

Module Code:	SPT319
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Module Title:	Introduction to Sports and Exercise Sciences
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Level:	3	Credit Value:	20
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Cost Centre(s):	GASP	JACS3 code:	C600
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Faculty:	Faculty of Social and Life Sciences	Module Leader:	Chris Hughes
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Scheduled learning and teaching hours	40 hrs
Guided independent study	160 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) Football Coaching and the Performance Specialist (With Foundation Year)	✓	<input type="checkbox"/>
BSc (Hons) Applied Sport and Exercise sciences (with Foundation Year)	✓	<input type="checkbox"/>

Pre-requisites
None

Office use only

Initial approval: 12/12/2018

Version no: 1

With effect from: 01/09/2019

Date and details of revision: 25/03/21 – Admin corrections – updated programme titles, minor update to Module Aims, reworded LOs, updated Reading List.

Version no: 2

Module Aims

To introduce the student to theories and approaches used within sport and exercise science and relate their application to the sport, exercise settings.

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

1	Identify a range of physiological approaches to the sport & exercise environment.	KS1	KS3
		KS4	KS6
		KS10	
2	Describe a range of approaches used within the Sport Psychology	KS1	KS2
		KS3	KS4
		KS6	KS10
3	Provide definitions and understanding of the key theories within Sport Psychology	KS1	KS2
		KS3	KS4
		KS6	
4	Evaluate the effectiveness and appropriateness of techniques and methods used within sport and exercise environment	KS1	KS3
		KS4	KS5
		KS6	KS10

Transferable skills and other attributes

Working independently, working in groups, discussion, self-management, practical and laboratory skills, and the use of C & IT.

Derogations

N/A

Assessment:

Indicative Assessment Tasks:

Essay: The essay will describe a selection of theoretical approaches adopted within sport and exercise science

Presentation: In groups of 3-4 students will combine to deliver a 20-minute presentation that will explore physical and mental demands of a selected sport. Each student will deliver a minimum of 5minutes within their group presentation.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)	Duration (if exam)	Word count (or equivalent if appropriate)
1	1 & 4	Essay	50	n/a	1,500
2	2 & 3	Presentation	50	20 mins	n/a

Learning and Teaching Strategies:

This module will be taught through a series of lectures, seminars, practical workshops, student activity, together with online support via Moodle.

The topics covered within this module align themselves with level 4 modules, FAW 414 Introduction to Anatomy and Physiology and FAW 416 Sport Psychology 1.

Syllabus outline:

- Approaches and theories used within sport & exercise setting
- Introduction to physiology
- Physical demands for specific sports
- Physiological assessment methods
- Introduction to sport psychology
- Mental demands for specific sports

Indicative Bibliography:

Essential reading

Weinberg, R. S., & Gould, D. (2014). *Foundations of Sport and Exercise Psychology* (6th ed.). Champaign, IL: Human Kinetics.

Other indicative reading

Willmore, J. H., & Costill, D. L. (2015). *Physiology of Sport and Exercise* (3rd ed.). Champaign, IL: Human Kinetics

Hardy, L. Jones, G., & Gould, D. (2012). *Understanding Psychological Preparation for Sport: Theory and Practice for Elite Performers*. Chichester, UK: Wiley.

Horn, T. (2002). *Advances in sport psychology*. Leeds, UK: Human Kinetics.

Marieb, E. N. (2016). *Human Anatomy and Physiology*. San Francisco: Benjamin Cummings

McArdle, W. D. Katch, F. I. and Katch, V. L. (2017) *Exercise Physiology: Energy, Nutrition & Human Performance*. Philadelphia: Williams and Wilkins.

Powers, S.K. and Howley, E.T. (2017). *Exercise Physiology. Theory and Application to Fitness and Performance*. Boston, Mass: McGraw-Hill.