

## Module Information

2022.01, Approved

### Summary Information

|                     |  |
|---------------------|--|
| Module Code         | 7512SPOSCI                                 |
| Formal Module Title | Performance Analysis for Individual Sports |
| Owning School       | Sport and Exercise Sciences                |
| Career              | Postgraduate Taught                        |
| Credits             | 20   |
| Academic level      | FHEQ Level 7                               |
| Grading Schema      | 50   |

### Teaching Responsibility

|                                   |
|-----------------------------------|
| LJMU Schools involved in Delivery |
| LJMU Partner Taught               |

### Partner Teaching Institution

|                      |
|----------------------|
| Institution Name     |
| Portobello Institute |

### Learning Methods

| Learning Method Type | Hours |
|----------------------|-------|
| Lecture              | 24    |
| Practical            | 24    |
| Seminar              | 10    |

### Module Offering(s)

| Display Name | Location | Start Month | Duration Number Duration Unit |
|--------------|----------|-------------|-------------------------------|
| SEP-PAR      | PAR      | September   | 12 Weeks                      |

## Aims and Outcomes

|      |   |
|------|---|
| Aims | The module aims to provide an understanding of physiological, technical, and tactical factors of sports performance using both general principles and sports-specific scenarios. Students will develop their theoretical knowledge and applied skills of assessment and analysis across a range of individual performance domains. Students will develop critical thinking skills required for performance analysis and translation of performance analysis information to practical training programme design. |
|------|---|

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

### Learning Outcomes

| Code | Number | Description  |
|------|--------|--|
| MLO1 | 1      | Create a performance analysis system for individual sports settings.                       |
| MLO2 | 2      | Assess and report on performance parameters for individual sports settings.                |
| MLO3 | 3      | Evaluate both lab-based and ecological performance analysis in individual sports settings. |

## Module Content

|                        |   |
|------------------------|---|
| Outline Syllabus       | Introduction to performance analysis Introduction to performance planning Exploring the role of performance analysis in training design Conducting a needs analysis for individual sport Types and application of performance analysis for individual sport Performance analysis for recreational activities Performance analysis for elite individual sport Technical and Tactical monitoring in individual sport Technology and software for performance analysis Practical implementation of analysis procedures in sport  |
| Module Overview        |   |
| Additional Information | This module provides students the opportunity to critically understand the theoretical underpinning and explore the application of a variety of analysis approaches to assesses individual sports performance and to develop/implement appropriate interventions. Using both field and laboratory approaches students will develop high-quality fundamental skills to collect, interpret and disseminate performance data for individual athletes to different professional groups (e.g. coaches, support staff, athletes). Students' knowledge and skills will be assessed through completion of individual assignments. Students are presented with opportunities to gain peer and lecturer formative feedback on their assessment within small group seminar sessions and individual tutor meetings that take place throughout the semester. |

## Assessments

| Assignment Category | Assessment Name   | Weight | Exam/Test Length (hours) | Module Learning Outcome Mapping |
|---------------------|-------------------|--------|--------------------------|---------------------------------|
| Report              | Laboratory Report | 50     | 0                        | MLO1, MLO2, MLO3                |
| Presentation        | Oral Presentation | 50     | 0                        | MLO1, MLO2, MLO3                |

## Module Contacts

**Module Leader**

| Contact Name  | Applies to all offerings | Offerings |
|---------------|--------------------------|-----------|
| Sigrid Olthof | Yes                      | N/A       |

**Partner Module Team**

| Contact Name | Applies to all offerings | Offerings |
|--------------|--------------------------|-----------|
|--------------|--------------------------|-----------|