

Module Specification

Module Summary Information

1	Module Title	Performance Analysis
2	Module Credits	40
3	Module Level	5
4	Module Code	SPX5000

5	Module Overview
<p>This module aims to provide an insight into the strategies that can be used to analyse and quantify sports performance in a valid and consistent manner to help inform training and match-play decisions. Specific focus is placed upon the process of conducting a comprehensive needs analysis of a sport including tactics, techniques, and bioenergetics. The module also covers valid assessment and testing of fitness components associated with sports performance. Objective analysis of performance is achieved through the collection of real-time data, which will be analysed and reported to coaches in a useable manner. The means by which performance analysis data can be used to enhance training interventions, augment learning and improve decision-making in competitive situations will be the focus of discussion in sessions.</p> <p>The evidence base for this module is drawn from professional performance testing guidelines and accreditory requirements for the International Society of Performance Analysis of Sport (ISPAS) and British Association of Sport & Exercise Sciences (BASES). In this module you can expect to develop knowledge, understanding and practical competence in a range of performance analysis techniques. The skills and competencies you obtain will help prepare you for placement experiences and data collection throughout the remainder of your academic study and also provide key employability attributes to potential employers. Additionally, as this module is shared across a range of sports programmes, this will ensure that you work with students from other disciplines and promote your awareness of the interdisciplinary nature of your subject area.</p>	

6	Indicative Content
<p>In this module you will cover:</p> <ul style="list-style-type: none"> • Needs analysis • Time-motion analysis • Gait analysis • Notational analysis • Validity and reliability • Fitness testing 	

7	Module Learning Outcomes	
	On successful completion of the module, students will be able to:	
	1	Explain the key features of a needs analysis and be able to apply them to a variety of sports identifying important performance components and normative data.
	2	Demonstrate and implement key testing protocols inherent to the analysis of athletes.
	3	Interpret and evaluate specific guidelines for scientific assessment and testing outcomes for various performance components.

8	Module Assessment		
Learning Outcome			
	Coursework	Exam	In-Person
1	X		
2, 3			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	72	
Directed Learning (DL) includes placements, work-based learning, external visits, on-line activity, Graduate+, peer learning, as directed on VLE	140	
Private Study (PS) includes preparation for exams	188	
Total Study Hours:	400	