

Summary Information

Module Code	5101SPOSCI
Formal Module Title	Applied Sport and Exercise Principles
Owning School	Sport and Exercise Sciences
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 5
Grading Schema	40

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Jamie Pugh	Yes	N/A

Module Team Member

Contact Name	Applies to all offerings	Offerings
David Low	Yes	N/A
Zoe Knowles	Yes	N/A
Julien Louis	Yes	N/A
Jose Areta	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings
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Teaching Responsibility

LJMU Schools involved in Delivery
Sport and Exercise Sciences

Learning Methods

Learning Method Type	Hours
Lecture	18
Online	5
Practical	12
Seminar	1
Tutorial	8
Workshop	7

Module Offering(s)

Offering Code	Location	Start Month	Duration
SEP-CTY	CTY	September	12 Weeks

Aims and Outcomes

Aims	To develop the student's knowledge of the practical skills/competencies required of practitioners in various applied sport and exercise disciplines.
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Learning Outcomes

After completing the module the student should be able to:

Code	Description
MLO1	Discuss the knowledge required of practitioners in delivering strength and conditioning activity
MLO2	Demonstrate knowledge of the skills required of practitioners in assessing and providing feedback on nutrition for sport and exercise
MLO3	Demonstrate knowledge of the skills required of practitioners in conducting physiological/performance assessment

Module Content

Outline Syllabus

Sports Nutrition Reflective Practise Training Principles and Periodisation Endurance Training Speed Training Resistance Training Physiological and Performance Assessment Monitoring Training Programmes Applied sports psychology and performance lifestyle support

Module Overview

The aim of this module is to develop your knowledge of the practical skills/competencies required of practitioners in various applied sport and exercise disciplines.

Additional Information

This module is designed to develop the student's knowledge of the 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 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 personal tutorial support.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Learning Outcome Mapping
Presentation	Presentation	50	0	MLO2
Test	Online test	50	0	MLO3, MLO1