

## Sport Related Theory 3

### Module Information

2022.01, Approved

#### Summary Information

Module Code	4504YAUPE
Formal Module Title	Sport Related Theory 3
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
Yunnan Agricultural University

#### Learning Methods

Learning Method Type	Hours
Lecture	30
Seminar	10

#### Module Offering(s)

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

## Aims and Outcomes

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.
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**After completing the module the student should be able to:**

### Learning Outcomes

Code	Number	Description
MLO1	1	Define and describe key components of sports biochemistry and the underlying components which contribute towards sports performance and physical education.
MLO2	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.
MLO3	3	Define and describe key components of sports psychology and the underlying components/theories which contribute towards sports performance and physical education.

## Module Content

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).
Module Overview	
Additional Information	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.

## Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Exam	Biochemistry Exam	35	2	MLO1
Exam	Motor Skills Exam	35	2	MLO2
Exam	Psychology Exam	30	2	MLO3

## Module Contacts

**Module Leader**

Contact Name	Applies to all offerings	Offerings
Matthew Andrew	Yes	N/A

**Partner Module Team**

Contact Name	Applies to all offerings	Offerings
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