Module specification

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

Module Code	SPC504
Module Title	Developing Performance – Technique Impacting Tactics
Level	5
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 & Fitness	Core

Pre-requisites

None

Breakdown of module hours

Learning and teaching hours	10 hrs
Placement tutor support	4 hrs
Supervised learning e.g. practical classes, workshops	16 hrs
Project supervision (level 6 projects and dissertation modules only)	0hrs
Total active learning and teaching hours	30 hrs
Placement / work-based learning	12 hrs
Guided independent study	158 hrs
Module duration (total hours)	200 hrs

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:

1. Apply technique analysis principles identified in the module 'Analysing Performance: Importance of Technique' to sport specific activities.
2. Highlight the importance of developing a range of 'real-time' assessment techniques to assist performance.
3. Expose students to a range of practical issues in conducting technique analysis.
4. Further develop feedback mechanisms for presenting technique-based data.

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

1	Apply the principles involved within technique analysis in sport (or recreational activities).
2	Evaluate effective practice that facilitates technique development
3	Ability to collect performance related data from an applied setting.
4	Apply an appropriate system for analysing tactical aspects of performance within a sporting or recreational context using notation analysis.

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: **Presentation (Poster)** (2,000 words) The student will construct a poster that identifies a course of action that could be implemented to see an improvement in overall performance, whilst clearly illustrating the role technique analysis and development plays in achieving this.

Assessment 2: **Presentation** The student will be expected to deliver a 20-minute presentation that utilises the feedback mechanisms provided within the notational software. The perspective will be that the student is providing the information for a coach within the selected environment.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1 & 2	Presentation	50
2	3 & 4	Presentation	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.

During WBL opportunities students will be required to complete and keep up to date a pre-constructed Work-Based Learning Portfolio, details of this will be provided at the commencement of the module.

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:

- Factors impacting effective movement
- Deterministic modelling
- Models in qualitative analysis of sports technique.
- The use of technology in technique analysis (Qualisys Coaching)
- Collection and presentation of technique analysis data.
- Validity and reliability of technique analysis methods.
- Intervention strategies to maximize the impact of performance analysis.
- Integration within the Coaching environment.
- Sport, position and individual athlete profiling
- Collection and presentation of performance analysis data.
- Validity and reliability of performance analysis methodologies.
- The use of computer software in notational analysis (Hudl Sportscode and Nacsport).

Indicative Bibliography:

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

Essential Reads

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

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

Other indicative reading

Bartlett, R. (2014), *Introduction to Sports Biomechanics: Analysing Human Movement Patterns.* 2nd Ed. London: Routledge.

Grimshaw, P., Cole, M., Burden, A. and Fowler, N. (2019), *Instant Notes in Sport & Exercise Biomechanics.* 2nd Ed. London: Routledge.

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

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

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

Payton, J. and Burden, A. (eds.) (2018), *Biomechanical Evaluation of Movement in Sport and Exercise*. Abingdon: 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