



Module Specification

Part 1: Basic Data					
Module Title	Foundation Sports Science				
Module Code	UINV8F-15-0	Level	0	Version	1
Credit Rating	15	ECTS Credit Rating	7.5	WBL module?	No
Owning Faculty	Hartpury	Field	Applied Sports Science		
Department	Sport	Module Type	Standard		
Contributes towards	BSc (Hons) Sport and Exercise Nutrition BSc (Hons) Sport and Exercise Nutrition (SW) BSc (Hons) Sport and Exercise Sciences BSc (Hons) Sport and Exercise Science (SW) BSc (Hons) Physical Education and School Sport BSc (Hons) Strength and Conditioning BSc (Hons) Strength and Conditioning (SW) BA (Hons) Sports Business Management BA (Hons) Sports Business Management (SW)				
Pre-requisites	None	Co- requisites	None		
Excluded Combinations	None	Module Entry requirements	None		
Last Major Approval Date	V1 27 April 2017	Valid from	V1 01 September 2017		
Amendment Approval Date		Revised with effect from			

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"> 1. Describe the basic anatomical structure and physiological function of the sports performer (A) 2. Outline the short and long term physiological effects of sport and exercise (A) 3. Identify the basic individual and team psychological factors which influence performance in sport and exercise (B) 4. Describe the way that sport performers process information for skilled performance. (B) 5. Construct an effective oral presentation to communicate ideas, including the use of appropriate presentation aids (B).
Syllabus Outline	<p>Introduction to:</p> <ul style="list-style-type: none"> • Structure and function of the skeletal, muscular, cardiovascular, respiratory and energy systems. • Short and long term physiological adaptation of the skeletal, muscular, cardiovascular, respiratory and energy systems to sport and exercise. • Motivational factors. • Self confidence in sport performance. • Stress anxiety in sport performance. • Team dynamics. • Skill classification. • Information processing.

Teaching and Learning Methods (and contact hours)	<p>Scheduled learning will include formal lectures, seminars and associated group tutorial exercises and discussions. Additionally essential and recommended reading and exercises will be introduced to guide the students through the core syllabus.</p> <p>Student learning will be supported by electronic teaching materials posted on the VLE and the use of hand-out material in lectures, seminars and tutorials.</p> <p>Students will be expected to spend a significant amount of time in private study and in preparing for assessments, consulting relevant text books, journal articles and recommended web sites.</p>																																			
Key Information Sets Information	<p>HEFCE require Key Information Sets (KIS) to be produced at programme level for all undergraduate programmes of more than one year in length. 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> <table border="1" data-bbox="483 636 1382 987"> <thead> <tr> <th colspan="5">Key Information Set - Module data</th> </tr> <tr> <td colspan="5"><i>Number of credits for this module</i></td> </tr> </thead> <tbody> <tr> <td colspan="4"></td> <td style="text-align: center;">15</td> </tr> <tr> <th>Hours to be allocated</th> <th>Scheduled learning and teaching study hours</th> <th>Independent study hours</th> <th>Placement study hours</th> <th>Allocated Hours</th> </tr> <tr> <td style="text-align: center;">150</td> <td style="text-align: center;">45</td> <td style="text-align: center;">105</td> <td style="text-align: center;">0</td> <td style="text-align: center;">150</td> </tr> </tbody> </table> <p>The table below indicates as a percentage the total assessment of the module which constitutes a -</p> <p>Written Exam: Unseen written exam, open book written exam, In-class test Coursework: Written assignment or essay, report, dissertation, portfolio, project Practical Exam: Oral Assessment and/or presentation, practical skills assessment, practical exam</p> <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> <table border="1" data-bbox="596 1391 1272 1626"> <thead> <tr> <th colspan="2">Total assessment of the module:</th> </tr> </thead> <tbody> <tr> <td>Written exam assessment percentage</td> <td style="text-align: center;">50%</td> </tr> <tr> <td>Coursework assessment percentage</td> <td style="text-align: center;">0%</td> </tr> <tr> <td>Practical exam assessment percentage</td> <td style="text-align: center;">50%</td> </tr> <tr> <td></td> <td style="text-align: center;">100%</td> </tr> </tbody> </table>	Key Information Set - Module data					<i>Number of credits for this module</i>									15	Hours to be allocated	Scheduled learning and teaching study hours	Independent study hours	Placement study hours	Allocated Hours	150	45	105	0	150	Total assessment of the module:		Written exam assessment percentage	50%	Coursework assessment percentage	0%	Practical exam assessment percentage	50%		100%
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Reading Strategy	<p>Essential reading 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>Further reading 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 handbook and revised annually.</p> <p>Access and skills Formal opportunities for students to develop their library and information skills are</p>																																			

	<p>provided within the induction period and study 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>
<p>Indicative Reading List</p>	<p>The following list is offered to provide 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.</p> <p>Kenny, W.L, Wilmore, J.H. and Costill, D.L. (Current Edition) Physiology of Sport and Exercise. Champaign, IL, USA: Human Kinetics.</p> <p>Schmidt, R. A., & Wrisberg. (Current Edition). Motor Learning and Performance: From Principles to Practice. Champaign, IL, USA: Human Kinetics.</p> <p>Weinberg, R.S. & Gould, D. (Current Edition) Foundations of Sport and Exercise Psychology. Champaign, IL, USA: Human Kinetics.</p>

Part 3: Assessment

Assessment Strategy	<p>This module is assessed by a 30 minute in-class test and an oral presentation. The in-class test will require students to demonstrate their knowledge and understanding of core material. This will be part way through the module to assess the developing knowledge and provide students with formative feedback at an early point in the year.</p> <p>The oral presentation will provide scope to demonstrate transferable skills, to address a case study. Students will have the opportunity to present, followed by a short period of questioning to demonstrate their depth of scientific knowledge and increasing understanding of their academic abilities.</p> <p>Additional formative assessment and feedback will take place through timetabled seminars and tutorials.</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 VLE.</p>
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Identify final assessment component and element	Oral Presentation	
% weighting between components A and B (Standard modules only)	A:	B:
	50%	50%
First Sit		
Component A (controlled conditions) Description of each element	Element weighting	
1. Oral Presentation (20 minutes)	100%	
Component B (controlled conditions) Description of each element	Element weighting	
1. In-Class test (30 minutes)	100%	

Resit (further attendance at taught classes is not required)		
Component A (controlled conditions) Description of each element	Element weighting	
1. Oral Presentation (20 minutes)	100%	
Component B (controlled conditions) Description of each element	Element weighting	
1. In-Class Test (30 minutes)	100%	
<p>If a student is permitted a retake of the module under the Academic Regulations and Procedures, the assessment will be that indicated by the Module Specification at the time that retake commences.</p>		