

Module Specification

Module Summary Information

1	Module Title	Introduction to Sport and Exercise Science
2	Module Credits	20
3	Module Level	4
4	Module Code	SPX4001

5	Module Overview
<p>This module aims to explore the wide-ranging activities of practitioners working in the sport and exercise science industry to enable you to appreciate the inter-disciplinary nature of professional practice. You will be introduced to the skills and knowledge required to work within the disciplines of physiology, nutrition, psychology and biomechanics, and how practitioners from these areas can work collaboratively to solve a variety of problems related to sports performance, exercise and health. The skills and knowledge you obtain from this module will help ensure you are adequately prepared for further study in these areas at levels 5 and 6, where the applied nature of these disciplines will become increasingly relevant.</p> <p>The module is delivered through a series of practical sessions, workshops and lectures. The practical sessions will allow you to use basic laboratory and field-based skills to collect data on athletes and clients that can be used to inform decisions on training and exercise recommendations. Workshops will be used to explore the potential impact of each discipline on sports performance and health. You will also be expected to complete readings and independent study tasks in preparation for taught sessions, which includes videos showing interdisciplinary sport and exercise science environments and peer-reviewed research articles.</p> <p>The module is delivered within the requirements of the British Association of Sport & Exercise Science (BASES) and you will be required to access current research to support your assessment of the learning outcomes.</p>	

6	Indicative Content
<p>This module will cover the following key content:</p> <ul style="list-style-type: none"> • Interdisciplinary vs multidisciplinary teams • Role, function and potential impact of the following disciplines in sport- and health-related settings: <ul style="list-style-type: none"> Physiology Nutrition Psychology Biomechanics 	

7		Module Learning Outcomes
On successful completion of the module, students will be able to:		
	1	Explain the inter-disciplinary nature of Sport and Exercise Science
	2	Describe the role and function of different sport and exercise science disciplines in enhancing sports performance, using evidence to support claims
	3	Describe the role and function of different sport and exercise science disciplines in exercise/health promotion, using evidence to support claims
	4	Examine the potential impact of different sport and exercise science disciplines on sports performance, health, exercise and/or physical activity using evidence to support claims

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

9		Breakdown Learning and Teaching Activities	
Learning Activities		Hours	
Scheduled Learning (SL) includes lectures, practical classes and workshops, peer group learning, Graduate+, as specified in timetable		30	
Directed Learning (DL) includes placements, work-based learning, external visits, on-line activity, Graduate+, peer learning, as directed on VLE		64	
Private Study (PS) includes preparation for exams		106	
Total Study Hours:		200	