

## MODULE DESCRIPTOR

### Module Title

Applied Professional Development			
Reference	HS4135	Version	2
Created	April 2024	SCQF Level	SCQF 10
Approved	June 2021	SCQF Points	15
Amended	May 2024	ECTS Points	7.5

### Aims of Module

This module aims to enhance students professional self-awareness, reflective practice and to provide opportunity to develop specific areas of professional skills

### Learning Outcomes for Module

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

- 1 Apply a critical process of professional self-awareness.
- 2 Demonstrate an analytical approach to continued professional development.
- 3 Review professional scope of practice.
- 4 Employ reflective practice in a development plan.

### Indicative Module Content

Ethical boundaries; reflective practice; needs analysis; skills audit; self-awareness; inter-personal skills; job description; person specification; CV development ; CPD; graduate and employability skills; goal setting; capacity building.

### Module Delivery

Online resources and tutorials, supported by opportunities for professional skill development within the course.

### Indicative Student Workload

	Full Time	Part Time
Contact Hours	8	N/A
Non-Contact Hours	142	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: Portfolio

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

Grade based on the grading proforma.

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

**Module Requirements**

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

**INDICATIVE BIBLIOGRAPHY**

- 1 KNOWLES, Z., GILBOURNE, D., CROPLEY, B. and DUGDILL, L., 2014. Reflective Practice in the Sport and Exercise Sciences: Contemporary Issues. Oxon: Routledge.
- 2 BASSOT, B. 2020. The Reflective Journal. 3rd Ed. London: Red Globe Press
- 3 Appropriate text will be identified by the student associated with the personal developmental need identified.