

## Module Specification

### Module Summary Information

1	<b>Module Title</b>	Foundations of Sport & Physical Activity
2	<b>Module Credits</b>	20
3	<b>Module Level</b>	3
4	<b>Module Code</b>	HEL3007

5	<b>Module Overview</b>
<p><b>Aim and Rationale:</b></p> <p>This module will consider the complex nature of sport, and how the disciplines associated with the scientific study of sport can interact to enhance knowledge and problem solving. Problems will be considered from across the range of sport, physical activity and exercise disciplines with demonstrations of how research can be enhanced through inter/multi-disciplinary investigation.</p> <p><b>What underpins this module?</b></p> <p>The initial stages of this module will include an introduction to the four BSc courses that are run by the department. These are, Sport and Exercise Nutrition; Physical Education and School Sport; Sports Therapy and Sport and Exercise Science.</p> <p>This module is designed to develop your knowledge, understanding and application of skills relevant to sport graduates. This will include academic (writing, presentation, referencing, studying), personal (leadership, teamwork, reflection, communication) and professional skills (career development and planning, time management, appropriate use of social media).</p> <p>This module addresses the following foundation aims:</p> <ul style="list-style-type: none"> <li>• To apply your knowledge and understanding to the processes and protocols of studies in higher education, and to begin to recognise their relevance in a range of subject disciplines and related professional context.</li> <li>• To recognise the interrelated nature of subjects and topics across a range of disciplines and their potential impact on related professions.</li> <li>• To provide a foundation upon which knowledge and understanding can be built in preparation for related and relevant employment.</li> </ul> <p><b>Learning and Teaching Strategy</b></p> <p>Taught content will be a combination of tutor and student-led lectures, seminars, practical and workshops. You will demonstrate a theoretical understanding and gain the ability to reflect on those personal skills learned and covered throughout the module, both from an individual and team/group perspective. Furthermore, you will gain an understanding of how to plan for a career within the sports</p>	

industry through the use of the academic and personal skills covered, in addition to information currently utilised in the external working environment for gaining and retaining employment.

<b>6</b>	<b>Indicative Content</b>
	<p>Introduction and module overview</p> <p>Discipline Taster sessions</p> <p>Each discipline to deliver a typical theory and practical session.</p> <p>Understanding the difference between the different disciplines.</p> <p>The Professional</p> <p>The teacher, the sports scientist, the sports nutritionist, the sports therapist.</p> <p>Understanding and analysing the roles of professionals in each discipline.</p> <p>Evaluating the challenges each face.</p> <p>Discussing professional conduct; communication; the appropriate use of social media</p> <p>To understand the terms 'resilience' and 'emotional intelligence' in relation to their clients and themselves.</p> <p>Lecture, practical, workshop</p> <p>The Workplace</p> <p>To explore areas such as health and safety; Organisation; Legal aspects.</p> <p>The Client</p> <p>To explore areas such as confidentiality; safeguarding; communication through interactive scenarios.</p> <p>The Government and Governing Bodies</p> <p>An evaluation of the roles of the key governing bodies in the 4 disciplines</p> <p>The Future</p> <p>To explore technical advances in each of the 4 subject areas.</p> <p>To understand the career routes.</p> <p>To discuss career routes with professionals in the field.</p> <p>Practical Experience</p> <p>Formative Assessment Activities and Workshop developments including additional support for presentation techniques.</p>

<b>7</b>	<b>Module Learning Outcomes</b>	
	<b>On successful completion of the module, students will be able to:</b>	
	<b>1</b>	Discuss professional aspects and challenges within an area of your choice within sport and physical activity.
	<b>2</b>	Identify and justify a view on aspects of professional conduct within the workplace.
	<b>3</b>	Explore the roles of the key governing bodies within an area of your choice within sport and physical activity.
	<b>4</b>	Present ideas and verbally defend the academic poster.

8 Module Assessment			
Learning Outcome			
	Coursework	Exam	In-Person
1, 2, 3	X		
4			X

9 Breakdown Learning and Teaching Activities	
Learning Activities	Hours
<b>Scheduled Learning (SL)</b> includes lectures, practical classes and workshops, peer group learning, Graduate+, as specified in timetable	84
<b>Directed Learning (DL)</b> includes placements, work-based learning, external visits, on-line activity, Graduate+, peer learning, as directed on VLE	24
<b>Private Study (PS)</b> includes preparation for exams	92
<b>Total Study Hours:</b>	200