

Liverpool John Moores University

Title: Interdisciplinary Considerations for Programme Design
Status: Definitive
Code: **6462SSLN** (123006)
Version Start Date: 01-08-2021

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

Team	Leader
Nicola Rowley	Y

Academic Level: FHEQ6
Credit Value: 20
Total Delivered Hours: 40

Total Learning Hours: 200
Private Study: 160

Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	25
Practical	15

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Portfolio	AS 1	Portfolio (4500 word equivalent)	100	

Aims

This module seeks to integrate the principles of S&C to produce an annual training plan. Students will need to demonstrate the ability to critically evaluate the key concepts and challenges of programme design and delivery and how the interdisciplinary team work together to provide bespoke performance solutions. In particular, students will develop an understanding of how programme design is challenged by different population groups (age and level of maturity), injury status and sporting contexts.

The module will be delivered in classrooms and practical spaces.

Learning Outcomes

After completing the module the student should be able to:

- 1 Critically appraise and apply key concepts within the design of an annual training programme
- 2 Evaluate how an applied practitioner may create performance solutions for various participants along the sporting pathway

Learning Outcomes of Assessments

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

Portfolio	1	2
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Outline Syllabus

1. Critically appraise and apply key concepts within the design of an annual training programme

- periodisation theories including adaption and recovery insights into the design of both macro and at a micro level.

- knowing the determinants of performance for the sport / position selected

2. Evaluate how an applied practitioner may create performance solutions for various participants along the sporting pathway.

- identifying a case studies strengths and weaknesses to the develop performance solutions in line with the determinants of performance model

- be able to understand and track progression by outline testing/tracking methods.

Learning Activities

The module will be delivered through lecture based workshops, practical sessions, online tasks, individual/group tasks and tutor support sessions.

Notes

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