

MODULE DESCRIPTOR

Module Title

Performance Training For Sport

Reference	HS4136	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

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; scientific understanding for sustainable development.

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:
A	A
B	B
C	C
D	D
E	E
F	F
NS	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