

Liverpool John Moores University

Title: APPLIED SPORT AND EXERCISE PRINCIPLES
Status: Definitive
Code: **5101SPOSCI** (123201)
Version Start Date: 01-08-2021

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

Team	Leader
Daniel Owens	Y
Gillian Cook	
Jose Areta	
Julien Louis	
David Low	
Zoe Knowles	

Academic Level: FHEQ5 **Credit Value:** 20 **Total Delivered Hours:** 51

Total Learning Hours: 200 **Private Study:** 149

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	18
Online	5
Practical	12
Seminar	1
Tutorial	8
Workshop	7

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Presentation	Pres	Presentation (dietary analysis and feedback)	50	
Test	Test	Online canvas assessment (physiological assessment and strength and conditioning)	50	

Category	Short Description	Description	Weighting (%)	Exam Duration
		principles)		

Aims

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

Learning Outcomes

After completing the module the student should be able to:

- 1 Discuss the knowledge required of practitioners in delivering strength and conditioning activity
- 2 Demonstrate knowledge of the skills required of practitioners in assessing and providing feedback on nutrition for sport and exercise
- 3 Demonstrate knowledge of the skills required of practitioners in conducting physiological/performance assessment

Learning Outcomes of Assessments

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

Presentation	2	
Online test	1	3

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

Learning Activities

Students are expected to attend lectures, seminars 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. Students will be required to evidence their understanding of the skills required of an applied sports science practitioner in the module examinations.

Notes

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.