

**Liverpool** John Moores University

Title: APPLIED SPORT AND EXERCISE SCIENCE FOUNDATIONS  
 Status: Definitive  
 Code: **4011SPOSCI** (117530)  
 Version Start Date: 01-08-2015

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

Team	Leader
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**Academic Level:** FHEQ4      **Credit Value:** 24.00      **Total Delivered Hours:** 48.00

**Total Learning Hours:** 240      **Private Study:** 192

**Delivery Options**

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	40.000
Tutorial	4.000
Workshop	4.000

**Grading Basis:** 40 %

**Assessment Details**

Category	Short Description	Description	Weighting (%)	Exam Duration
Test	Test		45.0	
Presentation	Poster		45.0	
WoW Skills Bronze	Reflection		10.0	

## **Aims**

*The module aims to introduce theoretical concepts underpinning inter-disciplinary applied sport and exercise science practice, and to familiarise and develop practical skills and techniques relevant to applied sport and exercise science settings.*

## **Learning Outcomes**

After completing the module the student should be able to:

- 1 Identify the skills and knowledge required of practitioners in applied sport and exercise settings.
- 2 Examine the roles, responsibilities and competencies required of practitioners in applied sport and exercise settings.
- 3 Identify and describe factors and organisations that support the development of athletes and practitioners.
- 4 Identify principles underpinning the promotion of physically active healthy lifestyles.
- 5 To identify and reflect upon the following aspects of personal development: Strengths and weaknesses, motivations and values, ability to work with others.

## **Learning Outcomes of Assessments**

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

In-Class test	1	2	3
Group Poster	4		
Bronze Statement & Reflection	5		

## **Outline Syllabus**

*Current issues in sport and exercise*

*Ethical issues in sport and exercise*

*UK sport governance*

*Applied practice in sport and exercise science*

*Reflective practice in sport and exercise*

*World of Work: developing self-awareness*

*Physical activity, public health and health promotion*

*Behavioural research: physical activity measurement*

## **Learning Activities**

Students are expected to attend time-tabled lectures and are encouraged to utilise the available directed learning/private study time to get advice from module staff

and/or conduct essential reading. Some of the teaching sessions will require students to engage in personal development tasks. In addition, some teaching sessions will contain workshop based activities where students will be required to use their group collaboration, analytical, statistical and problem solving skills to enhance their own learning and problem solve. Students should complete the required and recommended reading to widen their knowledge and understanding and their ability to apply material. Students will be required to evidence this in the three assessments.

## **Notes**

This module is designed to introduce students to important theoretical concepts and practical skills in applied sport and exercise science practice. This will be evaluated by the completion of the relevant assessment tasks. This module will incorporate support strategies in an attempt to ensure student progression. This will include feed forward and feedback on assessment and personal tutorial support. This module will provide students with the opportunity to complete the World of Work Bronze stage on self-awareness.