks and tutor support sessions. | *Assessment:*Portfolio (100%) |
| 7100SPOSCISemester 2*Sport* | PATHOPHYSIOLOGY OF CARDIOVASCULAR DISEASE(20c) | *Aim:*This module will primarily focus on the causes of atherosclerotic vascular disease in humans. Detailed consideration will be given to the pathophysiology of macrovascular manifestations of atherosclerosis including heart disease and stroke, the largest causes of mortality and morbidity in developed and developing countries. Microvascular disease and associated morbidities such as retinopathy, nephropathy and neuropathy will also be considered. Finally, the role of exercise in amelioration of cardiovascular diseases and risk factors will be considered. | *Learning activities:*Students are expected to attend timetabled lectures. Analysis of current theory in the pathophysiology of cardiovascular disease will be central to this module and application of theory to practice will be debated. Students will be required to think critically and integrate multiple disciplines when evaluating the role of exercise in a variety of cardiovascular diseases. Students should complete the required work related learning tasks as well as the recommended reading to widen their critical knowledge and understanding. The integration of theoretical and practical knowledge should be evidenced in the assessment tasks. | *Assessment:*Examination (100%) |
| 7102SPOSCISemester 2*Sport* | ADVANCED EXERCISE PHYSIOLOGY AND EXERCISE PRESCRIPTION(20c) | *Aim:*The basic aims of this module are to extend and deepen the students’ knowledge and understanding related to the acute and chronic physiological responses to exercise. This will focus on cardiovascular responses to exercise but will also touch upon neuron-endocrine and metabolic responses. Based upon this advanced knowledge students will critically reflect on the importance, role and practicalities of exercise prescription in a range of diseased populations. Again the emphasis will be on cardiovascular diseases and associated risk factors but will also touch upon other major disease groups such as cancer and respiratory disease. | *Learning activities:*Lectures, tutorials and laboratory demonstrations. | *Assessment:*Case study presentation (50%) Essay (50%) |
| 7103SPOSCISemester 2*Sport* | PROMOTION, ADHERENCE AND COMPLIANCE(20c) | *Aim:*This module aims to enable students to integrate evidence-based behaviour change strategies to enhance physical activity adherence in clinical populations. | *Learning activities:*Students are expected to attend timetabled lectures and workshops. Synthesis and analysis of current efforts to promote physical activity will be central to this module and application of theory to practice will be debated during workshops. Students will be required to think critically and integrate multiple disciplines when evaluating the effectiveness of physical activity interventions. Students should complete the recommended reading to widen their critical knowledge and understanding. | *Assessment:*Essay (50%) oral presentation (50%) |
| 7113SPOSCISemester 2*Sport* | CLINICAL MOVEMENT ANALYSIS(20c) | *Aim:*This module aims to provide the conceptual and practical knowledge base that develops and extends your understanding of clinical movement analysis. The students will learn how to interpret gait analysis results in a clinical context through exposure to the current literature, specialised methods, and clinical case studies. They will also be exposed to the latest research developments in the unique area of virtual rehabilitation. A long track record of academic staff in gait analysis and virtual rehabilitation ensures that students gain insight into both the theoretical and practical aspects of these important applications of biomechanics. The existing links and ongoing collaboration with the North West Movement Analysis Centre at Alder Hey Children’s NHS Foundation Trust provide access to clinical case presentations and invited speakers. | *Learning activities:*Attend lectures and demonstrations, complete prescribed reading, experimental laboratory assignments and coursework tasks. In addition, attend visiting lecture presentations.The acquired skills include the methodological aspects, comprehension of the latest research advances as well as the role of gait analysis in clinical decision making. We share the latest developments in virtual rehabilitation with a focus on the latest research and how this unique application can impact clinical practice.We will cover basic concepts in the beginning and then progress towards a higher level of complexity. Your existing knowledge of measurement techniques and data reduction techniques will be refreshed first. This knowledge will be applied in the understanding of normal gait. You will then be exposed to the interpretation of genuine biomechanical data gathered while testing individuals with a variety of movement problems. One of the most challenging parts will be an engagement in the process of clinical decision making informed by biomechanical results. Finally you will gain insight into the theory of virtual rehabilitation through examples from our own research. | *Assessment:*Essay (50%) Case report and oral (50%) |
| 7114SPOSCISemester 2*Sport* | MUSCLE-TENDON MECHANICS(20c) | *Aim:*This module aims to introduce the main biomechanical characteristics of human muscles and tendons and the implications for human movement, performance and biomechanical testing. The mechanical parameters and behaviour of these tissues of the human body in-vivo will also be examined in response to chronic loading and disuse in order to understand basic musculoskeletal mechanisms and adaptations underpinning changes in whole-body function and performance. | *Learning activities:*This module provides two hours of direct contact per week for 12 weeks in terms of lectures and lab-based work that will respectively cover the theoretical and practical background required.Learning activities include:1. Attend lectures on theoretical concepts and research topics2. Complete coursework tasks3 Complete prescribed reading4. Complete experimental/laboratory tutorials | *Assessment:*Experimental report (50%) Essay (50%) |
| 7115SPOSCISemester 2*Sport* | BIOMECHANICAL ASSESSMENT IN SPORT AND EXERCISE(20c) | *Aim:*This module aims to provide the conceptual and practical knowledge base that develops and extends the understanding of biomechanical assessment. Biomechanical assessment has a role in performance evaluation, in injury prevention, and in injury rehabilitation. This module exposes students to the current issues relating to biomechanical assessment in a theoretical and practical context and prompts self-awareness of the skills required to conduct biomechanical assessments. | *Learning activities:*The module aims at providing a theoretical and practical background that enables you to create and understand a biomechanical assessment in sport and exercise. Lectures will primarily cover the evidence-base behind certain tests, or the lack of it. These lectures will generally be complemented with a lab session to get exposed to the actual tests. | *Assessment:*Assessment proposal (50%) Assessment report (50%) |
| 7116SPOSCISemester 2*Sport* | CLINICAL MOVEMENT ANALYSIS(20c) | *Aim:*This module aims to provide the conceptual and practical knowledge base that develops and extends your understanding of clinical movement analysis. The students will learn how to interpret gait analysis results in a clinical context through exposure to the current literature, specialised methods, and clinical case studies. They will also be exposed to the latest research developments in the unique area of virtual rehabilitation. | *Learning activities:*Attend lectures and demonstrations, complete prescribed reading, experimental laboratory assignments and coursework tasks. A highlight of the module is to observe a gait reporting sessions at Alder Hey Children's Hospital.The acquired skills include the methodological aspects, comprehension of the latest research advances as well as the role of gait analysis in clinical decision making. We share the latest developments in virtual rehabilitation with a focus on the latest research and how this unique application can impact clinical practice.We will cover basic concepts in the beginning and then progress towards a higher level of complexity. Your existing knowledge of measurement techniques and data reduction techniques will be refreshed first. This knowledge will be applied in the understanding of normal gait. You will then be exposed to the interpretation of genuine biomechanical data gathered while testing individuals with a variety of movement problems. One of the most challenging parts will be an engagement in the process of clinical decision making informed by biomechanical results. Finally you will gain insight into the theory of virtual rehabilitation through examples from our own research.Initially funded by LJMU and set-up in 2018 using internship students from LJMU computing, students build a cloud-based repository of gait data which can be interrogated using a custom built software interface. This database will grow and be used by students in subsequent years. | *Assessment:*Normal gait essay (50%) Pathological gait report (38%) Oral defence of report (12%) |
| 7135SPOSCISemester 2*Sport* | PROFESSIONAL PRACTICE IN SPORT PSYCHOLOGY(20c) | *Aim:*To develop a critical awareness of the theory-to-applied issues governing professional practice in Sport Psychology, including ethical guidelines and legislation, core competencies used in education and consultancy settings, reflective practice and literature relating to effective professional practice and practitioner development. | *Learning activities:*In the first half of the module students are required to attend key 'professional standards' oriented lectures to discuss professional practice issues and to prepare them for a 40 hour professional practice based placement activity within a work related setting. In the second half of the module the placement is completed. This is supplemented by a programme of group and individual supervisory tutorials, which facilitate reflection on theory-to-practice issues generated by the placement activity. Students critical understanding of the theoretical and ethical issues govering sport psychology practice is assessed towards the end of the module via a written case study essay, followed by a professional practice viva based on the case study that crtically evaluates professional practice competency and practitioner development experiences on applied work. | *Assessment:*Case study (50%) Viva (50%) |
| 7136SPOSCISemester 2*Sport* | FRAMEWORKS, APPROACHES AND SKILLS IN SPORT PSYCHOLOGY(40c) | *Aim:*The module aims to critically review the theoretical frameworks, approaches and skills relevant to Sport Psychology practice. | *Learning activities:*Students are expected to attend lectures and workshops, which provide key material for the attainment of the learning outcomes. Sessions will engage students in interactive debate around contemporary theory governing applied practice and its associated philosophies, approaches and skills. In addition, prescribed reading is required to develop students critical understanding of Applied Sport Psychology issues and this wider knowledge should be reflected in the written assessments. Contemporary issues of consultancy philosophy / approach are explored and a critical understanding of contemporary counselling approaches, psychological skills training techniques, behaviour change strategies and psycho-social processes are reviewed. Overt emphasis is placed on developing student understanding of the theoretical content that informs the application of the material to individual, group and organisational settings. | *Assessment:*Critique (50%) Consultancy report (50%) |
| 7143SPOSCISemester 2*Sport* | EXERCISE METABOLISM(20c) | *Aim:*This module aims to increase students’ understanding of the regulation of the metabolic processes by which energy is stored and metabolised during subsequent exercise as well as examining the molecular mechanisms underpinning muscle adaptation to training and disuse. Specific attention will be placed upon the effects of nutrition on modulating the above processes. Additionally, students will be introduced to a range of physiological tests and laboratory techniques that sports scientists may use to assist with nutritional interventions for elite athletes and interpret research papers, respectively. | *Learning activities:*This module will use a combination of formal lectures and class practicals to fully engage the students in their own learning. Concepts discussed in lectures will then be explored in the laboratory and this will be reflected in the assessment which will be in the form of a written laboratory report. | *Assessment:*Laboratory practical & report (50%) Short answer exam (50%) |
| 7144SPOSCISemester 2*Sport* | SUPPLEMENTS AND DRUGS IN SPORT(20c) | *Aim:*The aim of this module is to develop the students critical understanding of the use of performance enhancing drugs and supplements in sport. | *Learning activities:*Lectures will form the basis of this module although there will also be some practicals, small group seminars and a site visit to a sports nutrition company's manufacturing site. | *Assessment:*Position stand on supplements (50%) Examination (50%) |
| 7151SPOSCISemester 2*Sport* | APPLIED PRACTICE IN COACHING, PLANNING AND MONITORING SCIENCES(20c) | *Aim:*This module provides students with mastery and expertise in the coaching process and the development, implementation, and evaluation of techniques and training programmes. The module aims to encourage critical understanding of the science underpinning the coaching process in the strength and conditioning context; the techniques used in the implementation and evaluation for athletes during and post recovery from injury. The module will provide the opportunity to demonstrate a critical analysis of the coaching process and use technology to assess skill and technique. This module provides three hours of direct contact per week. Students will receive stimulus lectures on the topics concerned. Students will also take part in interactive tutorials, where they will be required to apply material presented in the stimulus lectures to real world type situations. | *Learning activities:*This module provides three hours of direct contact per week. Students will receive stimulus lectures on the topics concerned. Students will also take part in interactive tutorials, where they will be required to apply material presented in the stimulus lectures to real world type situations. | *Assessment:*Case study report (50%) Oral presentation (50%) |
| 7154SPOSCISemester 2*Sport* | PHYSIOLOGY OF STRENGTH AND CONDITIONING(20c) | *Aim:*To develop the students’ knowledge and understanding related to the acute and chronic physiological responses to resistance and endurance exercise, and how these responses may be optimized by manipulating dietary behavior and training environment. | *Learning activities:*1. Prescribed and independent reading prior to each lecture. 2. Lectures. 3. “Journal club” type discussions: Students present key papers to class. 4. Laboratory practicals. 5. Scientific writing (lab report).6. Presentation skills. | *Assessment:*Laboratory report (50%) Examination (50%) |
| 7155SPOSCISemester 2*Sport* | BIOMECHANICS OF STRENGTH AND CONDITIONING(20c) | *Aim:*This module aims to introduce the main biomechanical characteristics of human muscles, tendons and joints, and the implications for human movement, performance and biomechanical testing. The mechanical parameters and behaviour of these tissues of the human body in-vivo will also be examined in response to chronic loading and disuse in order to understand basic musculoskeletal mechanisms and adaptations underpinning changes in whole-body function and performance. | *Learning activities:*1. Attend lectures on theoretical concepts and research topics 2. Complete coursework tasks 3. Complete prescribed reading 4. Complete experimental/laboratory tutorials | *Assessment:*Laboratory report (50%) Oral presentation (50%) |
| 7163SPOSCISemester 2*Sport* | Wearable Technology for Exercise Prescription(20c) | *Aim:*The aim of this module is to critically examine the reliability of and appraise the merits of monitoring and prescribing exercise for health and/or performance using new 'wearable' technologies. In addition, students will develop their theoretical understanding and practical experience in the construction and delivery of performance and health-related exercise programmes. | *Learning activities:*This module is timetabled in sessions of 3 h per week during semester 2. Typically, these taught sessions begin with a lecture or demonstration covering the essential theoretical underpinnings of the topic followed by practical training. Student engagement is essential, it is expected that students will take part in performing the exercise tests or training techniques and associated directed learning. Open sessions are expected to be undertaken as part of the 166 hrs of private activity which are also provided during the semester to enable students to complete the module coursework, which involves designing and executing short mini experimental tasks to determine the efficacy of different wearable devices. Students will undertake these as an autonomous group in order to develop independent laboratory and research management skills. The student cohort is expected to take responsibility for secheduling the Mini tasks [Task Related Learning Scenarios (TRoLS)] as par to the time assigned for private study/ additional learning activity. This module incorporates additional activities with the aim of monitoring exercise activity and energy expenditure. These activities may be conducted in (i) home/work-based environments (ii) performance/ competitive environments or (iii) during outdoor activities. | *Assessment:*Laboratory Report (50%) Client Feedback consultation (50%) |
| 7164SPOSCISemester 2*Sport* | INTEGRATIVE PHYSIOLOGY AND METABOLIC REGULATION(20c) | *Aim:*The aims of this module are to develop and enhance the students' knowledge and understanding of 1) the fuels used during endurance exercise as function of exercise intensity and duration to include the underlying fuel switching mechanisms; of 2) the effects of endurance exercise and high intensity interval training (HIIT) on the adaptations in skeletal muscle and its microvasculature and the mechanisms leading to an increased oxidative capacity and improved metabolic health; and 3) the metabolic maladaptation that occurs in sedentary and obese individuals and the mechanisms by which this leads to the development of skeletal muscle function loss, chronic diseases and premature mortality. In addition, an important aim of this module is to train the students in assessment 1 in the skill to write an integrative essay, combining information from interactive lectures, group discussions, textbooks and scientific publications, so that they can answer the exam questions in this style and are ready to write future scientific publications as PhD students or future researchers. | *Learning activities:*This module is timetabled as 9 sessions of 2 h which are filled with a lecture and a student-centred discussion on a relevant methods publication (used to generate part of the data presented in one of the preceding Lectures). In addition, there are 6 contact hours for the students in a week without a Lecture session - midterm in the module. In this session students will operate either as volunteer or as researcher and under supervision and training by 3 staff members measure VO2max in the student volunteers. On another day the fuels used by the volunteers will be measured during exercise at various intensities and durations. The students will then get instructions how to convert the data on the printout of the calorimeter data into fuel oxidation rates and these data will be then be discussed in 3 groups of 6-7 students led by a staff member. | *Assessment:*Essay (40%) Examination (60%) |
| 7165SPOSCISemester 2*Sport* | CONTEMPORARY RESEARCH IN EXERCISE PHYSIOLOGY(20c) | *Aim:*This is a student-centred learning module that uses the Journal Club format to bring your attention to important models and ‘hot topics’ in relation to sport, exercise and health. Current physiology investigations rely heavily on research models, molecular techniques and the advances in technology that have arisen from this field. Therefore, a central aim of this module is to provide fundamental knowledge that will enable the synthesis and critical appraisal of the latest findings from cell, animal and population studies. This module also aims to develop emerging (infographic and 3 minute thesis) scientific communication (written and oral) skills and the ability to critically appraise scientific literature. | *Learning activities:*Journal Club discussions are the principal learning activity in this module. This format requires each member of the group to read the student-selected journal articles. Over the course of the module, each student will present an article to their peers, and the presentation will be followed by an open discussion of the article within the group. This method of study is extensively used in doctoral training programmes and is an excellent vehicle for developing critical evaluation skills. During the course of the module, each student will present and discuss at least 1 paper. During each Journal Club session, each student will be expected to ask at least one question to underpin the concept of a viva. Guidance on preparing for Journal Club will be provided at the start of the module. In addition, module staff will provide an example of best practice. Students will receive formative feedback following their Journal Club presentation, in preparation for the final assessment. The module has 4 main themes. Each theme will be introduced in a keynote lecture, which will be followed by a student-led journal club relating to that theme. Timetabled sessions (2-3 h per week) represent a relatively small portion of the study time required for successful completion of this module. Effective postgraduate study relies heavily on independent learning outside of formal classes, in particular this module requires that students read each of the articles (plus some surrounding literature) selected for the forthcoming Journal Club. It is expected that you will commit your time to undertaking these independent study activities just as you would commit time to attending scheduled lessons. | *Assessment:*Infographic & 300 word legend (40%) Oral presentation & viva (60%) |
| 7170SPOSCISemester 2*Sport* | Advanced Exercise Physiology(20c) | *Aim:*The basic aims of this module are to extend and deepen the students' knowledge and understanding related to the acute and chronic physiological responses to exercise. This will focus on cardiovascular, respiratory and metabolic responses to exercise that will link/underpin later content related to “patho-physiology in these systems” and “exercise prescription”. We will also develop knowledge of how advancements in technology and assessment illuminate our understanding of advanced exercise physiology. | *Learning activities:*Lectures, tutorials and laboratory demonstrations. | *Assessment:*Critical Review Essay (50%) Case Study Presentation (50%) |
| 7171SPOSCISemester 2*Sport* | Pathophysiology(20c) | *Aim:*This module will mainly focus on the pathophysiological processes underlying several non-communicable diseases. The main focus will be on cardiovascular disease, respiratory diseases and metabolic diseases. The role of exercise in primary and secondary prevention and treatment of these diseases will be discussed. | *Learning activities:*Lectures, tutorials, problem based learning and laboratory demonstrations. | *Assessment:*Patient Pathway (50%) Case Study Presentation (50%) |
| 7172SPOSCISemester 2*Sport* | Exercise Prescription and Promotion(20c) | *Aim:*This module aims to provide students with an understanding of exercise prescription in different clinical populations, and to integrate current psychological theory and evidence when prescribing exercise in practice. | *Learning activities:*Lectures, seminars and tutorials. Students will be required to think critically and integrate physiology and psychology when appraising approaches to exercise prescription in practice. Sessions will be interactive and focus on the translation of academic theory and evidence to practice. Guest speakers will be invited to contribute to supplement the depth and currency of the module content. | *Assessment:*Critical Review Essay (50%) Case Study Presentation (50%) |
| 7403SSLNSemester 2*Sport* | Professional Case Study(20c) | *Aim:*The aim of the placement is to allow the students to gain hands on experience in working as a sport coach in order to develop the underpinning knowledge relating to key applied practice issues in sport coaching, including: ethical guidelines, core skills and competencies and practitioner perspectives within sport coaching. | *Learning activities:*Lectures will be given to prepare the students for the placement. On site learning will then take place alongside an identified placement supervisor. It will also be expected that the student will engage in regular meetings with their academic supervisor to discuss the placement and engage in practitioner led reflective practice. | *Assessment:*AS1 (100%) |
| 7405SSLNSemester 2*Sport* | Psychology for Sport Coaching(20c) | *Aim:*The module enables students to critically evaluate and integrate current contemporary sport psychology research and best practice into their coaching. An examination of current sport psychology literature develop a coherent understanding of issues associated with emotion, motivation, peak performance and motor skill development. | *Learning activities:*Critical debate and discussion of the material and activities presented will be a central feature of the teaching sessions, where students will be required to think critically and contribute to the debate and enhance their own learning. Students should complete the required and recommended reading to widen their critical knowledge and understanding. | *Assessment:*AS1 (50%) AS2 (50%) |
| 7407SSLNSemester 2*Sport* | Research Methods(20c) | *Aim:*To encourage students to identify and critically evaluate appropriate research methodologies and methods for their own research. | *Learning activities:*An initial workshop will be followed by online learning, supported with seminars and a one hour tutorial. | *Assessment:*Report (100%) |
| 4463SSLNYearlong*Sport* | Research Methods and Study Skills(20c) | *Aim:*This module introduces students to the necessary study skills required for effective learning for their degree programme. In addition the module will introduce basic research methods. | *Learning activities:*This module is taught in two ways: lectures and seminars. The module handbook gives the module timetable for the year. Semester one focuses on study skills. Semester two will introduce students to the required skills needed for understanding and undertaking research. Lectures will provide underpinning theory, and seminars will be used to allow for further discussion of the concepts covered. | *Assessment:*Exam (50%) Annotated Bibliography (50%) |
| 6100SPOSCIYearlong*Sport* | MAJOR PROJECT(40c) | *Aim:*This module aims to critically extend the students understanding and deployment of the research process through the production of a piece of independent research. | *Learning activities:*Students should attend all progress related lectures. Students should meet regularly with their designated major project supervisor to engage with tutorial support. Students may be required to undertake training and to demonstrate competency with research tools. | *Assessment:*Progress mark (10%) Dissertation (70%) Poster & Defence (20%) |
| 6110SPFOOTYearlong*Sport* | FOOTBALL SCIENCE PROJECT(40c) | *Aim:*The module aims to develop students' ability to plan, prepare, initiate and reflect upon the production of a football science project. The module will address topics such as legal requirements, health and safety, safeguarding, planning and preparing data collection, collection of data, communication of relevant scientific data to specialist and non-specialist audiences, and the process of reflection and its value in personal and professional development. | *Learning activities:*Students are expected to attend the time-tabled lecture and are encouraged to utilise the available directed learning / private study time to get advice from university placement tutor/placement provider and/or conduct essential reading. Within the supervision sessions students will be required to use their reflective, analytical and problem-solving skills to enhance their own learning. Students should complete required and recommended reading to widen their knowledge and understanding and their ability to critically evaluate and material. Students will be required to evidence these skills through the assessment tasks. | *Assessment:*Presentation (20%) Dissertation (60%) Reflection (20%) |
| 6303SSLNYearlong*Sport* | Research Project(40c) | *Aim:*This module aims to build on students’ research skills gained at levels 4 and 5 of the programme and will rigorously investigate an issue from a physical education or sport in the form of a dissertation. | *Learning activities:*Many of the elements of this module will be explored in lectures, seminars and tutorGroups, there will be opportunities for data collection in the ‘field’. Students will also be offered individual tutorials and a research supervisor | *Assessment:*Dissertation (100%) |
| 6309SSLNYearlong*Sport* | Make it Happen - Project Implementation(10c) | *Aim:*To initiate and complete a community physical education activity project as a team. To critically evaluate how leadership, management and teamwork skills impacted on a community physical activity project. | *Learning activities:*Preparation and implementation of the community physical activity projectCritical reflection of the project and personal developmentSelf awarenessWork Related Learning | *Assessment:*Presentation (100%) |
| 6311SSLNYearlong*Sport* | Research Project(30c) | *Aim:*This module aims to build on students' research skills gained at levels 4 and 5 of the programme and will rigorously investigate an issue from physical education or sport in the form of a dissertation | *Learning activities:*Many of the elements of this module will be explored in lectures, seminars and tutor groups, there will be opportunities for data collection in the 'field'. Students will also be offered individual tutorials and a research supervisor | *Assessment:*Dissertation (100%) |
| 6402SSLNYearlong*Sport* | Managing Sport Development Projects(20c) | *Aim:*The aim of this module is for students to be able to effectively manage a Sport Development project. | *Learning activities:*This is a self-negotiated, tutorial supported module. There are numerous approaches that can be chosen in completing this module, for example, an Action Research project, a Practitioner-Based project or a Personal Development project. This module requires the student to undertake a minimum of 160 hours on their project. Depending on the selected approach, the 160 hours could be work-related, work-based, or a self-focused equivalence to 160 hours of activity.Development and progress of the project is supported and monitored through a Peer Learning Group (PLG) that meets regularly with a tutor for group and individual tutorials. | *Assessment:*Presentation (30%) Portfolio (70%) |
| 6403SSLNYearlong*Sport* | Dissertation(40c) | *Aim:*This module will allow students to critically investigate an issue from a Sport Development related field. | *Learning activities:*This module will be taught via lectures, seminars and ICT software demonstrations. In addition, students will be offered individual tutorials with their allocated supervisor. | *Assessment:*Dissertation (100%) |
| 6461SSLNYearlong*Sport* | Major Research Project(40c) | *Aim:*This module will allow students to critically investigate an issue from a Sport Coaching. | *Learning activities:*This module will be taught via lectures, workshops, and tutorials. In addition, students will be offered individual tutorials with their allocated supervisor. | *Assessment:*Dissertation (100%) |