

Module specification

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Refer to guidance notes for completion of each section of the specification.

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|--------------|--|
| Module Code | SPC404 |
| Module Title | Analysing Performance: Making a Difference |
| Level | 4 |
| Credit value | 20 |
| Faculty | SLS |
| HECoS Code | 100095 |
| Cost Code | GASP |

Programmes in which module to be offered

| Programme title | Is the module core or option for this programme |
|----------------------------------|---|
| FdSc Coaching: Sport and Fitness | Core |

Pre-requisites

None

Breakdown of module hours

| | |
|--|----------------|
| Learning and teaching hours | 18 hrs |
| Placement tutor support | 0 hrs |
| Supervised learning e.g., practical classes, workshops | 18 hrs |
| Project supervision (level 6 projects and dissertation modules only) | 0 hrs |
| Total active learning and teaching hours | 36 hrs |
| Placement / work-based learning | 0 hrs |
| Guided independent study | 164 hrs |
| Module duration (total hours) | 200 hrs |

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|------------------------------|----------|
| For office use only | |
| Initial approval date | 30/05/22 |
| With effect from date | 01/09/22 |
| Date and details of revision | |
| Version number | 1 |

Module aims

This module aims to...

- Introduce and develop knowledge, understanding and analysis of sporting performance through technique analysis.
- Introduce and develop knowledge, understanding and analysis of tactical performance through notation analysis.
- Study how performance analysis can inform the coaching practitioner, sports official and athlete.
- Use a variety of tools and techniques to study gross and fine movements and technical / tactical patterns in sport.

Module Learning Outcomes - at the end of this module, students will be able to:

| | |
|---|--|
| 1 | Demonstrate a comprehension of simple technique analysis principles involved in sport, exercise, or recreational environments. |
| 2 | Demonstrate an ability to use bespoke equipment / technology for effective performance analysis. |
| 3 | Design an appropriate system for analysing aspects of performance within a sporting, exercise, or recreational context. |
| 4 | Explain how performance analysis processes can be used to assess performance in sport. |

Assessment

Indicative Assessment Tasks:

This section outlines the type of assessment task the student will be expected to complete as part of the module. More details will be made available in the relevant academic year module handbook.

Assessment 1: **Portfolio (2000 words)** The students will produce a portfolio that will demonstrate the ability to record a sporting action using an appropriate technology. They will

use the recorded action to effectively identify and describe the technical elements within the movement that are important for correct execution.

Assessment 2: **Coursework (2000 words)** The student will produce a piece of work which will include a review of the literature relating to notation analysis in sport and associated settings. They will use this information to design an appropriate system for analysing tactical performance. This system will be applied using appropriate computer software to analyse the activity and describe how the outcome of the analysis can be used to guide performance.

| Assessment number | Learning Outcomes to be met | Type of assessment | Weighting (%) |
|-------------------|-----------------------------|--------------------|---------------|
| 1 | 1 & 2 | Portfolio | 50 |
| 2 | 3 & 4 | Coursework | 50 |

Derogations

N/A

Learning and Teaching Strategies

The module will be delivered using blended learning techniques and the universities Active Learning Framework (ALF). This will include in-person sessions, online video conferencing (synchronous content) and student directed online resources (asynchronous content). The use of workshops and practical exercises will allow students to understand the content and use of the processes being taught.

This module involves a significant amount of applied learning which uses computer software recognised within industry. This software is provided by the university for student use.

Formative assessment will be incorporated within this module to support the students learning journey, providing a framework and direction for the summative assessments.

Indicative Syllabus Outline

The syllabus will include the following:

- Introduction to motor skill development.
- Understanding to skill acquisition.
- The use of qualitative biomechanical processes to determine technical advantages.
- Understanding the role of Physics within human movement.
- The use of IT, Qualisys software and recording media to analyse technique analysis in sport and recreational activities.

- The use of hand and computerised notation systems in the analysis of sport (use of, benefits and limitations).
- The use of types of feedback (knowledge of performance, knowledge of results, verbal, visual and video).
- The use of hand and computerised notation systems in the analysis of sport (use of, benefits and limitations).
- Introduction to the use of Notational Software.
- The use of feedback (knowledge of performance, knowledge of results, verbal, visual and video).

Indicative Bibliography:

Please note the essential reads and other indicative reading are subject to annual review and update.

Essential Reads

Hughes, M. and Franks, I. (2015), *The Essentials of Performance Analysis*. London: Routledge.

Knudson, D. V. (2012), *Qualitative Diagnosis of Human Movement: Improving Performance in Sport and Exercise*. 3rd ed. Champaign, IL: Human Kinetics.

McGarry, T., O'Donoghue, P., and Sampaio, J. (2013), *Routledge Handbook of Sports Performance Analysis*. London: Routledge.

Other indicative reading

Blazevich, J. (2017), *Sports Biomechanics, the Basics: Optimising Human Performance*. 3rd ed. London: Bloomsbury.

Franks, I. and Hughes, M. (2016), *Soccer Analytics: Successful Coaching Through Match Analysis*. Maidenhead: Meyer & Meyer Sport.

O'Donoghue, P. (2014), *An Introduction to Performance Analysis of Sport*. 2nd ed. London: Routledge.

Watkins, J. (2014), *Fundamental Biomechanics of Sport and Exercise*. London: Routledge.

Employability skills – the Glyndŵr Graduate

Each module and programme is designed to cover core Glyndŵr Graduate Attributes with the aim that each Graduate will leave Glyndŵr having achieved key employability skills as part of their study. The following attributes will be covered within this module either through the content or as part of the assessment. The programme is designed to cover all attributes and each module may cover different areas.

Core Attributes

Engaged
Enterprising
Creative
Ethical

Key Attitudes

Commitment
Curiosity
Resilience
Confidence
Adaptability

Practical Skillsets

Digital Fluency
Organisation
Leadership and Team working
Critical Thinking
Emotional Intelligence
Communication