

MODULE DESCRIPTOR

Module Title

Testing and Analysis for Enhanced Performance

Reference	HS3142	Version	2
Created	August 2024	SCQF Level	SCQF 9
Approved	June 2021	SCQF Points	15
Amended	December 2024	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 70%				

MODULE PERFORMANCE DESCRIPTOR**Explanatory Text**

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

Module Grade	Minimum Requirements to achieve Module Grade:
A	Component 1 A and Component 2 Pass
B	Component 1 B and Component 2 Pass
C	Component 1 C and Component 2 Pass
D	Component 1 D and Component 2 Pass
E	Component 1 E and Component 2 Pass
F	Component 1 F and/or Component 2 Fail
NS	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.