

## MODULE SPECIFICATION FORM

Module Title: <b>Introduction to Sport, Exercise Science and Human Performance</b>	Level: 3	Credit Value: 20
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Module code: SPT314	Cost Centre: GASP	JACS3 code: N/A
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Trimester(s) in which to be offered: 1&2	With effect from: September 2014
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<b>Office use only:</b> To be completed by AQSU:	Date approved: September 2014 Date revised: - Version no: 1
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Existing/New: New	Title of module being replaced (if any): N/A
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Originating Academic Department:	Sports and Exercise Sciences	Module Leader:	Jon Hughes
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Module duration (total hours):	200	Status: core/option/elective (identify programme where appropriate):	Strand Core
Scheduled learning & teaching hours	50		
Independent study hours	150		
Placement hours	0		

Programme(s) in which to be offered:  BSc (Hons) Sports Coaching (Including Foundation year)  BSc (Hons) Sports and Exercise Sciences (Including Foundation Year)	Pre-requisites per programme (between levels):  None
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**Module Aims:**

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

**Intended Learning Outcomes:**

At the end of this module, students will be able to ...

1. Identify a range of psychological and physiological approaches to the sport & exercise environment.
2. Describe theories and assessment methods used within the sport & exercise environment.
3. Provide definitions and understanding of the key theories within sport and exercise science.

**Transferable/Key Skills and other attributes**

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

**Assessment:**

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

Presentation: The presentation will explore physical and mental demands of a selected sport

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting	Duration (if exam)	Word count (or equivalent if appropriate)
1	1	Essay	50%		2000
2	2&3	Presentation	50%		1500

**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.

**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

**Bibliography:****Essential reading:**

Weinberg, R. S., & Gould, D. (2003). *Foundations of Sport and Exercise Psychology* (3<sup>rd</sup> ed.). Champaign, IL: Human Kinetics.

Weinberg, R. S., & Gould, D. (2007). *Foundations of Sport and Exercise Psychology* (5<sup>th</sup> ed.). Leeds, UK: Human Kinetics.

Willmore, J. H., & Costill, D. L. (2004). *Physiology of Sport and Exercise* (3<sup>rd</sup> ed.). Champaign, IL: Human Kinetics

**Other indicative reading:**

Bull, S. J. (1998). *Sport psychology: A Self-Help Guide*. Marlborough, UK: Crowood.

Carron, A. V., & Hausenblas, H. A. (1998). *Group Dynamics in Sport*. Morgantown, WV: Fitness information Technology.

Cox, R. H. (1998). *Sport Psychology: Concepts and Applications* (4<sup>th</sup> ed.). Boston, MA: McGraw-Hill.

Hardy, L. Jones, G., & Gould, D. (2001). *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.