

Module Code:	SPT511
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Module Title:	Training for Sport and Exercise
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Level:	5	Credit Value:	20
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Cost Centre(s):	GASP	<u>JACS3</u> code:	C600,C601
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School:	Social & Life Sciences	Module Leader:	Jonathon Hughes
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Scheduled learning and teaching hours	35 hrs
Guided independent study	165 hrs
Placement	0 hrs
Module duration (total hours)	200 hrs

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

Pre-requisites

Office use only

Initial approval: 13/08/2018

Version no: 3

With effect from: 02/09/2018

Date and details of revision:

Version no: 3

Module Aims

This module aims to:

- Develop methods of application and integration of theoretical knowledge gained in other modules being studied concurrently, to the practical sport/exercise undertaken;
- Apply contemporary research to the sport/exercise specific area;
- Provide students with coaching, teaching and/or instructing knowledge and skills, including those required for different levels of ability.

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	Use an evidence base to analyse and appraise the requirements of a sport/exercise.	KS 6	
2	Analyse and appraise performance in a practical demonstration of the sport/exercise in a safe effective manner.	KS 10	KS2
		KS 3	
3	Show evidence of personal reflection upon working with a client in a practical sport/exercise situation.	KS 9	
4	Apply contemporary research to develop appropriate training activities to improve an athlete in a sport/exercise setting.	KS 5	KS 2
		KS 10	KS 3

Transferable skills and other attributes

Students will demonstrate self-reliance when working independently, and co-operation when working in groups; communicate succinctly and eloquently in written, oral and other relevant presentation formats; utilise self reflection, evaluation and appraisal; demonstrate an ability to plan and effectively manage the learning and work environment.

Derogations

N/A

Assessment:

Indicative Assessment Tasks:

Assessment 1: Coursework.

The student will produce a document showing a periodised training plan for an athlete in a particular sport/exercise. The periodised training plan will be conducted with a client. Scientific justification will be given for decisions made during the construction of the programme. A reflective appraisal of the student's skills/ performance during time with the client will be completed.

During the conducted programme:

Assessment 2: Practical.

Students will be expected to select a major movement for a chosen sport/exercise, then propose, demonstrate and advise a client in a progression of exercises to improve the selected movement. Students are awarded marks for demonstration, instruction, correction and explanation of sport and exercise science principles.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)	Duration (if exam)	Word count (or equivalent if appropriate)
1	1,3,4	Coursework	75 %		3000 words
2	2	Practical	25%		10 mins

Learning and Teaching Strategies:

This module will be taught by a series of practical experiences which students will be expected to attend. Seminars will be used to explain the theory underpinning the practical aspects of the module. The module is both staff and student/group led, with an equal split.

Syllabus outline:

- Health and Safety
- Types of training:
- Principles of training
- Aerobic
- Functional Training
- Specificity
- Periodisation (programme design)
- Strength
- Speed training
- Agility training
- Plyometric training

Indicative Bibliography:**Essential reading Guidance:**

ACSM (2006). *Guidelines for Exercise Testing and Prescription*. 7th Edition. Baltimore: Williams and Wilkins.

Adams, G. (2011). *Exercise Physiology: Laboratory Manual*. 6th Ed. New York: McGraw-Hill.

Buckworth, J. Dishman, R. (2013), *Exercise Psychology*. Champaign, IL: Human Kinetics.

Pescatello, L.S. (ed.) (2014), *Guidelines for Exercise Testing and Prescription*. 9h Edition. Philadelphia: Wolters Kluwer/Lippincott Williams & Wilkins Health

Other indicative reading

Heyward, V.H. (2014), *Advanced Fitness Assessment & Exercise Prescription*. 7th ed. Champaign, IL: Human Kinetics.

Maud, P.J. and Foster, C. (Ed.). (2006), *Physiological Assessment of Human Fitness*. 2nd ed. Champaign, IL: Human Kinetics.

Maughan, R. and Gleeson, M. (2010), *The Biochemical Basis of Sports Performance*. Oxford: Oxford University Press.