

## 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
<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:					

**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:
<b>A</b>	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>B</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
<b>C</b>	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
<b>D</b>	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
<b>E</b>	Rows 1-5: Minimum of 3 rows at E Rows 6-8: Minimum of 1 row at pass
<b>F</b>	Failure to achieve any of the above
<b>NS</b>	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