

## Module Specification

### Module Summary Information

<b>1</b>	<b>Module Title</b>	Professional Skills and Evidence Based Practice
<b>2</b>	<b>Module Credits</b>	20
<b>3</b>	<b>Module Level</b>	4
<b>4</b>	<b>Module Code</b>	SPX4000

<b>5</b>	<b>Module Overview</b>
<p>This module covers the process of research and enquiry in the discipline of sports and exercise science, nutrition, sports therapy, and PE and School Sport. It provides guidance on how to interpret scientific literature, so that you can find relevant sources of information for a study or an assessment, gain an understanding of different sources of information and consider how knowledge is generated. This module is important for underpinning your developing knowledge in other modules, including physiology and planning and conducting research for example. In these modules you will be required to access literature, analyse literature and perform analysis of data for assignment work. It also underpins your practical modules including contemporary issues in physical education, performance analysis, and exercise referral and behaviour change by using your emerging appreciation of research for evidence based practice.</p> <p>You will also be able to understand quantitative and qualitative approaches to research, understand issues of measurement in research and be able to apply basic appraisal skills to a source of information. Furthermore, you will be able perform descriptive and simple inferential statistical analysis of data and gain an appreciation of thematic/content analysis.</p> <p>This module equips you to find appropriate sources of information relating to your area of study and be able to effectively read and understand these. This has relevance for all learning and assessment that will be conducted across the whole programme. Understanding research is also important for developing your own evidence-based practice as a practitioner.</p> <p>Delivery of this module is based on the current literature and evidence base for the subject area. Within this module, you will be asked to access current research based on high quality peer-reviewed sources. The module reading list includes appropriate texts and peer reviewed research articles. It emphasises scientific approaches and seeks to inform your understanding of how peer-reviewed high quality research is used for evidenced based practice. Therefore this module aligns with being knowledge applied and being interdisciplinary as you will study a variety of sport and exercise science related topics with a range of students from the sport and exercise science department. It also aligns to pursuing excellence by following the practice-led, knowledge applied format. The skills you will learn in this module also make this a module linked to developing your employability.</p> <p>This module will comprise of a number of approaches to learning. This module will comprise of a number of approaches to learning. Keynote lectures will provide the basis for the core topics on the module and will be followed-up with seminars and small group seminars and practical workshops. You</p>	

will be required to prepare for these sessions using the online resources accessed via the Moodle site and guided independent tasks will reinforce the content each week.

You will need to spend at least 200 hours of study time on this module.

<b>6</b>	<b>Indicative Content</b>
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- Qualitative v Quantitative methodology
- Anatomy of a journal article/Writing reports
- Referencing
- Searching for literature
- Hypotheses/ $p$  values,  $r$  value
- Research designs
- Data types
- Generating descriptive statistics
- Reporting descriptive statistics
- Interpreting inferential test outputs
- Validity and reliability
- Effect sizes/Confidence Intervals
- Evidence based practice
- Content/Thematic analysis

<b>7</b>	<b>Module Learning Outcomes</b>
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**On successful completion of the module, students will be able to:**

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| <b>1</b> | Summarise a research paper for a non-academic audience.   |
| <b>2</b> | Describe the various research approaches and designs and explain the strengths and weaknesses of each in the context of sport and exercise. |
| <b>3</b> | Explain an appropriate means of data collection, organise and analyse data, and explain the validity of the analytical process.             |

<b>8</b>	<b>Module Assessment</b>		
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<b>Learning Outcome</b>			
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	<b>Coursework</b>	<b>Exam</b>	<b>In-Person</b>
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<b>9 Breakdown Learning and Teaching Activities</b>	
<b>Learning Activities</b>	<b>Hours</b>
<b>Scheduled Learning (SL)</b> includes lectures, practical classes and workshops, peer group learning, Graduate+, as specified in timetable	44
<b>Directed Learning (DL)</b> includes placements, work-based learning, external visits, on-line activity, Graduate+, peer learning, as directed on VLE	98
<b>Private Study (PS)</b> includes preparation for exams	58
<b>Total Study Hours:</b>	200