

MODULE DESCRIPTOR

Module Title

Enhancing Performance

Reference	HS2148	Version	1
Created	April 2021	SCQF Level	SCQF 8
Approved	June 2021	SCQF Points	15
Amended		ECTS Points	7.5

Aims of Module

This module aims to develop the students ability to carry out a needs analysis and discuss an intervention to improve sporting performance.

Learning Outcomes for Module

On completion of this module, students are expected to be able to:

- 1 Report a needs analysis considering a multidisciplinary approach to sporting performance.
- 2 Illustrate benchmark and normative data regarding performance.
- 3 Explain interventions to improve sporting performance.
- 4 Interpret the strengths and weaknesses of experimental research when considering practical applications to sporting performance.
- 5 Demonstrate the necessary professionalism through attendance at learning opportunities required for safe practice.

Indicative Module Content

Needs analysis for athletic populations; Physiological interventions; Psychological interventions; Biomechanics; Nutrition; Performance enhancement; Reflective practice; Injury incidence and severity; Injury prevention; Interpretation of experimental research; Data interpretation

Module Delivery

Blended delivery comprising on campus and online learning and engagement. This will include Digital Learning Resources, Tutorials and Practical sessions.

Indicative Student Workload

	Full Time	Part Time
Contact Hours	30	N/A
Non-Contact Hours	120	N/A
Placement/Work-Based Learning Experience [Notional] Hours	N/A	N/A
TOTAL	150	N/A
<i>Actual Placement hours for professional, statutory or regulatory body</i>		

ASSESSMENT PLAN

If a major/minor model is used and box is ticked, % weightings below are indicative only.

Component 1

Type:	Coursework	Weighting:	100%	Outcomes Assessed:	1, 2, 3, 4
Description:	Pre-record Presentation				

Component 2

Type:	Coursework	Weighting:	0%	Outcomes Assessed:	5
Description:	Minimal module attendance requirement of 80%				

MODULE PERFORMANCE DESCRIPTOR**Explanatory Text**

Component 1 grade based on grading proforma. Component 2 is a minimum modular attendance requirement of 80%

Module Grade	Minimum Requirements to achieve Module Grade:
A	Component 1 A; Component 2 Pass
B	Component 1 B; Component 2 Pass
C	Component 1 C; Component 2 Pass
D	Component 1 D; Component 2 Pass
E	Component 1 E; Component 2 Pass
F	Component 1 F and/or fails Component 2
NS	Non-submission of work by published deadline or non-attendance for examination

Module Requirements

Prerequisites for Module	Successful completion of Stage 1 of the BSc (Hons) Applied Sport and Exercise Science course, or equivalent.
Corequisites for module	None.
Precluded Modules	None.

INDICATIVE BIBLIOGRAPHY

- 1 JOYCE, D. and LEWINDON, D. eds., 2014. High-performance training for sports. Human Kinetics.
- 2 JOYCE, D. and LEWINDON, D. eds., 2015. Sports injury prevention and rehabilitation: integrating medicine and science for performance solutions. Routledge.
- 3 MAUGHAN, R.J. ed., 2013. Sports nutrition (Vol. 19). New Jersey: John Wiley & Sons.
- 4 WEINBERG, R.S. and GOULD, D., 2018. Foundations of Sport and Exercise Psychology. 7th ed. Champaign, IL: Human Kinetics.
- 5 COX, R.H., 2012. Sport Psychology: Concepts and Applications. 7th ed. New York: McGraw-Hill.