Wrexham glyndŵr UNIVERSITY

MODULE SPECIFICATION PROFORMA

Module Title:	Introduction to Performance Analysis	**Level**:	4	**Credit Value**:	20

Module code:	SPT409	**Is this a new module?**	Yes	**Code of module being replaced**:	SPT405

Cost Centre:	GASP	**JACS3 code**:	C600

Trimester(s) in which to be offered:	1,2 & 3	**With effect from:**	Sept 2016

School:	School of Life and Social Sciences	**Module Leader:**	Dr Tim Donovan

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	Core	Option
BSc. (Hons.) Sports Coaching and Performance Development	✓	☐
BSc (Hons) Sport and Exercise Sciences	✓	☐

Pre-requisites
None

Office use only

Initial approval: August 2016

APSC approval of modification: September 2016 Version: 2.

Have any derogations received SQC approval? Yes ☐ No ✓

Module Aims

This module aims to:

- Introduce and develop knowledge and understanding of technique analysis and notational analysis.
- Study how performance analysis can inform the sport scientist, coaching practitioner and sports performer.
- Use a variety of tools and techniques to study gross and fine movements and movement patterns in sport.

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	Design an appropriate system for analysing an aspect of performance within a specific sporting/physical activity context.	KS1	KS2
		KS4	KS6
2	Describe how notation analysis can be used to assess performance.	KS2	KS6
3	Demonstrate a comprehension of simple mechanical principles involved in sport and human movement.	KS1	KS3
		KS10	
4	Demonstrate an ability to use audio visual and information technology for effective performance analysis.	KS1	KS4
		KS10	

Transferable/key skills and other attributes

Working independently, working in groups, academic writing skills, practical and laboratory skills, and the use of IT.

Derogations
N/A

Assessment:

Assessment 1: **Portfolio**
The student will produce a portfolio of work which will include a review of the literature relating to notation analysis in physical activity/sport. They will use this information to design an appropriate system for analysing sporting performance/physical activity, use the template to analyse a sport/physical activity and describe how the outcome of the analysis can be used to guide performance.

Assessment 2: **Report**
The students will produce a report that will demonstrate the ability to record an action using an appropriate audio video medium. They will use the recorded sporting action to appropriately describe the sporting movement in terms of biomechanical principles using IT systems.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)	Duration (if exam)	Word count (or equivalent if appropriate)
1	1 and 2	Portfolio	50		2000 word equivalent
2	3 and 4	Report	50		2000 word equivalent

Learning and Teaching Strategies:

A combination of lead-lectures, practical workshops and seminars will form the basis of this module. Students will be required to undertake background reading and experiential work will be conducted across a range of sports. Formative assessments will be provided through practical tasks and feedback to students on performance in class-based tasks.

Syllabus outline:

An appreciation of the physiological demands on players (player profiles, movement patterns, activity rates, training versus match demands, player specific demands).
An appreciation of the psychological demands on players (team cohesion/dynamics, roles and responsibilities linked to goal-setting, Types of feedback (knowledge of performance, knowledge of results, verbal, visual and video).
The use of types of feedback (knowledge of performance, knowledge of results, verbal, visual and video).
The use of hand notation systems in the analysis of sport (use of, benefits and limitations).
The assessment and calculation angular and linear kinematics in sport technique.
The understanding of fluid mechanics in respect of sport performance.
Newtonian and non-Newtonian ways to describe motion
The use of IT and recording media to analyse biomechanics in sport

Bibliography:

Essential reading

Blazevich, A. (2010), Sports *Biomechanics, the Basics: Optimising Human Performance*. London: A & C Black.

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

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

Other indicative reading

Bartlett, R. (2007), *Introduction to Sports Biomechanics: Analysing Human Movement Patterns.* London: Routledge.

Carling, C., Williams, A. M. and Reilly, T. (2006), *Handbook of Soccer Match Analysis*. London: Routledge.

Grimshaw, P., Fowler, N., Lees, A. and Burden, A. (2006), *Instant Notes in Sport & Exercise Biomechanics.* London: Routledge.

Payton, C. and Bartlett, R. (2007*), Biomechanical Evaluation of Movement in Sport & Exercise*. London: Routledge.