

Module Information

2022.01, Approved

Summary Information

Module Code	4504SSLNEF
Formal Module Title	Motor Learning and Skill Acquisition for Coaching
Owning School	Sport and Exercise Sciences
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 4
Grading Schema	40

Teaching Responsibility

LJMU Schools involved in Delivery
LJMU Partner Taught

Partner Teaching Institution

Institution Name
Everton Football College

Learning Methods

Learning Method Type	Hours
Lecture	14
Off Site	3
Practical	10
Tutorial	1
Workshop	12

Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
JAN-PAR	PAR	January	12 Weeks

Aims and Outcomes

Aims	This module will provide students with knowledge on motor skill development and performance, specifically related to sport and exercise. This will enable students to deliver coaching, exercise and training sessions in a variety of settings and to a variety of clients; as well as the confidence to be able to justify why the sessions are being implemented.
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After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Identify and evaluate theories on the development of motor skills and apply ideas to a sporting context
MLO2	2	Provide evidence of a breadth and depth of understanding of the individual, task and environmental constraints which influence sport performance
MLO3	3	Identify, retrieve, collate and analyse relevant information supported by relevant evidence/use of sources for the practical application of motor skill development in sport
MLO4	4	Clearly communicate information and ideas in an appropriate academic writing style, referencing a range of different types of sources

Module Content

Outline Syllabus	This module considers information processing, changes in skill levels and the measurement of these skills, constraining factors and abilities on skill performance, motor development and motor control theories. Delivery of motor skill development techniques, learning styles, feedback techniques, as well as the ability of athletes to retain information and transfer it into their performance are also considered.
Module Overview	This module provides knowledge on motor skill development and performance, specifically related to sport and exercise. This will enable you to deliver coaching, exercise and training sessions in a variety of settings and to a variety of clients, as well as providing the confidence to justify why the sessions are being implemented.
Additional Information	This is both a classroom and practical module requiring students to undertake work related learning. Students will be assessed by a written report and a portfolio.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Portfolio	Portfolio	100	0	MLO1, MLO2, MLO3, MLO4

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Cath Walker	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings
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