

<b>Module Code:</b>	SPT410
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<b>Module Title:</b>	Fundamental Movement Skills
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<b>Level:</b>	4	<b>Credit Value:</b>	20
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<b>Cost Centre(s):</b>	GASP	<u>JACS3</u> code:	C600,C601
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<b>School:</b>	Social & Life Sciences	<b>Module Leader:</b>	Jonathon Hughes
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Scheduled learning and teaching hours	40 hrs
Guided independent study	160 hrs
Placement	0 hrs
<b>Module duration (total hours)</b>	<b>200 hrs</b>

<b>Programme(s) in which to be offered (not including exit awards)</b>	Core	Option
BSc (Hons) Sports Coaching and Performance Development	✓	<input type="checkbox"/>
BSc (Hons) Sport, Health and Performance Science	✓	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>

<b>Pre-requisites</b>

**Office use only**

Initial approval: 13/08/2018

Version no: 3

With effect from: 03/09/2018

Date and details of revision:

Version no: 3

## Module Aims

*This module aims to:*

- Assess a range of sport/performance environments
- Examine the mental and physical developments that take place during sport/exercise participation

## Intended Learning Outcomes

Key skills for employability

KS1	Written, oral and media communication skills
KS2	Leadership, team working and networking skills
KS3	Opportunity, creativity and problem solving skills
KS4	Information technology skills and digital literacy
KS5	Information management skills
KS6	Research skills
KS7	Intercultural and sustainability skills
KS8	Career management skills
KS9	Learning to learn (managing personal and professional development, self-management)
KS10	Numeracy

At the end of this module, students will be able to

Key Skills

At the end of this module, students will be able to		Key Skills	
1	Describe the fundamental movement skills that underpin sport / exercise	KS1	KS2
		KS4	KS6
2	Describe how one's appraisal of a sporting / exercise situation impacts upon affective/behavioural/cognitive states.	KS1	KS2
		KS4	KS6
		KS9	
3	Describe how knowledge of mental and physical development can be used to explain sport / exercise participation.	KS1	KS2
		KS3	KS4
		KS6	
4	Identify how the physical literacy framework could inform the development of an individual in a sport / exercise setting.	KS1	KS2
		KS3	KS4
		KS6	

## Transferable skills and other attributes

Communicating clearly in groups and individually, developing and demonstrating IT skills, problem solving, team-working and self-management skills.

**Derogations**

N/A

**Assessment:**

Indicative Assessment Tasks:

Assessment 1: **Presentation**. The students will complete a group presentation illustrating the fundamental movement patterns that underpin a sport / activity and describe how a performer's appraisal might affect how they approach the situation. Students will complete a written element to support the presentation. The students must also submit evidence for their contribution to the presentation.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)	Duration (if exam)	Word count (or equivalent if appropriate)
1	1,2,3,4	Presentation	100 %		30 Mins (+ written supporting evidence)

**Learning and Teaching Strategies:**

Group practical sessions to engage in the sport/exercise situation, small group work, workshops, lectures, seminars and group tutorials.

**Syllabus outline:**

- ABC Models of profiling sports & the development of performance
- Agility, Balance & Coordination
- Affect, Behaviour, Cognition
- Autonomy, Belonging, Competence (motivational climate)
- Physical literacy and fundamental skills
- Rules/laws of sports
- Analysis and profiling of a range of sports / exercise environments (eg individual sports: swimming, cycling, running, yoga; racket sports: badminton, tennis, squash; striking sports, cricket, rounders/softball; team invasion games, rugby, football, netball, lacrosse, hockey, wheelchair basketball)

## Indicative Bibliography:

### Essential reading

<http://physicalliteracy.sportwales.org.uk/en/health-professionals/>

Almond, L and Whitehead, M. (2012), *Physical Literacy: Clarifying the Nature of the Concept. Physical Education Matters*, Vol. 7 (1).

Strand, B. N. and Wilson, R. (1993), *Assessing Sport Skills*. Human Kinetics Publishers.

Whitehead, M. (2010), *Physical Literacy throughout the Lifecourse*. London and New York: Routledge.

### Other indicative reading

Basketball England. (2006), *Basketball: Know the Game*. 3<sup>rd</sup> ed. A & C Black (Publishers) Ltd.

English Hockey Association. (2008), *Hockey: Know the Game*. 4<sup>th</sup> ed. A & C Black (Publishers) Ltd.

Marylebone Cricket Club. (2004), *Cricket: Know the Game*. 4<sup>th</sup> ed. A & C Black (Publishers) Ltd.

Volleyball England. (2006), *Volleyball: Know the Game*. 3<sup>rd</sup> ed. A & C Black (Publishers) Ltd.

Range of websites from Governing Bodies e.g.:

Disability Sports

<http://www.disabilitysportwales.com/>