

## Module Specification

### Module Summary Information

<b>1</b>	<b>Module Title</b>	Performance Development in Relation to Sport or Exercise
<b>2</b>	<b>Module Credits</b>	20
<b>3</b>	<b>Module Level</b>	6
<b>4</b>	<b>Module Code</b>	SPX6002

<b>5</b>	<b>Module Overview</b>
<p>This optional applied module will enhance your interdisciplinary knowledge and understanding of sport science or exercise science. The module aims to develop some of the skills you will require to work in a sport and exercise setting. You will undertake a 12 week 'case-study' where you will provide advice and support to an athlete, team or health-based client. The case study aims to allow you to critically analyse a sport or individual, and interpret and synthesize data so it can be communicated in a way that is understandable to a coach, client or practitioner. You will also have the opportunity to develop essential communication skills.</p> <p>This module is designed to develop a culmination of all the skills, knowledge and experiences that you have obtained throughout your degree programme and assess whether you are ready to become an applied practitioner. To facilitate and support your development as a knowledgeable and competent sport and exercise scientist you will integrate yourself and collect data in real sport and exercise environments. The module will also seek to ensure that you are safe, proficient and competent as a sport and exercise scientist.</p> <p>This module will comprise of a number of approaches to learning. The primary learning mode of this module will be independent distance learning. Face to Face tutorials will be provided at regular intervals throughout the module to support your practice and these will be supported by an extensive range of online resources via Moodle. Additionally, personal tutorials will be available to allow you to discuss specific aspects of your work and receive mentoring from the teaching team. This type of engagement will not only increase your access to learning but also promotes numerous interrelated skills including digital literacy.</p>	

<b>6</b>	<b>Indicative Content</b>
<p>In this module you will cover:</p> <ul style="list-style-type: none"> <li>• Comprehensive analysis of a sport and/or individual</li> <li>• Planning and administering an intervention</li> <li>• Critically using literature to inform and explain training outcomes</li> <li>• Evaluating and reflecting upon results of an intervention</li> </ul>	

7		Module Learning Outcomes
<b>On successful completion of the module, students will be able to:</b>		
1	Justify how sport and exercise science principles are applied and adapted to suit the needs of an individual or group.	
2	Develop an argument and apply scientific approaches to analysis work in practice in sport or exercise.	
3	Collect, organise and present evidence of personal investigation drawing on appropriate academic conventions and communicate that information, arguments and ideas effectively.	
4	Collect and analyse information to plan a programme, recognising the value of sport and exercise science.	

8				Module Assessment
Learning Outcome		Coursework	Exam	In-Person
1-4				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	20	
<b>Directed Learning (DL)</b> includes placements, work-based learning, external visits, on-line activity, Graduate+, peer learning, as directed on VLE	72	
<b>Private Study (PS)</b> includes preparation for exams	108	
<b>Total Study Hours:</b>	200	