Liverpool John Moores University

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Title:	AnIntroduction to Sport Science and its Application
Status:	Definitive
Code:	**4014COACH** (117298)
Version Start Date:	01-08-2016
Owning School/Faculty:	Sports Studies, Leisure and Nutrition
Teaching School/Faculty:	Sports Studies, Leisure and Nutrition

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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	32
Practical	6
Seminar	9
Tutorial	1

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Exam	as.1		50	
Report	as.2	Coach and Athlete report for an indivdiual performer	50	

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 the key areas of sports science; physiology, psychology and biomechanics
2 Explain the importance of sports science principles to the coaching process.
3 Identify links between the three key Sport Science principles to assist different populations.
4 Demonstrate an understanding of the impact of sports science on sporting performance.

Learning Outcomes of Assessments

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

2hr EXAM	1	4
3000 word report	2	3

Outline Syllabus

(1) Psychology- Goal Setting, Motivation Principles, Concentration, Anxiety theory, Personality and application to performers (2) Physiology- Energy systems, training principles, injuries and application to performer (3) Biomechanics- Movement principles and application to performers

Learning Activities

Students will engage in lectures, seminars and independent to investigate the underpinning sports science principles of psychology, physiology and biomechanics.

Students will also apply these principles to different populations and scenarios to demonstrate application and understanding.

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.