

## MODULE DESCRIPTOR

### Module Title

Testing and Analysis for Enhanced Performance

Reference	HS3142	Version	1
Created	May 2021	SCQF Level	SCQF 9
Approved	June 2021	SCQF Points	15
Amended		ECTS Points	7.5

### Aims of Module

This module aims to develop students' understanding of the assessment, analysis and interpretation of fitness testing data, proposing implications for enhanced performance.

### Learning Outcomes for Module

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

- 1 Discuss relevant training research to enhance performance.
- 2 Distinguish key performance qualities using an appropriate framework.
- 3 Appraise methods of athlete assessment.
- 4 Analyse assessment data and discuss the implications for development.
- 5 Demonstrate the necessary professionalism through attendance at learning opportunities required for safe practice.

### Indicative Module Content

Models of athlete support; Process of a needs analysis; Implementation of methods of athlete assessment; Application of the concepts of validity, reliability, specificity and practicality to the appraisal of processes of athlete assessment; Presentation and interpretation of data; Coach understanding on scientific concepts.

### Module Delivery

Blended delivery comprising on campus and online learning and engagement. This will include Digital Learning Resources, Tutorials, Workshops 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:	Written coursework - Essay				

**Component 2**

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

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

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

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

**Module Requirements**

Prerequisites for Module	None 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. Abingdon-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.