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Title: APPLIED SPORT AND EXERCISE SCIENCE PRINCIPLES
 Status: Definitive
 Code: **5012SPOSCI** (117536)
 Version Start Date: 01-08-2019

Owning School/Faculty: Sport and Exercise Sciences
 Teaching School/Faculty: Sport and Exercise Sciences

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Academic Level: FHEQ5 **Credit Value:** 24 **Total Delivered Hours:** 46

Total Learning Hours: 240 **Private Study:** 194

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	29
Practical	10
Workshop	7

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Practice	Practicals		75	
Essay	Essay		25	

Aims

To develop the student's knowledge and practical skills/competencies required of practitioners in various applied sport and exercise disciplines and to develop knowledge of implementation and evaluation of exercise programmes.

Learning Outcomes

After completing the module the student should be able to:

- 1 Apply the competencies required of practitioners in delivering strength and conditioning activity
- 2 Apply the competencies required of practitioners in conducting physiological/performance assessment
- 3 Apply the competencies required of practitioners in assessing and providing feedback on nutrition for sport and exercise
- 4 Apply scientific principles of training to devise and monitor periodised sport-specific training programmes
- 5 Reflect on applied practice in sport and exercise science
- 6 Evaluate the knowledge and skills required to promote physically active healthy lifestyles and evaluate physical activity promotion programmes

Learning Outcomes of Assessments

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

Applied practice competencies	1	2	3	4	5
Review of exercise programmes	5	6			

Outline Syllabus

Ethical issues in sport and exercise

Reflective Practice

Training Principles and Periodisation

Endurance Training

Speed Training

Resistance Training

Physiological and Performance Assessment

Monitoring Training Programmes

Injury Prevention

Sports Nutrition

Physical Activity Promotion

Measuring Physical Activity and Sedentary Behaviour

Learning Activities

Students are expected to attend time-tabled lectures, practicals and workshops and are also encouraged to utilise the available directed learning/private study time and/or conduct essential reading to widen their knowledge and understanding and their ability to apply material. In addition, teaching sessions will contain practical based activities where students will be required to practise and develop their applied skills to enhance their own learning and competencies. Students will be required to evidence this in the module examination.

Notes

This module is designed to develop the student's knowledge and practical skills/competencies required of practitioners in applied sport and exercise disciplines and to develop students' knowledge of implementation and evaluation of exercise programmes. This will be evaluated by the completion of the relevant assessment tasks, which will largely take the form of practical based assessments. This module will incorporate support strategies in an attempt to ensure student progression. This will include various teaching practical activities, feedforward on assessments and workshops.