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## MODULE DESCRIPTOR

### Module Title

Sport Science for Coaches

Reference	HS3117	Version	1
Created	October 2017	SCQF Level	SCQF 9
Approved	February 2018	SCQF Points	15
Amended		ECTS Points	7.5

### Aims of Module

This module aims to develop students' critical awareness of the roles of sport scientists within an athletes support system and how as a coach they can work with them to maximise performance.

### Learning Outcomes for Module

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

- 1 Discuss the roles of key sport science disciplines within an athlete support team.
- 2 Evaluate models of athlete support.
- 3 Examine appropriate of methods of athlete assessment.
- 4 Interpret athlete assessment data and discuss the implications for coaches.

### Indicative Module Content

Models of athlete support (eg. Personnel, multidisciplinary, interdisciplinary), Role of the physiologist, Role of the biomechanist, Role of the psychologist, Role of the nutritionist, Role of the S&C coach, Medical team roles, Athlete needs analysis, Lab and field testing modalities.

### Module Delivery

Tutorials, seminars, student workshops with support from directed and private study.

### Indicative Student Workload

	Full Time	Part Time
Contact Hours	36	N/A
Non-Contact Hours	114	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:	A poster defence assessment is designed to elicit through questioning each of the learning outcomes over 15 minute assessment. Students will be required to demonstrate breadth as well as depth of knowledge in regard to the module learning outcomes.				

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

One component of assessment. Grade gained from assessment will determine overall module grade.

Module Grade	Minimum Requirements to achieve Module Grade:
<b>A</b>	A
<b>B</b>	B
<b>C</b>	C
<b>D</b>	D
<b>E</b>	E
<b>F</b>	F
<b>NS</b>	Non-submission of work by published deadline or non-attendance for examination

**Module Requirements**

Prerequisites for Module	In addition to course entry requirements.
Corequisites for module	None.
Precluded Modules	None.

**INDICATIVE BIBLIOGRAPHY**

- 1 HAFF, G. G, and TRIPLETT, N., eds. 2015. Essentials of strength training and conditioning. 4th edition. Illinois: Human kinetics.
- 2 TURNER, A, and COMFORT, P., eds. 2017. Advanced strength and conditioning: an evidence-based approach. Abinfdon-on-Thames:Routledge.
- 3 MCGUIGAN, M., 2017.?Monitoring training and performance in athletes. Illinois: Human kinetics.
- 4 JOYCE, D. and LEWINDON, D. eds., 2014. High-performance training for sports. Illinois: Human Kinetics.