

Module Code:	SPT318
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Module Title:	The Performance Environment
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Level:	3	Credit Value:	20
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Cost Centre(s):	GASP	JACS3 code:	C600
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Faculty:	Faculty of Social and Life Sciences	Module Leader:	Chris Hughes
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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 (not including exit awards)	Core	Option
BSc (Hons) Football Coaching and the Performance Specialist (With Foundation Year)	✓	<input type="checkbox"/>
BSc (Hons) Applied Sport and Exercise sciences	✓	<input type="checkbox"/>

Pre-requisites
None

Office use only

Initial approval: 12/12/2018

Version no: 1

With effect from: 01/09/2019

Date and details of revision: 25/03/21 – Admin correction – updated programme titles

Version no: 2

Module Aims

This module is designed to introduce students to a range of performance environments, sports and physical activities in order to develop an appreciation of how the theory can be applied to specific sports.

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

		Key Skills	
1	Articulate knowledge and understanding of the practical sport/activity undertaken	KS1	KS3
		KS4	KS6
2	Articulate knowledge and understanding of the concept of performance analysis within selected environments	KS1	KS3
		KS4	KS6
3	Evaluate the effectiveness and appropriateness of techniques and methods used within sport and exercise.	KS1	KS2
		KS3	KS4
		KS5	KS6

Transferable skills and other attributes

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

Derogations

N/A

Assessment:

Indicative Assessment Tasks:

Reflective Portfolio

Students will be asked to complete a reflective portfolio. The portfolio will include reflective accounts of participation within selected environments.

Presentation

Students will be asked to complete a poster presentation describing the concept of performance analysis within a selected environment.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)	Duration (if exam)	Word count (or equivalent if appropriate)
1	1 & 3	Portfolio	60	n/a	1,500
2	2	Presentation	40	n/a	1,000

Learning and Teaching Strategies:

A variety of teaching and learning strategies will be adopted including lectures, seminars experiential learning in a range of practical environments and formative assessment exercises together with online support via Moodle.

The topics covered within this module align themselves with level 4 modules, FAW 412 Introduction to Performance Analysis in Football and SES 402 Introduction to Biomechanics and Performance Analysis

Syllabus outline:

Students will engage in a range of practical activities and sport/exercise performance environments. The sports are used as a vehicle to create discussion of the theoretical underpinnings in other disciplines such as psychology, physiology, performance analysis, and sports coaching/pedagogy.

Indicative Bibliography:

Essential reading

Hughes, M., & Franks, I. (2004). *Notational Analysis of Sport* (2nd ed.). London, UK: Routledge.

Australian Sports Commission. (2001). *Better Coaching* (2nd ed.). Champaign, IL: Human Kinetics.