

Liverpool John Moores University

Title: Sport Related Theory 3
Status: Definitive
Code: **4504YAUPE** (127910)
Version Start Date: 01-08-2021

Owning School/Faculty: Sport and Exercise Sciences
Teaching School/Faculty: Yunnan Agricultural University

Team	Leader
Matthew Andrew	Y

Academic Level: FHEQ4
Credit Value: 20
Total Delivered Hours: 46
Total Learning Hours: 200
Private Study: 154

Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	30
Seminar	10

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Exam	Exam	Exam related of sports biochemistry and the theory linked to physical education.	35	2
Exam	Exam	Exam related of motor skills and control and the theory linked to physical education.	35	2
Exam	Exam	Exam related of sorts psychology and the theory linked to physical education.	30	2

Aims

This module is designed to provide students the opportunity to develop an understanding of the multidisciplinary aspects underpinning performing sports and

physical education, with particular reference to sports biochemistry, motor skills learning and control, and sports psychology. In order to fulfil the requirements of the Ministry of Education in China, students must have understanding of these underpinning processes of physical education and how to teach these in the physical education curriculum. Upon completion of this module, students will understand how each of these aspects contribute towards performance of sport and physical education.

Learning Outcomes

After completing the module the student should be able to:

- 1 Define and describe key components of sports biochemistry and the underlying components which contribute towards sports performance and physical education.
- 2 Define and describe key components of motor skills learning and control and the underlying components which contribute towards skill acquisition, sports performance and physical education.
- 3 Define and describe key components of sports psychology and the underlying components/theories which contribute towards sports performance and physical education.

Learning Outcomes of Assessments

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

Biochemistry Exam	1
Motor Skills Exam	2
Psychology Exam	3

Outline Syllabus

Teaching and learning methods will predominantly include lectures and seminars. The taught component of the module explores a range of aspects surrounding sport and physical education. Specific examples of the aspects to be explored include:

- 1. Sports biochemistry – underlying aspects of sports biochemistry which underpin sporting actions. Understanding the key components (e.g. muscle metabolism) to teach physical education theory (inline with MoE requirements and the curriculum).*
- 2. Motor skills learning and control – underlying aspects of skill acquisition and motor control which link to physically executing sporting actions. Understanding the key aspects to teach physical education theory (inline with MoE requirements and the curriculum).*
- 3. Sports psychology – underlying aspects of sports psychology which link to sports performance and physical education. Understanding the key components to teach physical education theory (inline with MoE requirements and the curriculum).*

Learning Activities

Students are expected to attend time-tabled lectures and seminars are encouraged to utilise the available directed learning/private study time to get advice from module staff and/or conduct essential reading. During the lectures and seminar sessions they are expected to engage with and contribute to the learning environment through discussion and practice (in various physical education contexts). Some of the teaching sessions may contain group work where students will be required to communicate and work as a team with others to enhance their own learning. Students should complete any required and recommended reading to widen their knowledge and understanding. Students will be required to evidence this during their exam assessments and any teaching they may conduct.

Notes

This module is designed to introduce students to a of wider theoretical aspects of education that can be linked to physical education. The module will be evaluated by the completion of appropriate 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.