

## Module specification

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*Refer to guidance notes for completion of each section of the specification.*

Module Code	SPC402
Module Title	Fundamental Skills within Sport
Level	4
Credit value	20
Faculty	SLS
HECoS Code	100095
Cost Code	GASP

## Programmes in which module to be offered

Programme title	Is the module core or option for this programme
FdSc Coaching: Sport and Fitness	Core

## Pre-requisites

None

## Breakdown of module hours

Learning and teaching hours	12 hrs
Placement tutor support	0 hrs
Supervised learning e.g. practical classes, workshops	24 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
<b>Total active learning and teaching hours</b>	<b>36 hrs</b>
Placement / work based learning	0 hrs
Guided independent study	164 hrs
<b>Module duration (total hours)</b>	<b>200 hrs</b>

<b>For office use only</b>	
Initial approval date	30/05/22
With effect from date	01/09/22
Date and details of revision	
Version number	1

## Module aims

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This module aims to:

- Assess a range of sport/performance/recreational environments
- Establish the demands of physical participation.
- Understand the implications of physical literacy upon participation.
- Examine the mental and physical developments that take place during participation.

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

1	Describe the fundamental skills that underpin sport and exercise.
2	Describe the mental and physical attributes considered important within selected sports / exercise or recreational activities.
3	Identify how the physical literacy framework could inform the development of an individual in a sport / exercise setting.

## 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: **Presentation**. The students will complete a group presentation (equivalent to 30 minutes) illustrating the fundamental skills that underpin a sport / activity and describe how a performer's appraisal might affect how they approach the situation.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1, 2, 3	Presentation	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 university's Active Learning Framework (ALF). This will include in-person sessions, online video conferencing (synchronous content) and student directed online resources (asynchronous content). The use of workshops and practical exercises will allow students to understand the content and use of the processes being taught.

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

## Indicative Syllabus Outline

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The syllabus will include the following:

- ABC Models of profiling sports & the development of performance
- Agility, Balance & Coordination
- Affect, Behaviour, Cognition
- Autonomy, Belonging, Competence (motivational climate)
- Physical literacy and fundamental skills
- Rules/laws of sports
- Analysis and profiling of a range of traditional sports, team and individual.

## Indicative Bibliography:

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

### Essential Reads

Colvin, A. V., Markos, N. J. E., and Walker, P. J. (2022), *Teaching Fundamental Motor Skills*. Champaign, IL: Human Kinetics.

Francis, N., Johnson, A., Lloyd, M., Robinson, D., and Sheehan, D. (2021), *Fundamental Movement Skills: The Building Blocks for the Development of Physical Literacy*. Ontario: PHE Canada.

### Other indicative reading

Almond, L and Whitehead, M. (2012), *Physical Literacy: Clarifying the Nature of the Concept*. *Physical Education Matters*, Vol. 7 (1).

Whitehead, M. (2010), *Physical Literacy throughout the Lifecourse*. London and New York: Routledge.

Basketball England. (2006), *Basketball: Know the Game*. 3<sup>rd</sup> ed. A & C Black (Publishers) Ltd.

English Hockey Association. (2008), *Hockey: Know the Game*. 4th ed. A & C Black (Publishers) Ltd.

England and Wales Cricket Board (2020), *Cricket: Know the Game*. London: Bloomsbury Sport

Jones, S. (2015), *Know the Game, Complete Skills: Rugby*. London: Bloomsbury Sport

## **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