

## MODULE SPECIFICATION

Part 1: Basic Data					
Module Title	Rider Performance				
Module Code	UIEXKR-15-M	Level	M	Version	1.1
Owning Faculty	Hartpury	Field	Equine Science		
Contributes towards	MRes Equestrian Performance MSc Equine Science PGDip Equine Science PGDip Equestrian Performance PGCert Equine Science PGCert Equestrian Performance and Rehabilitation				
UWE Credit Rating	15	ECTS Credit Rating	7.5	Module Type	Standard
Pre-requisites	None		Co-requisites	None	
Excluded Combinations	None		Module Entry requirements	None	
Valid From	01 September 2013 V1.1- 01 September 2018		Valid to	01 September 2019	

<b>CVC Approval Date</b>	12 March 2013 V1.1- 01 March 2018
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Part 2: Learning and Teaching	
Learning Outcomes	<p>On successful completion of this module students will be able to:</p> <ol style="list-style-type: none"> <li>1 Show an in depth understanding of the physiological and biomechanical demands placed upon the rider in a range of equestrian disciplines (A, B).</li> <li>2 Critically evaluate research to improve the understanding of the interaction between horse and rider during different levels and types of competition (A, B).</li> <li>3 Contextualise scientific principles to analyse fundamental requirements of the horse, rider and coach triad in a range of equestrian disciplines (A, B).</li> <li>4 Critically evaluate ancillary exercises for the efficacy and value in conditioning the rider (A, B).</li> <li>5 Determine the implication of rider postural variation on the kinematics and kinetics of the horse (A, B).</li> <li>6 Demonstrate expertise in assessing posture and recognise the implications of the individual variation in posture (A, B).</li> <li>7 Understand the principles of performance analysis techniques and their roles within equestrian sport (A, B).</li> </ol>

Syllabus Outline	<p>To consider and evaluate existing literature specific to the following areas and literature from other fields that could be applied to the following areas:</p> <ol style="list-style-type: none"> <li>1 The equestrian sporting disciplines affiliated to the FEI and BEF: their key structure and demands of the human athlete participating in these sports.</li> <li>2 Principles of anatomy and physiology for human systems, including musculoskeletal, cardiorespiratory, neuroendocrine, and digestive.</li> <li>3 Application of human anatomy to riding and performance in varying disciplines: adaptation and modification to harmonise with the horse, morphological profiling and pathological conditions that may result.</li> <li>4 Individual efficient posture variations: anatomical components of posture, postural requirements of different equestrian sports and techniques available for postural analysis.</li> <li>5 Psychosocial factors associated with participation and elite performance in equestrian disciplines.</li> <li>6 Strength and conditioning programmes suitable for improving human performance in equestrian disciplines.</li> </ol>								
Contact Hours	<p>Indicative delivery modes:</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 80%;">Lectures</td> <td style="text-align: right;">18</td> </tr> <tr> <td>Seminars/practicals</td> <td style="text-align: right;">18</td> </tr> <tr> <td>Guided and independent study</td> <td style="text-align: right;">114</td> </tr> <tr> <td><b>TOTAL</b></td> <td style="text-align: right;"><b>150</b></td> </tr> </table>	Lectures	18	Seminars/practicals	18	Guided and independent study	114	<b>TOTAL</b>	<b>150</b>
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Teaching and Learning Methods	<p>A variety of learning strategies will be used including scheduled learning, where students will receive theoretical underpinning knowledge and also learn how to apply therapy and rehabilitation techniques in a real environment (36 hours). It is expected that students will spend a minimum of 114 hours on independent learning as this is an essential component of modules at postgraduate level. Students will not be able to complete the module successfully without undertaking the required amount of independent learning. This independent learning will include a combination of lone study and individual, pair and group work. Conferencing technologies (including videoconferencing, Skype) will be used in conjunction with the virtual learning environment (VLE), email and phone calls to keep in touch with students between teaching blocks.</p> <p><b><i>Scheduled Learning</i></b> Delivery includes lectures, seminars, tutorials, project supervision, demonstration, practical classes and workshops.</p> <p><b><i>Independent Learning</i></b> Includes hours engaged with essential reading, assignment preparation and completion etc.</p> <p><b><i>Virtual Learning Environment (VLE) (or equivalent)</i></b> This module is supported by a VLE where students will be able to find all necessary module information. Direct links to information sources will also be provided from within the VLE.</p> <p><i>Scheduled sessions may vary slightly depending on the module choices you make.</i></p>								

Key Information Sets Information	Key Information Sets (KIS) are produced at programme level for all programmes that this module contributes to, which is a requirement set by HESA/HEFCE.				
	<u>Key Information Set - Module data</u>				
	Number of credits for this module				15
	Hours to be allocated	Scheduled learning and teaching study hours	Independent study hours	Placement study hours	Allocated Hours
	150	36	114	0	150
	The table below indicates as a percentage the total assessment of the module which constitutes a:				
	<ol style="list-style-type: none"> <li>1 <i>Written Exam</i>: Unseen written exam, open book written exam, In-class test.</li> <li>2 <i>Coursework</i>: Written assignment or essay, report, dissertation, portfolio, project.</li> <li>3 <i>Practical Exam</i>: Oral Assessment and/or presentation, practical skills assessment, practical exam.</li> </ol>				
	Please note that this is the total of various types of assessment and will not necessarily reflect the component and module weightings in the Assessment section of this module description:				
	Total assessment of the module:				
	Written exam assessment percentage	50%			
	Coursework assessment percentage	50%			
	Practical exam assessment percentage	0%			
		100%			
Reading Strategy	<p><b>Essential Reading</b> Core material will be indicated to the student via pre-course material, module guides and through their accessing a dedicated VLE programme presence. No requirement for the purchase of set text(s) will be made and students will have full access to library services, online applications, and inter-library loans.</p> <p><b>Further Reading</b> Students are expected to identify all other reading relevant to their chosen topic for themselves. They will be required to read widely using the library catalogue, a variety of bibliographic and full text databases, and Internet resources. Many resources can be accessed remotely. The purpose of this further reading is to ensure students are familiar with current research, classic works and material specific to their interests from the academic literature and wider professional sources.</p> <p><b>Access and Skills</b> The development of literature searching skills is supported by a library seminar held during Induction. Students will be presented with further opportunities within the curriculum to develop their information retrieval and evaluation skills in order to ensure they are sourcing high quality references so that can maintain academic integrity and avoid plagiarism. Additional support is available through the library services web pages, including interactive tutorials on finding books and journals, evaluating information and referencing.</p>				

Indicative Reading List

The following list is offered to provide validation panels/accrediting bodies with an indication of the type and level of information students may be expected to consult. As such, its currency may wane during the life span of the module specification. However, as indicated above, CURRENT advice on readings will be available via other more frequently updated mechanisms, including the module guide.

- Birrell, S. & Cole, C.L. (Current Edition) *Women, sport and culture*. London: Human Kinetics.
- Hamil, J. & Knutzen, K. (Current Edition) *Biomechanical basis of human movement*. London: Williams and Wilkins.
- McNamee, M.J. ed. (Current Edition) *Philosophy and the sciences of exercise, health and sport: critical perspectives on research methods*. London: Routledge.
- Powers, S. & Howley, E. (Current Edition) *Exercise Physiology*. Brown and Benchmark.
- Tortora, G.J. & Grabowski, S.R. (Current Edition) *Principles of Anatomy and Physiology*. New York, USA: Harper Collins.
- Trew, M. (Current Edition) *Human Movement: an Introductory Text*. Edinburgh: Churchill Livingstone.
- Wilmore, J.H., Costill, D.L., Kenney, W.L. (Current Edition) *Physiology of Sport and Exercise*. Champaign IL: Human Kinetics.

Recommended journals:

- Clinical Exercise Physiology.
- Comparative Exercise Physiology.
- Human Movement Science.
- Journal of Sports Sciences.
- European Journal of Applied Physiology.
- Equine Veterinary Journal.
- European Journal of Sports Sciences.

Websites:

- British Association of Sport and Exercise Sciences: [www.bases.org.uk](http://www.bases.org.uk).
- English Institute of Sport: [www.eis2win.co.uk/gen](http://www.eis2win.co.uk/gen).
- FEI: [www.horsesport.org](http://www.horsesport.org).
- BEF: <http://www.bef.co.uk>.
- Sports Coach UK: [www.sportscoachuk.org](http://www.sportscoachuk.org).
- UK Sport: [www.uk sport.gov.uk](http://www.uk sport.gov.uk).

<b>Part 3: Assessment</b>		
<b>Assessment Strategy</b>	<p>The module will be formally assessed via a written assignment which will require critical evaluation of a topic related to the modules syllabus and learning outcomes. The assignment will allow students to demonstrate their ability to produce an evidenced, critical evaluation of the current literature available for the selected topic and to highlight areas where further research is needed. The written examination will ensure that students can demonstrate a robust and comprehensive understanding of the material covered during the module in a controlled examination setting. The equal weightings between the components reflect the fact that the ability to critically evaluate the wealth of literature that is available on the subject area, and to communicate information in a time-constrained environment, are both essential skills for an equine scientist.</p> <p>Feedback can be gained from this module in the module delivery, on feedback sheets, on the VLE, in tutorials and in revision sessions.</p> <p>In line with the College's commitment to facilitating equal opportunities, a student may apply for alternative means of assessment if appropriate. Each application will be considered on an individual basis taking into account learning and assessment needs. For further information regarding this please refer to the VLE.</p>	
Identify final assessment component and element	<b>Written Examination</b>	
% weighting between components A and B (Standard modules only)	<b>A:</b>	<b>B:</b>
	50%	50%
<b>First Sit</b>		
<b>Component A (controlled conditions)</b> <b>Description of each element</b>		<b>Element weighting</b>
1	Written Examination (1.5 hours)	100%
<b>Component B</b> <b>Description of each element</b>		<b>Element weighting</b>
1	Written Assignment (1500 Words)	100%
<b>Resit (further attendance at taught classes is not required)</b>		
<b>Component A (controlled conditions)</b> <b>Description of each element</b>		<b>Element weighting</b>
1	Written Examination (1.5 hours)	100%
<b>Component B</b> <b>Description of each element</b>		<b>Element weighting</b>
1	Written Assignment (1500 Words)	100%
If a student is permitted an <b>EXCEPTIONAL RETAKE</b> of the module the assessment will be that indicated by the Module Description at the time that retake commences.		