

Module specification

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

Module code	FAW418
Module title	Introduction to Sport, Exercise and Health
Level	4
Credit value	10
Faculty	FSLS
HECoS Code	100433
Cost Code	GASP

Programmes in which module to be offered

Programme title	Is the module core or option for this programme
BSc (Hons) Football Coaching and the Performance Specialist	Stand-alone module
BSc (Hons) Applied Sport and Exercise Sciences	

Pre-requisites

N/A

Breakdown of module hours

Type of Module hours	Amount
Learning and teaching hours	18 hrs
Placement tutor support	0 hrs
Supervised learning e.g. practical classes, workshops	0 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
Total active learning and teaching hours	18 hrs
Placement / work based learning	0 hrs
Guided independent study	82 hrs

Type of Module hours	Amount
Module duration (total hours)	100 hrs

For office use only	
Initial approval date	11/05/2021
With effect from date	01/08/2021
Date and details of revision	
Version number	1

Module aims

Provide an introduction to the physiological, psychological, biomechanical, coaching and sociological aspects of sport, exercise and health.

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

1	Demonstrate an understanding of one of the disciplines related to sport, exercise and health.
2	Discuss the current barriers/and or challenges to practice in one of the disciplines related to sport, exercise and health.
3	Describe the ways in which exercise, physical activity and/or sport are important for athletes and/or the everyday population.

Assessment

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.

Students will carry out a 15-minute presentation on a topic that has been delivered within the course. They will be asked to outline what the topic is, how it is used for those taking part in sport, physical activity and/or exercise and why it is important. There will be a live meeting with a 5-minute question period where students will be asked to explain the current challenges in place for that topic area.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1-3	Presentation	100

Derogations

N/A

Learning and Teaching Strategies

This module will be delivered online asynchronously.

Indicative Syllabus Outline

Part 1:

- Introduction to sport, exercise and health.
- Inactivity crisis.
- How exercise physiology is used for clinical populations.

Part 2:

- Introduction to sport and exercise psychology.
- How interventions are used to support athletes.

Part 3:

- Biomechanics- Knowing how we move to improve performance.
- Tactical analysis and reporting within a Rugby Union setting.

Part 4:

- The ups and downs of football management.
- Tactical trends within football.

Part 5:

- Strength and conditioning: training for sport and exercise.

Part 6:

- Introduction to sport injury and rehabilitation.
- Preparing for competition, a graduate sport rehabilitator perspective.

Part 7:

- Growth and maturation considerations in football player development.
- Using specific sports as drivers for increasing physical activity (walking football).

Part 8:

- Introduction to nutrition for sport and exercise.

Part 9:

- Ergogenic aids in sport: the good, the bad and the ugly.

Indicative Bibliography:

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

Arnold, J. T., Bruce-Low, S., and Sammut, L. (2015). The Impact of 12 Weeks Walking Football on Health and Fitness in Males Over 50 Years of Age. *British Medical Journal of Open Sport and Exercise Medicine*. 1 (1), 1-5.

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

Carling, C., Wright, C., Nelson, L.J. and Bradley, P.S., (2014). 'Comment on Performance Analysis in Football: A Critical Review and Implications for Future Research'. *Journal of Sports Sciences*. 32 (1), 2-7.

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.

Weiss, M. (2015), *Presentation skills: educate, inspire and engage your audience*. 1st ed. New York: Business Expert Press. (available as ebook)

Employability skills – the Glyndŵr Graduate

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. [Click here to read more about the Glyndwr Graduate attributes](#)

Core Attributes

Engaged
Enterprising
Creative

Key Attitudes

Commitment
Curiosity
Resilience
Confidence
Adaptability

Practical Skillsets

Digital Fluency
Organisation
Emotional Intelligence
Communication