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## MODULE DESCRIPTOR

### Module Title

Performance Training For Sport

Reference	HS4136	Version	1
Created	April 2021	SCQF Level	SCQF 10
Approved	June 2021	SCQF Points	15
Amended		ECTS Points	7.5

### Aims of Module

The module aims to develop the students' ability to integrate sport and exercise disciplines to enhance performance by developing comprehension and applied skills required by a sport scientist.

### Learning Outcomes for Module

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

- 1 Critically appraise sport and exercise science literature in relation to enhancing performance.
- 2 Implement suitable fitness testing protocols to assess and monitor performance.
- 3 Employ an evidence-based training intervention to enhance performance.

### Indicative Module Content

Testing and assessment of fitness variables; interpretation of data retrieved from fitness testing; training theory; programming and periodisation; coaching science.

### Module Delivery

Lectures and online resources supported by tutorials and practicals.

### Indicative Student Workload

	Full Time	Part Time
Contact Hours	18	N/A
Non-Contact Hours	132	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: Practical Exam Weighting: 100% Outcomes Assessed: 1, 2, 3  
 Description: Presentation

**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 HAFF, G. G, and TRAVIS TRIPLET, N., eds. 2015. Essentials of strength training and conditioning. 4th edition. Illinois: Human kinetics.
- 2 MCGUIGAN, M., 2017. Monitoring training and performance in athletes. Illinois: Human kinetics.
- 3 JOYCE, D. and LEWINDON, D. eds., 2014. High-performance training for sports. Illinois: Human Kinetics.
- 4 TURNER, A, and COMFORT, P., eds. 2017. Advanced strength and conditioning: an evidence-based approach. Abinfdon-on-Thames:Routledge.
- 5 The Journal of Strength and Conditioning Research
- 6 The Strength & Conditioning Journal