

FdSc Sports Science

Module Title	Module Type	Credits	Module Description
YEAR ONE MODULES			
Human Anatomy and Kinesiology	Compulsory	20	The aim of this module is to provide you with the foundation knowledge in functional anatomy and kinesiology necessary for the accurate description and explanation of human anatomy and basic sport and exercise movements. The module is a first important step in obtaining the knowledge and skills required for subsequent modules which apply these principles to situations looking at understanding the human body, improving performance and reducing injury.
Sport and Exercise Psychology	Compulsory	20	The module aims to develop you with an understanding of the key psychological factors that influence participation and performance in sport and exercise. The module introduces you to a range of techniques that are used by sport and exercise psychologists to develop psychological skills in performers.
Research Skills	Compulsory	20	This module will provide you with the requisite practical research skills to gather and analyse a range of research types along with an understanding of 'why' research is conducted. Throughout higher education, you will encounter a range of peer-reviewed research and be expected to utilise their findings to inform their own work.
Principles of Sports Coaching	Compulsory	20	This module provides you with theories of sports coaching and the methods used to support the development of performances. It is also designed to encourage you to develop your personal coaching philosophies and engage others in the planning, delivery, observation, analysis and evaluation of sports coaching.
Introduction to Strength and Conditioning	Optional	20	This module is designed to equip you with the theoretical and practical principles that underpin strength and conditioning practices. You will study the physiological and biomechanical concepts underpinning a range of fitness testing and training modes to develop the necessary knowledge and skills to deliver basic strength and conditioning activities. The module will incorporate a high practical element, with students developing practical competence in fitness testing and the teaching of exercises as well as theoretical understanding of the practical competencies.
Introduction to Performance Analysis	Optional	20	The module will introduce you to the multidisciplinary concept of performance analysis in team sport, and how to effectively provide performance data with the aim of enhancing performance. You will investigate methods used to analyse a range of variables important for performance and match play. They will have access to industry recognised software's and equipment such as GPS, Heart rate telemetry, Sportscode Pro, iCoda, and Dartfish. Additionally, students will be able to take advantage of free apps available for use on tablet and smartphone devices.

YEAR TWO MODULES

Sport and Exercise for Specific Populations	Compulsory	20	The unit introduces you to the considerations needed when planning and delivering sport or exercise programmes for a diverse range of populations which may include; children, older adults, individuals with disabilities and women. This includes anatomical and physiological changes, risks of exercise, contra-indications to exercise, exercise guidelines and the safe planning sport or exercise programmes.
Team Psychology and Group Behaviour	Compulsory	20	Athletes, coaches and sports enthusiasts understand that there is more to athletic success than the collective individual skills of the members of the team. Sports psychologists refer to this extra team ingredient as <i>group or team cohesion</i> . This module explores the concept of cohesion and the factors that are involved in developing a group that functions effectively. The module also looks at the role of a leader and effective leadership. You will understand what components of effective leadership are and how to develop into an effective leader.
Research Methods	Compulsory	20	Having acquired the fundamental skills to source, collate, and review research, this module will teach you how to practically design and conduct your own empirical research. You will learn about the different types of data collection and analysis techniques, and be able to select appropriate methods of collection and analysis for their own research. Where HE4 Research Skills provided content regarding 'why' research is required, this module provides students with knowledge regarding 'how' to research.
Lab-based Physiology for Sport and Exercise	Compulsory	20	This module provides theoretical knowledge and practical experience necessary for a range of vocations in the sports science and coaching industry. You will study the physiological systems and their response to exercise and training with regards to acute and chronic adaptation. You will explore standard procedures in laboratory testing and increase familiarity with laboratory methods used in sports and exercise science. In this module you will develop an understanding and appreciation of the importance of adhering to health and safety protocols when conducting experiments and tests, and develop skills to become adept at handling and interpreting scientific data.
Applied Sports Coaching	Optional	20	This module enables you to further develop their knowledge, understanding and practical application of the coaching process. You will develop their understanding of skilled performance and the theory of how to develop skill; they will gain an understanding of information processing and will be able to put theory into practice by evaluating a variety of methods of practice and coaching. You will explore the application of your own coaching skills and observe the coaching skills of professional and peer coaches.
Strength and Conditioning and Injury Prevention	Optional	20	It is essential that you understand how sports injuries can occur and the factors that are related to their incidence in order for preventative measures to be taken. This module provides an opportunity for you to gain an understanding of the injuries common to sport and the factors that predispose athletes to injury. You will explore and develop the practical skills needed to apply a range of techniques that can be used prevent the athlete from becoming injured.
Applied Performance Analysis and Biomechanics	Optional	20	The module will develop the your knowledge gained in Introduction to Performance Analysis by focussing on an individual as opposed to team performance to help students understand how each individual performance contributes to the team as a whole, along with the differing demands of athletes that compete in individual-based sports. A key component of this module is the introduction to biomechanical principles which underpin human movement, where you will be expected to carry out analysis in which basic principles of movement will be applied and analysed to understand their influence on sporting performance.

Teaching, Learning & Assessment Overview Year 1			
Percentage of assessment by written exams	22%	Percentage of time in scheduled learning and teaching activities	39%
Percentage of assessment by practical exams	45%	Percentage of time in guided independent study	56%
Percentage of assessment by coursework	33%	Percentage of time on placements	5%
Teaching, Learning & Assessment Overview Year 2			
Percentage of assessment by written exams	7%	Percentage of time in scheduled learning and teaching activities	42%
Percentage of assessment by practical exams	40%	Percentage of time in guided independent study	58%
Percentage of assessment by coursework	53%	Percentage of time on placements	0%