Prifysgol **Wrecsam**
Wrexham University

Module specification

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Module Code	SPC504
Module Title	Developing Performance – Technique Impacting Tactics
Level	5
Credit value	20
Faculty	SLS
HECoS Code	100095
Cost Code	GASP
Pre-requisite module	N/A

Programmes in which module to be offered

Programme title	Core/Optional/Standalone
FdSc Sports Coaching and Fitness	Core

Breakdown of module hours

Learning and teaching hours	12 hrs
Placement tutor support hours	2 hrs
Supervised learning hours e.g. practical classes, workshops	16 hrs
Project supervision hours	0hrs
Active learning and teaching hours total	**30 hrs**
Placement hours	12 hrs
Guided independent study hours	158 hrs
Module duration (Total hours)	**200 hrs**

Module aims

- Apply technique analysis principles identified in the module 'Analysing Performance: Importance of Technique' to sport specific activities.
- Highlight the importance of developing a range of 'real-time' assessment techniques to assist performance.
- Expose students to a range of practical issues in conducting technique analysis.
- 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	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.

Presentation (Poster) - 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.

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	Duration/Word Count	Weighting (%)	Alternative assessment, if applicable
1	1 – 2	Presentation	2000	50	N/A
2	3 - 4	Presentation	20 minutes	50	N/A

Derogations

N/A

Learning and Teaching Strategies

The module will be delivered using blended learning techniques and the university's Active Learning Framework (ALF). This will include in-person sessions, online video conferencing (synchronous content) and student-directed online resources (asynchronous content). 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 the industry. The university provides this software for student use.

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

Welsh Elements

The programmes will be delivered through the medium of English. Students are entitled to submit assessments in the medium of Welsh. If students wish to converse in Welsh, they will be assigned a Welsh speaking personal tutor. Students will be sign posted to relevant opportunities via the VLE and MS Teams page.

Indicative Syllabus Outline

- 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 maximise 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.

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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.

Administrative Information

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Initial approval date	30/05/2022
With effect from date	01/09/2022
Date and details of revision	18/07/2025 – module updated with the sports validation for Sept 2025
Version number	2