

## Module specification

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Module Code	SES605
Module Title	Application of the Sports Science within Tennis
Level	6
Credit value	20
Faculty	SLS
HECoS Code	100433
Cost Code	GASP

### Programmes in which module to be offered

Programme title	Is the module core or option for this programme
Standalone module aligned to BSc (Hons) Applied Sport and Exercise Sciences for QA and assessment purposes	Option

### Pre-requisites

N/A

### Breakdown of module hours

Learning and teaching hours	14 hrs
Placement tutor support	1 hrs
Supervised learning e.g. practical classes, workshops	0 hrs
Project supervision (level 6 projects and dissertation modules only)	2 hrs
<b>Total active learning and teaching hours</b>	<b>17 hrs</b>
Placement / work based learning	7 hrs
Guided independent study	176 hrs
<b>Module duration (total hours)</b>	<b>200 hrs</b>

For office use only	
Initial approval date	26/10/2022
With effect from date	26/10/2022

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Date and details of revision	
Version number	1

## Module aims

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This module aims to develop awareness relating to the application of sport science within tennis, whilst also providing further opportunities to advance knowledge and experience through the investigation the sciences being utilised individually or holistically.

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

1	Critically evaluate the demands placed on participants when playing Tennis
2	Evaluate how the sports sciences can be adapted with the Tennis environment.
3	Demonstrate ability to use and combine elements of sports science within Tennis to achieve specific aims.
4	Critically evaluate the use of sport science interventions within Tennis.

## Assessment

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### 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. Students are required to submit a portfolio of work (2000 words) that demonstrates the learning outcomes. Students will identify a skill within tennis that is important for successful participation. Using this 'skill' the student is required to effectively illustrate their understanding of how this skill fits into the environment, how sports science could play a part to develop the skill, how the elements that contribute to sports science rarely work in isolation and how this could be evidenced, culminating with a critical evaluation of the consequences resulting from such an intervention.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1, 2, 3 & 4	Portfolio	100

## Derogations

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N/A

## Learning and Teaching Strategies

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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) accounting for 14-hours of student contact time.

This taught structure will be supported through student experience; 7-hours workplace learning from a suitable environment, augmented by placement tutor support (1-hour) and additional 2-hours of tutorials to direct progress in completing the assessment.

## Indicative Syllabus Outline

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Part 1:

- Introduction to the sport sciences
- Outlining your current environment

Part 2:

- Sport and Exercise Psychology: The Psychology of a Tennis Player

Part 3:

- Individual Sports: Approaches to Strength and Conditioning

Part 4:

- Sport and Exercise Psychology: Implementing Sport Psychology in Tennis

Part 5:

- Technique analysis using Qualitative Biomechanics
- Tactical analysis and reporting within a Tennis setting.

Part 6:

- Coaching – Developing Short, Medium and Long-Term Athlete Training Plans

Part 7:

- Connecting the dots; bringing it all together.

## **Indicative Bibliography:**

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

### **Essential Reads**

Kirk, D. Cooke, C.B. Flintoff, A. And McKenna, J. (2008), Key concepts in sport and exercise science. London: SAGE Publications.

### **Other indicative reading**

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

Haff, N and Triplett, T. (2016). Essentials of strength training and conditioning. 4th ed. Champaign, IL: Human Kinetics.

McArdle, W.D. And Katch, F.I. (2015), Exercise physiology: nutrition, energy and human performance. 8th ed. Philadelphia: Wolters Kluwer Health. (chapter 21 and 22 digitised)

Weinberg, R. and Gould, D. (2017). Foundations of sport and exercise psychology. 5th ed. Champaign, IL: Human Kinetics.

## **Employability skills – the Glyndŵr Graduate**

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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