

Liverpool John Moores University

Title: Scientific Foundations of PE & Sport
Status: Definitive
Code: **4013PESD** (117090)
Version Start Date: 01-08-2016

Owning School/Faculty: Education
Teaching School/Faculty: Education

Team	Leader
Stuart Fairclough	Y

Academic Level: FHEQ4 **Credit Value:** 24 **Total Delivered Hours:** 48
Total Learning Hours: 240 **Private Study:** 192

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	43
Online	1
Seminar	2
Tutorial	2

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	ASS 1		50	
Presentation	ASS 2		50	

Aims

The module aims to [1] introduce trainees to the basic processes of children's growth and development, and the principles underpinning exercise psychology and physiology; and [2] consider the implications of these concepts for teaching and learning in physical education

Learning Outcomes

After completing the module the student should be able to:

- 1 Describe the fundamental processes and theories underpinning children's physical, motor and affective development.
- 2 demonstrate an understanding and appreciate the implications of children's growth and development for physical education teaching and learning
- 3 describe psychological theories relating to physical activity motivation and adherence
- 4 apply motivational theories to children in physical activity contexts, including physical education
- 5 describe the role of the energy systems during rest and exercise
- 6 demonstrate an understanding of how physique and body type affect physical activity participation

Learning Outcomes of Assessments

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

Essay	1	2	3	4
Presentation	5	6		

Outline Syllabus

Physical and physiological growth and maturation in relation to the skeletal and muscular system

Motor development and skill acquisition

Principles of safe and effective exercise in children

Introduction to exercise psychology

Body composition and physique

Energy systems, exercise and physiological adaptations.

Periodisation and training programme design

Learning Activities

Theoretical concepts and principles will be introduced and developed through a combination of lead lectures and related activities.

Group seminars will be utilized as a forum for discussion of issues raised within the lead lecture session.

Opportunities will be available, where appropriate for individual tutorials and feedback session.

Trainees will also be involved in a range of Self Directed Tasks (SDT) which will be completed as independent study.

Trainees will be required to complete background reading and preparations before lecture and seminar sessions, in order to aid their contribution to discussions / debates from an informed point of view.

Notes

The course will address

Physical and physiological growth and maturation in relation to the skeletal and muscular system

Motor development and skill acquisition

Principles of safe and effective exercise in children

Introduction to exercise psychology

Body composition and physique

Energy systems, exercise and physiological adaptations

Periodisation