

## MODULE DESCRIPTOR

### Module Title

Enhancing Performance

Reference	HS2148	Version	3
Created	September 2024	SCQF Level	SCQF 8
Approved	June 2021	SCQF Points	15
Amended	September 2024	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; Scientific understanding for sustainable development; Scientific assessment to support sustainable development; Multidisciplinary teams and multi-stakeholder partnerships to support sustainable development.

### 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 70%				

**MODULE PERFORMANCE DESCRIPTOR****Explanatory Text**

Component 1 grade based on grading proforma. Component 2 is a minimum modular attendance requirement of 70%

Module Grade	Minimum Requirements to achieve Module Grade:
<b>A</b>	Component 1 A; Component 2 Pass
<b>B</b>	Component 1 B; Component 2 Pass
<b>C</b>	Component 1 C; Component 2 Pass
<b>D</b>	Component 1 D; Component 2 Pass
<b>E</b>	Component 1 E; Component 2 Pass
<b>F</b>	Component 1 F and/or fails Component 2
<b>NS</b>	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.