

Liverpool John Moores University

Title: AN INTRODUCTION TO SPORTS SCIENCE & ITS APPLICATION
Status: Definitive
Code: **4004COACH** (103745)
Version Start Date: 01-08-2016

Owning School/Faculty: Sports Studies, Leisure and Nutrition
Teaching School/Faculty: Sports Studies, Leisure and Nutrition

Team	Leader
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Academic Level: FHEQ4
Credit Value: 24
Total Delivered Hours: 54
Total Learning Hours: 240
Private Study: 186

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	24
Practical	10
Seminar	12
Tutorial	6

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Report	AS1	Case Study Coach Report and Athlete Report (3,000)	50	
Exam	AS2	Examination	50	2

Aims

To provide students with an introduction to sports science concepts. This will include an exploration of psychology, physiology, and biomechanics in relation to sports performance and coaching practices

Learning Outcomes

After completing the module the student should be able to:

- 1 Explore three key distinct areas of sports science and their application to sports performance.
- 2 Evaluate the importance of sports science principals to the coaching process.
- 3 Identify links between the three key principles to assist coaching practice.
- 4 Explore the significance of sports science practioners

Learning Outcomes of Assessments

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

Report	1	2	3	4
EXAM	1	2	3	

Outline Syllabus

Psychology- motivation principles, concentration, Anxiety theory

Understanding the sports performer

Goal setting and the impact on athlete/coach relationship

Physiology- Understanding Energy systems, training principles and periodisation, injury prevention and treatment

Biomechanics- Exploring fundamental movement principles, technique analysis of performance, skill acquisition and development

Learning Activities

Lectures

Workshops

Lab Work

Group Tutorials

Notes

The purpose of this module is to provide students with a generic understanding of the dominant disciplines of sport and exercise science and how they can inform coaching practice.