

## MODULE SPECIFICATION FORM

Module Title: <b>The Performance Environment</b>	Level: 3	Credit Value: 20
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Module code: SPT316	Cost Centre: GASP	JACS3 code: N/A
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Trimester(s) in which to be offered: 2&3	With effect from: September 2014
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<b>Office use only:</b> To be completed by AQSU:	Date approved: September 2014 Date revised: - Version no: 1
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Existing/New: New	Title of module being replaced (if any): N/A
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Originating Academic Department:	Sports and Exercise Science	Module Leader:	Jon Hughes
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Module duration (total hours):	200	Status: core/option/elective (identify programme where appropriate):	Strand Core
Scheduled learning & teaching hours	50		
Independent study hours	150		
Placement hours	0		

Programme(s) in which to be offered:  BSc (Hons) Sports Coaching (Including Foundation year)  BSc (Hons) Sports and Exercise Sciences (Including Foundation Year)	Pre-requisites per programme (between levels): None
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**Module Aims:**

This module is designed to introduce students to a range of performance environments, sports and physical activities in order to develop an appreciation of how the theory can be applied to specific sports.

**Intended Learning Outcomes:**

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

1. Articulate knowledge and understanding of the practical sport/ activity undertaken
2. Articulate knowledge and understanding of the concept of performance analysis within selected environments

**Assessment:****Reflective Portfolio**

Students will be asked to complete a reflective portfolio. The portfolio will include reflective accounts of participation within selected environments.

**Presentation**

Students will be asked to complete a poster presentation describing the concept of performance analysis within a selected environment.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting	Duration (if exam)	Word count (or equivalent if appropriate)
1	1	Portfolio	60%		2000
2	2	Presentation	40%		1500

**Learning and Teaching Strategies:**

A variety of teaching and learning strategies will be adopted including lectures, seminars experiential learning in a range of practical environments and formative assessment exercises together with online support via moodle.

**Syllabus outline:**

Students will engage in a range of practical activities and sport/exercise performance environments. The sports are used as a vehicle to create discussion of the theoretical underpinnings in other disciplines such as psychology, physiology, performance analysis, and sports coaching/pedagogy.

## **Bibliography**

### **Essential reading:**

Hughes, M., & Franks, I. (2004). *Notational Analysis of Sport* (2<sup>nd</sup> ed.). London, UK: Routledge.

Australian Sports Commission. (2001). *Better Coaching* (2<sup>nd</sup> ed.). Champaign, IL: Human Kinetics.