MODULE DESCRIPTOR

Module Title

Athlete Monitoring And Support

Reference	HS3139	Version	2
Created	June 2022	SCQF Level	SCQF 9
Approved	June 2021	SCQF Points	15
Amended	June 2022	ECTS Points	7.5

Aims of Module

This module aims to provide knowledge and application of the methods used to monitor the internal and external load of athletes during training and competition.

Learning Outcomes for Module

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

1	Review and interpret the different types of load on an athlete.
2	Evaluate factors that influence the athlete monitoring process.
3	Evaluate the different systems and methods used to monitor athlete loads.
4	Create an athlete monitoring system.
5	Demonstrate the necessary professionalism through attendance at learning opportunities required for safe practice.

Indicative Module Content

Athlete loading; athlete monitoring; player tracking systems; wellness; objective and subjective data; factors that influence performance; athlete self-report systems; the principles of load monitoring; data management software; data presentation

Module Delivery

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

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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
Actual Placement hours for professional, statutory or regulatory body		

ASSESSMENT PLAN

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

Component 1

Type:	Practical Exam	Weighting:	100%	Outcomes Assessed:	1, 2, 3, 4
Description:	Academic Poster				

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 2 of the BSc (Hons) Applied Sport and Exercise Science course, or equivalent.
Corequisites for module	None.
Precluded Modules	None.

INDICATIVE BIBLIOGRAPHY

1	McGuigan, M., 2017. Monitoring training and performance in athletes. Human Kinetics.
2	Students will be directed to key journals as appropriate.