

## Liverpool John Moores University

Title: Practical Delivery in Sport and Physical Activity  
Status: Definitive  
Code: **3003SPS** (127743)  
Version Start Date: 01-08-2021

Owning School/Faculty: Sport and Exercise Sciences  
Teaching School/Faculty: Sport and Exercise Sciences

Team	Leader
Danny Cullinane	Y

**Academic Level:** FHEQ3      **Credit Value:** 20      **Total Delivered Hours:** 40

**Total Learning Hours:** 200      **Private Study:** 160

### Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	8
Online	8
Practical	8
Seminar	16

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Portfolio	AS1	Portfolio (equivalent to 4500 words)	50	
Practice	AS2	Practical Delivery (10min VLOG)	50	

### Aims

*The module aims to support students in developing the knowledge, skills and understanding regarding delivery of safe and effective physical activities. In addition, the required leadership skills will be explored and developed.*

## Learning Outcomes

After completing the module the student should be able to:

- 1 Identify and explain the components that contribute to running a safe and effective physical activity session.
- 2 Deliver a safe and effective physical activity session informed by evidence.

## Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

Portfolio	1
VLOG of Practical Delivery	2

## Outline Syllabus

*Planning: Planning and organising sessions; Addressing Safety; Understanding different settings; Meeting the needs of the participants*

*Delivery Skills: Leadership; Communication; Observation and Feedback; Explaining and demonstrating.*

*Session Outcomes: Putting learning objectives at the heart of the content that supports physiological, psycho-social and cognitive development; Warm ups: their purpose; Foundational movement skills; Games and Fun; Progressing and differentiating activities.*

## Learning Activities

Lectures  
Seminars  
Practical sessions  
Online self-directed learning tasks  
Tutorial support

## Notes

This module is part of the School of Sport and Exercise Science Foundation Year and is the module that provides the Teaching and Coaching element of the programme.