

MODULE DESCRIPTOR

Module Title

Integrated Sport and Exercise Science

Reference	HS4114	Version	3
Created	March 2017	SCQF Level	SCQF 10
Approved	September 2015	SCQF Points	30
Amended	September 2017	ECTS Points	15

Aims of Module

This module aims to develop the student's ability to integrate sport and exercise disciplines in order to enhance performance of an individual or group.

Learning Outcomes for Module

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

- 1 Evaluate the effectiveness of models of multidisciplinary working in applied sport and exercise science
- 2 Critically evaluate relevant literature in a specialist discipline of applied sport and exercise science in relation to human performance
- 3 Critically justify selected sport and exercise science assessment procedures in relation to the enhancement of human performance
- 4 Critically discuss a sport and exercise science intervention in relation to the enhancement of human performance

Indicative Module Content

Holistic needs analysis; applied exercise physiology, psychology and biomechanics; fitness and performance testing constructs; fitness and performance testing procedures; expected norms for different populations; multidisciplinary team working; athlete and team development; return from injury: physiological, psychological and biomechanical considerations; health improvement for sedentary populations; multifactorial management of high performance and elite athletes.

Module Delivery

A mixture of lectures, tutorials and workshops.

Indicative Student Workload	Full Time	Part Time
Contact Hours	52	N/A
Non-Contact Hours	248	N/A
Placement/Work-Based Learning Experience [Notional] Hours	N/A	N/A
TOTAL	300	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:	Coursework	Weighting:	100%	Outcomes Assessed:	1, 2, 3, 4
Description:					

MODULE PERFORMANCE DESCRIPTOR

Explanatory Text

This Module is assessed by a single piece of coursework and the grade determined as follows:

Module Grade	Minimum Requirements to achieve Module Grade:
A	Rows 1-5: Minimum of 3 rows at A, 2 rows at B and 1 row at C Rows 6-8: Minimum of 2 rows at distinction and 1 row at pass Row 9: Pass
B	Rows 1-5: Minimum of 3 rows at B, 2 rows at C and 1 row at D Rows 6-8: Minimum of 1 row at distinction and 2 rows at pass Row 9: Pass
C	Rows 1-5: Minimum of 3 rows at C and 2 rows at D and 1 row at E Rows 6-8: Minimum of 3 rows at pass Row 9: Pass
D	Rows 1-5: Minimum of 4 rows at D and 2 rows at E Rows 6-8: Minimum of 2 rows at pass Row 9: Pass
E	Rows 1-5: Minimum of 3 rows at E Rows 6-8: Minimum of 1 row at pass
F	Failure to achieve any of the above
NS	Non-submission of work by published deadline or non-attendance for examination

Module Requirements

Prerequisites for Module	Successful completion of Stages 1-3 of the BSc (Hons) Applied Sport and Exercise Science course, or equivalent.
Corequisites for module	None.
Precluded Modules	None.

INDICATIVE BIBLIOGRAPHY

- 1 A current and comprehensive list of references will be supplied on an annual basis to reflect the evolving nature of relevant topic areas