



University of the  
West of England

## CORPORATE AND ACADEMIC SERVICES

### MODULE SPECIFICATION

| Part 1: Basic Data    |  |                    |                           |                   |          |
|-----------------------|--|--------------------|---------------------------|-------------------|----------|
| Module Title          | Fundamentals of Sports Performance                       |                    |                           |                   |          |
| Module Code           | UISXL6-15-1  | Level              | 1                         | Version           | 1        |
| Owning Faculty        | Hartpury   | Field              | Sport                     |                   |          |
| Contributes towards   | BSc (Hons) Sports Performance<br>FdSc Sports Performance |                    |                           |                   |          |
| 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  |                    | Valid to                  | 01 September 2019 |          |

|                          |              |
|--------------------------|--------------|
| <b>CAP Approval Date</b> | 24 June 2013 |
|--------------------------|--------------|

| 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 Define skill acquisition and motor control and relate the core principles to sports performance (A).</li> <li>2 Demonstrate knowledge and application of the major anatomical structures and key biomechanical principles associated with sports performance (A).</li> <li>3 Interpret key applications of skill acquisition, motor control and biomechanics identifying strengths and weaknesses in the applications to practice (B).</li> <li>4 Examine the relevance of key principles of skill acquisition and motor control to the development of sports performance (B).</li> </ol> |   |    |                     |   |                      |     |              |            |
| Syllabus Outline                        | <ol style="list-style-type: none"> <li>1 Functional anatomy to include the major bones, joints and muscles, and the integrated principles of leverage as they apply to the maintenance of posture and the execution of movement skills.</li> <li>2 Biomechanics to include the key principles of linear and angular motion as they apply to the performance of movement.</li> <li>3 Skill acquisition to include aspects of the brain and neuromuscular system as they relate to motor skills learning, practise and optimisation of skills performance.</li> </ol>   |   |    |                     |   |                      |     |              |            |
| Contact Hours                           | <p>Indicative delivery modes:</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 80%;">Lectures, guided learning, seminars etc</td><td style="text-align: right;">33</td></tr> <tr> <td>Self directed study</td><td style="text-align: right;">3</td></tr> <tr> <td>Independent learning</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, guided learning, seminars etc | 33 | Self directed study | 3 | Independent learning | 114 | <b>TOTAL</b> | <b>150</b> |
| Lectures, guided learning, seminars etc | 33  |   |    |                     |   |                      |     |              |            |
| Self directed study                     | 3   |   |    |                     |   |                      |     |              |            |
| Independent learning                    | 114   |   |    |                     |   |                      |     |              |            |
| <b>TOTAL</b>                            | <b>150</b>  |   |    |                     |   |                      |     |              |            |

|                                      |   |                                   |                       |                       |   |                         |                       |                 |     |    |     |   |     |   |  |   |   |   |  |                                    |     |                                  |     |                                      |    |  |      |
|--------------------------------------|---|-----------------------------------|-----------------------|-----------------------|---|-------------------------|-----------------------|-----------------|-----|----|-----|---|-----|---|--|---|---|---|--|------------------------------------|-----|----------------------------------|-----|--------------------------------------|----|--|------|
| Teaching and Learning Methods        | <p><b>Scheduled Learning</b><br/>May include lectures, seminars, tutorials, project supervision, demonstration, practical classes and workshops; fieldwork; external visits; work based learning; supervised time in studio/workshop.</p> <p><b>Independent Learning</b><br/>May include hours engaged with essential reading, case study preparation, assignment preparation and completion etc. These sessions constitute an average time per level as indicated in the table below. Scheduled sessions may vary slightly depending on the module choices you make.</p> <p><b>Virtual Learning Environment (VLE)</b><br/>This specification 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 VLE.</p>  |                                   |                       |                       |   |                         |                       |                 |     |    |     |   |     |   |  |   |   |   |  |                                    |     |                                  |     |                                      |    |  |      |
| Key Information Sets Information     | <p>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. KIS are comparable sets of standardised information about undergraduate courses allowing prospective students to compare and contrast between programmes they are interested in applying for.</p> <p><b>Key Information Set – Module Data</b></p> <table><tr><td>Number of credits for this module</td><td>15</td></tr></table> <table><tr><td>Hours to be allocated</td><td>Scheduled learning and teaching study hours</td><td>Independent study hours</td><td>Placement study hours</td><td>Allocated Hours</td></tr><tr><td>150</td><td>36</td><td>114</td><td>0</td><td>150</td></tr></table> <p>The table below indicates as a percentage the total assessment of the module which constitutes a:</p> <table><tr><td>1</td><td><i>Written Exam:</i> Unseen written exam, open book written exam, in-class test.</td></tr><tr><td>2</td><td><i>Coursework:</i> Written assignment or essay, report, dissertation, portfolio, project.</td></tr><tr><td>3</td><td><i>Practical Exam:</i> Oral Assessment and/or presentation, practical skills assessment, practical exam.</td></tr></table> <p>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:</p> <p>Total assessment of the module:</p> <table><tr><td>Written exam assessment percentage</td><td>50%</td></tr><tr><td>Coursework assessment percentage</td><td>50%</td></tr><tr><td>Practical exam assessment percentage</td><td>0%</td></tr><tr><td></td><td>100%</td></tr></table> | 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 | 1 | <i>Written Exam:</i> Unseen written exam, open book written exam, in-class test. | 2 | <i>Coursework:</i> Written assignment or essay, report, dissertation, portfolio, project. | 3 | <i>Practical Exam:</i> Oral Assessment and/or presentation, practical skills assessment, practical exam. | Written exam assessment percentage | 50% | Coursework assessment percentage | 50% | Practical exam assessment percentage | 0% |  | 100% |
| 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                   |   |                         |                       |                 |     |    |     |   |     |   |  |   |   |   |  |                                    |     |                                  |     |                                      |    |  |      |
| 1                                    | <i>Written Exam:</i> Unseen written exam, open book written exam, in-class test.  |                                   |                       |                       |   |                         |                       |                 |     |    |     |   |     |   |  |   |   |   |  |                                    |     |                                  |     |                                      |    |  |      |
| 2                                    | <i>Coursework:</i> Written assignment or essay, report, dissertation, portfolio, project.   |                                   |                       |                       |   |                         |                       |                 |     |    |     |   |     |   |  |   |   |   |  |                                    |     |                                  |     |                                      |    |  |      |
| 3                                    | <i>Practical Exam:</i> Oral Assessment and/or presentation, practical skills assessment, practical exam.  |                                   |                       |                       |   |                         |                       |                 |     |    |     |   |     |   |  |   |   |   |  |                                    |     |                                  |     |                                      |    |  |      |
| Written exam assessment percentage   | 50%   |                                   |                       |                       |   |                         |                       |                 |     |    |     |   |     |   |  |   |   |   |  |                                    |     |                                  |     |                                      |    |  |      |
| Coursework assessment percentage     | 50%   |                                   |                       |                       |   |                         |                       |                 |     |    |     |   |     |   |  |   |   |   |  |                                    |     |                                  |     |                                      |    |  |      |
| Practical exam assessment percentage | 0%  |                                   |                       |                       |   |                         |                       |                 |     |    |     |   |     |   |  |   |   |   |  |                                    |     |                                  |     |                                      |    |  |      |
|                                      | 100%  |                                   |                       |                       |   |                         |                       |                 |     |    |     |   |     |   |  |   |   |   |  |                                    |     |                                  |     |                                      |    |  |      |
| Reading Strategy                     | <p><b>Core Readings</b><br/>Any essential reading will be indicated clearly, along with the method for accessing it, e.g. students may be expected to purchase a set text, be given a study pack or be referred to texts that are available electronically, or in the Library. Module guides will also reflect the range of reading to be carried out.</p> <p><b>Further Readings</b><br/>Further reading is advisable for this module, and students will be encouraged to explore at least one of the titles held in the library on this topic. A current list of such titles will be given in the module guide and revised annually.</p>  |                                   |                       |                       |   |                         |                       |                 |     |    |     |   |     |   |  |   |   |   |  |                                    |     |                                  |     |                                      |    |  |      |

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|                         | <p><b>Access and Skills</b></p> <p>Formal opportunities for students to develop their library and information skills are provided within the induction period and student skills sessions. Additional support is available through online resources. This includes interactive tutorials on finding books and journals, evaluation information and referencing. Sign up workshops are also offered.</p>   |
| Indicative Reading List | <p>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.</p> <ul style="list-style-type: none"> <li>• Blazeovich, A. (Current Edition). <i>Sports Biomechanics: the basics: optimising human performance</i>. London: AC Black.</li> <li>• Magill, R. A. (Current Edition). <i>Motor Learning and Control: Concepts and Applications</i>. New York: McGraw-Hill.</li> <li>• Schmidt, R. A., Lee T. D. (Current Edition). <i>Motor Control and Learning: A Behavioural Emphasis</i>. Champaign, US: Human Kinetics</li> <li>• Schmidt, R. A., &amp; Wrisberg. (Current Edition). <i>Motor Learning and Performance: From Principles to Practice</i>. Champaign, US: Human Kinetics.</li> </ul> |

| Part 3: Assessment  |  |                      |     |
|---|--|----------------------|-----|
| Assessment Strategy   | Component A is written examination. This examination will provide students with the opportunity to demonstrate knowledge and understanding of key theoretical principles of skill acquisition and biomechanics.  |                      |     |
|   | Component B is a written assignment that enables students to demonstrate an understanding of how key principles of skill acquisition and biomechanics apply to the sports performance environment.   |                      |     |
|   | 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 VLE. |                      |     |
| Identify final assessment component and element   |  | Written Examination. |     |
| % weighting between components A and B (Standard modules only)  |  | A:                   | B:  |
|   |  | 50%                  | 50% |
| First Sit   |  |                      |     |
| Component A (controlled conditions)<br>Description of each element  |  | Element weighting    |     |
| 1   | Written Examination (1 hour)   | 100%                 |     |
| Component B<br>Description of each element  |  | Element weighting    |     |
| 1   | Written Assignment (1250 words)  | 100%                 |     |
| Resit (further attendance at taught classes is not required)  |  |                      |     |
| Component A (controlled conditions)<br>Description of each element  |  | Element weighting    |     |
| 1   | Written Examination (1 hour)   | 100%                 |     |
| Component B<br>Description of each element  |  | Element weighting    |     |
| 1   | Written Assignment (1250 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. |  |                      |     |