

MODULE DESCRIPTOR

Module Title

Sport Science for Coaches

Reference	HS3117	Version	2
Created	May 2019	SCQF Level	SCQF 9
Approved	February 2018	SCQF Points	15
Amended	June 2019	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), Roles of the key sport science disciplines and medical teams, Implementation of Sport Science testing (e.g. validity, reliability, specificity, practicality), Implementing sport science into coaching theory and methods, Coach understanding on scientific concepts

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: Written coursework

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:
A	A
B	B
C	C
D	D
E	E
F	F
NS	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.