University of Hertfordshire UH

Module Catalogue Sports

School of Life and Medical Sciences

Psychology, Sport and Geography

Institute of Sport

A DIRECTORY OF UNDERGRADUATE MODULES FOR EXCHANGE AND STUDY ABROAD STUDENTS

SEMESTER A, B AND AB 2024/25

List of Programmes included in this catalogue:

- ✓ HHSPO Sports Sciences (Sport & Exercise Science)
- ✓ HHSPO Sports Sciences (Sports Therapy)
- ✓ HHSPS Sports Studies (Sports Studies)
- ✓ HHSPS Sports Studies (Sports Coaching)
- ✓ HHSPS Sports Studies (Sports Business Management)

Relevant contacts

Contact	Name	Email contact
Sports Sciences (Sport & Exercise Science) Programme Lead	Dr Amy Wells	a.v.wells@herts.ac.uk
Sports Sciences (Sports Therapy) Programme Lead	Kathrine Cady	k.cady2@herts.ac.uk
Sports Studies Programme Lead	Dr Christopher Brown	c.brown25@herts.ac.uk
Sports Studies Deputy Programme Lead	Dr Darren Nolan	d.nolan2@herts.ac.uk
Sports CATS Tutor	Dr Charlotte Gautrey	c.n.gautrey@herts.ac.uk

INTRODUCTION

This module directory is specifically designed for exchange students to select modules at School of Life and Medical Sciences, Psychology, Sport and Geography, Institute of Sport, University of Hertfordshire.

1. Please see the box below explaining the module codes:

4LMS0149		
4	**LMS**	**0149**
Module level	School of study	Module code

2. As an exchange student you can choose modules from levels 5, 6 and exceptionally at level 4.

Level 4	**Level 5**	**Level 6**
First Year module	Second Year module	Third Year module

3. Co-requisites, pre-requisites and prohibited combinations.

Some of the modules may have co-requisites or pre-requisites which you will find indicated in each module. Please note for you, as an exchange student, *if a module has co-requisites or pre-requisites, you must have previously studied the subject and have completed the relevant module(s) at your home institution.* When sending your application, please include a copy of your transcript to show that you have taken the minimum required co-requisites or pre-requisites module(s) at your home institution. Additionally, we may require you to provide a module description in order to evidence prior study.

If you are in the process of completing the required module(s) at the time of the application and you do not have the final copy of the transcript, please include a letter from your home institution clearly listing the modules that you are registered on.

Prohibited combinations - please note if there are modules listed under prohibited combinations you can only study one of the modules.

SPORTS UNDERGRADUATE MODULES

Level	Module Title	Module code	Credit Points	% Test	% Examination	% Coursework	% Practical	Semester
4	Understanding the Sport Industry	4LMS0149	15	25	0	75	0	A
4	Developing an Academic Approach	4LMS0152	15	0	0	100	0	A
4	Sport as Social and Global Phenomena	4LMS0151	15	0	0	100	0	B
4	Sport Business Management: National and International Perspectives	4LMS0150	15	0	0	100	0	B
4	Introduction to Sports Development	4LMS2102	15	30	0	70	0	A
4	Sport Operations	4LMS2109	15	25	0	75	0	B
4	Sport, Media and Communications	4LMS2110	15	20	0	80	0	B
4	Anatomy and Physiology for Coaches	4LMS2104	15	40	0	0	60	A
4	Exercise Prescription and Fitness Testing	4LMS0187	15	0	0	40	60	B
4	Human Physiology and Nutrition	4LMS0185	15	40	0	30	30	AB
4	Musculoskeletal Anatomy	4LMS0190	15	40	0	0	60	A
4	Introduction to Sport and Exercise Psychology	4LMS0189	15	60	0	0	40	B
4	Skill Acquisition and Motor Control	4LMS0188	15	30	0	70	0	A
4	Principles of Biomechanics	4LMS0191	15	100	0	0	0	B
5	Facilities and Funding for Active Communities	5LMS0146	15	0	0	100	0	A
5	Global Perspectives of Sports Development	5LMS0145	15	20	0	80	0	B
5	Leadership and Management of Sports Events	5LMS0083	30	0	0	60	40	AB
5	Process and Practice in High Performance Sport	5LMS0081	15	30	0	70	0	A
5	Exploring Sports Ethics	5LMS0082	15	0	0	70	30	A
5	Exercise and Environmental Physiology	5LMS0107	15	40	0	0	60	A
5	Exercise Physiology and Metabolism	5LMS0106	30	40	0	30	30	AB
5	Research Design	5LMS0110	15	25	0	75	0	B
5	Functional Anatomy and Clinical Biomechanics	5LMS0113	15	50	0	0	50	B
5	Applied Sport and Exercise Psychology	5LMS0109	30	0	0	70	30	AB
5	Sport Conditioning and Testing	5LMS0112	15	0	0	0	100	B
5	Applied Biomechanics of Performance	5LMS0108	15	0	0	100	0	A
5	Exercise for a Healthy Population	5LMS0111	15	0	0	100	0	A
6	Behaviour Change for Physical Activity and Sport	6LMS0194	15	0	0	100	0	A
6	Insight and Evaluation of Sports Development	6LMS2013	15	0	0	100	0	A
6	Creating Business Strategies for Sport	6LMS0136	15	20	0	80	0	A
6	Enterprise and Entrepreneurship in Sports Business Management	6LMS0127	15	0	0	100	0	B
6	Special Populations	6LMS0167	15	0	0	100	0	B

Sports

Module name: Understanding the Sport Industry

Module Code: 4LMS0149 Semester: A Credits: 15

Module Aims:

Develop an understanding of the management skills and knowledge needed to operate and promote a range of fitness, sports and leisure facilities within the public, commercial and voluntary sector environments.

Intended Learning Outcomes:

Successful students will typically: Discuss the similarities and differences between managing fitness, sports and leisure facilities within the different sporting sectors. Describe the day to day operational requirements needed to manage fitness, sports and leisure facilities, including customer care, staff management, marketing, budgeting, health and safety, programming and physical resources. Successful students will typically: Be able to identify the management challenges faced by managing fitness, sports and leisure facilities in each of the main sectors. Apply the management tools required to operate fitness, sports and leisure facilities effectively, efficiently and safely

Module Content:

This module will develop an understanding of the management skills and knowledge needed to operate and promote a range of fitness, sports and leisure facilities within the public, commercial and voluntary sector environments. It will identify and explore the basic skills and knowledge required to operate these facilities, including those required for customer care, staff management, marketing, budgeting, health and safety, programming and maintenance of physical resources. All learning outcomes will be achieved through the lectures, tutorials, workshops, directed independent study and the assessment.

Pre and Co requisites:

None

Assessment:

Assessment will normally include a progress test and written assignment. An aggregate module grade of at least 40% must be achieved in order to pass the module.

Test	Examination	Coursework	Practical
25%	0%	75%	0%

Sports

Module name: Developing an Academic Approach

Module Code: 4LMS0152 Semester: A Credits: 15

Module Aims:

To enable students to be introduced to range of concepts and themes required to develop a successful academic approach, develop understanding and awareness of the academic and research skills and conventions required in higher education.

Intended Learning Outcomes:

Successful students will typically: demonstrate awareness, understanding and basic evaluation of theoretical methods and approaches used within sports research. Outline and appreciate the techniques used for successful academic study (i.e. research, writing style, referencing, analysis, statistics). Successful students will typically: demonstrate evidence of planning, developing and producing a range of academic assessments. Identify and apply appropriate research techniques to sporting themes. Engage and enhance skills in IT/computer software applications.

Module Content:

This module is focused on introducing and developing skills required to develop a successful academic approach to be a successful student in in a Higher Education, while also considering the professional/transferable skills for a successful career. With regards to academic approach, this module primarily provides an introduction to the academic, IT and communication skills that students will require to become effective autonomous learners in Higher Education. All Learning Outcomes will be achieved through the lectures, tutorials, workshops, directed independent study and the assessment.

Pre and Co requisites:

None

Assessment:

Assessment will normally include a portfolio assessment that may comprise a reflection on the module and written assignments. An aggregate module grade of 40% or above is required to successfully pass the module.

Test	Examination	Coursework	Practical
0%	0%	100%	0%

Sports

Module name: Sports as Social and Global Phenomena

Module Code: 4LMS0151 Semester: B Credits: 15

Module Aims:

The aims of this module are to enable students to develop an awareness of sports as significant social phenomena. Students will also consider the extent to which sports may be seen as global phenomena and appreciate the interactions between sports and culture in the social context.

Intended Learning Outcomes:

Successful students will typically: show understanding of the development of sports into significant social phenomena. Demonstrate awareness of the global context in relation to sports. Be cognisant of interactions between sports, society and culture. Successful students will typically: be able to explain the development of sports into significant social phenomena. Use examples to illustrate the extent to which sports may be seen as global phenomena. Produce evidence of interactions between sports and culture in a social context.

Module Content:

This module will focus on the social context of sport and the interaction between sport, society and culture. This will include an exploration of the development of sport as a significant part of many societies today, as well as consideration of the ways in which sports may be seen as global phenomena. All learning outcomes will be achieved through the holistic programme of lectures, tutorials, workshops, directed independent study and assessment.

Pre and Co requisites:

None

Assessment:

Assessment will normally include a written assignment and a progress test. An aggregate module grade of 40% must be achieved in order to pass the module.

Test	Examination	Coursework	Practical
0%	0%	100%	0%

Sports

Module name: Sport Business Management: National and International Perspectives

Module Code: 4LMS0150 Semester: B Credits: 15

Module Aims:

Develop awareness of the sports business landscape both within the UK and at an international level
Understand the different organisation and delivery models for sport adopted across the world.

Intended Learning Outcomes:

Successful students will typically describe the differences in sport business management globally. Describe and explain organisational structure and concepts of international sport business organisations. Successful students will typically discuss the similarities and differences in management of global sport businesses. Demonstrate the significance of different examples of management internationally in sport business.

Module Content:

This module will set the scene for the way in which sport is run as both a commercial and not for profit business both in the UK and internationally. For example it will explore the delivery models for sport in different parts of the UK and consider international delivery such as the franchise model popular in North American sport.

Pre and Co requisites:

None

Assessment:

Assessment will normally include a presentation and written report. An aggregate module grade of 40% must be achieved in order to pass the module.

Test	Examination	Coursework	Practical
0%	0%	100%	0%

Sports

Module name: Introduction to Sports Development

Module Code: 4LMS2102 Semester: A Credits: 15

Module Aims:

The aims of this module are to enable students to be introduced to the foundational concepts of sport development practice and the influence of policy on sport development practice.

Intended Learning Outcomes:

Successful students will typically Identify important policies and strategies that have shaped sport development. Define and explain the role and responsibilities of physical activity and sport development organisations. Recognise the current policy context for sport development. Successful students will typically recognise the priorities for physical activity and sport development organisations at national and local level. Explore the physical activity and sport participation of different population groups.

Module Content:

This module will introduce the core concepts that shape and influence community sport development. The sport participation and physical activity of various population groups will be explored, while the role and influence of policy in the sector will be appraised. All learning outcomes will be achieved through the lectures, tutorials, seminars, directed study, independent study, and the assessment.

Pre and Co requisites:

None

Assessment:

Assessment will normally include an infographic assessment and an end of module progress test. An aggregate module grade of at least 40% must be achieved to pass the module.

Test	Examination	Coursework	Practical
30%	0%	70%	0%

Sports

Module name: Sport Operations

Module Code: 4LMS2109 Semester: B Credits: 15

Module Aims:

The module aims are to enable students to critically evaluate the needs and development of sport and recreation facilities. The role of the facility manager as well as major trends and their impact on sport and recreation facilities will also be examined.

Intended Learning Outcomes:

Successful students will typically describe operational structure and management/leadership concepts associated with the operation of sport and recreation facilities. Identify major trends and issues impacting on the planning, designing, and construction of sport and recreation facilities. Explain and differentiate between funding sources for sport and recreation facilities. Successful students will typically demonstrate the importance of risk management and health and safety in the planning and on-going operations of sport and recreation facilities. Apply Human Resource knowledge to various situations in sport and recreation facilities.

Module Content:

This module will introduce students to the planning, design, and development of sport and recreation facilities and to the principles and techniques of facility operation and management. The module will cover specific topics related to sport operations and facility management such as organization and management, policy and procedure development, risk management/health and safety, financial management, and human resource management. All learning outcomes will be achieved through the lectures, tutorials, seminars, directed study, independent study, and the assessment.

Pre and Co requisites:

None

Assessment:

Assessment will normally include a case study/written report assessment and a mid-module progress test. An aggregate module grade of at least 40% must be achieved to pass the module.

Test	Examination	Coursework	Practical
25%	0%	75%	0%

Sports

Module name: Sport, Media and Communications

Module Code: 4LMS2110 Semester: B Credits: 15

Module Aims:

The module aims are to enable students to acquire an understanding of the general concepts of communication, media, and their connection to sport, including different types of communication channels, varying aspects of social media, the gate keeper function of media, and how media can influence the public perception on contemporary issues in sport.

Intended Learning Outcomes:

Successful students will typically recognise the basic skills sport communication professionals need to perform their job. Identify strategic considerations for social media management. Describe the media's structure and influence in society. Successful students will typically generate content, including effective and professional writing, from a sport perspective. Produce content appropriate to specific media channels, including print or digital news, audio-based media, social media, and general communication documents.

Module Content:

This module will examine communication, practice, and media issues related to the sports industry and sport communication professions. Specifically, concepts and current issues related to the production of social media, broadcasting, print media, and public relations/crisis communications in the sports industry will be discussed and students will produce work from each of these industry segments. All learning outcomes will be achieved through the lectures, tutorials, seminars, directed study, independent study, and the assessment.

Pre and Co requisites:

None

Assessment:

Assessment will normally include a portfolio assessment and a mid-module progress test. An aggregate module grade of at least 40% must be achieved to pass the module.

Test	Examination	Coursework	Practical
20%	0%	80%	0%

Sports

Module name: Anatomy and Physiology for Coaches

Module Code: 4LMS2104 Semester: A Credits: 15

Module Aims:

The aims of this module are to enable students to acquire a basic theoretical and practical knowledge of human musculoskeletal anatomy and physiology (including the structure of key systems and a range of physiological processes) and an understanding of how this knowledge could be utilised in coaching or exercise contexts.

Intended Learning Outcomes:

Successful students will typically describe the structure and function of bones, joints, tendons, ligaments, muscles and other joint related structures. Name and describe the movements possible at selected joints in relation to the anatomy. Identify the gross structure of selected organ systems and describe a range of human physiological processes. Successful students will identify features of the gross anatomy of the human body. Demonstrate the movements possible at selected joints in relation to the anatomy. Conduct safe and effective simple physiological experiments on human subjects that may be utilised within coaching contexts.

Module Content:

The module provides an introduction to human musculoskeletal anatomy, relating to the structure and function of bones, joints, tendons, ligaments and muscles. This module will also provide students with an introduction to human physiology applied to sport and exercise. Focus will be on a basic understanding of muscular, cardiovascular, respiratory, endocrine, and nervous systems. The taught content will be tailored towards coaching students, allowing them to consider how this knowledge can be applied within coaching contexts. All learning outcomes will be achieved through the lectures, tutorials, seminars, directed study, independent study, and the assessment.

Pre and Co requisites:

None

Assessment:

Assessment will normally include an in-class test and an anatomy identification assessment. A pass is required in both the test and the practical to pass the module.

Test	Examination	Coursework	Practical
40%	0%	0%	60%

Sports

Module name: Exercise Prescription and Fitness Testing

Module Code: 4LMS0187 Semester: B Credits: 15

Module Aims:

The aims of this module are to enable students to understand the underpinning theories and principles of training and testing in sport, health and exercise settings and gain a basic understanding of key physiological data at rest, in response to acute exercise, and to the typical adaptations to chronic training.

Intended Learning Outcomes:

Successful students will typically identify and comprehend tests to undertake an effective basic fitness assessment in a healthy population. Understand the principles of designing a basic training programme to improve fitness. Successful students will typically perform a basic battery of tests to assess fitness and monitor training adaptations. Interpret the results obtained from fitness tests, converting basic scientific data into exercise prescription. Demonstrate good laboratory practice and adherence to health and safety considerations when conducting exercise and fitness testing.

Module Content:

This module will develop the key theoretical and practical skills essential to assess fitness and design training programmes. Specifically, the module aims to introduce a number of fitness tests to assess different components of fitness, with particular attention to tests that measure or estimate cardiorespiratory fitness and strength. Furthermore, this module will introduce basic data analyses and will provide tools to contextualise the data obtained from fitness testing. In addition, the module will introduce the principles of training as a basic theoretical framework underpinning a training programme, with a specific focus on improving cardiorespiratory fitness and strength in the general population. All learning outcomes will be achieved through the lectures, tutorials, seminars, directed study, independent study, and the assessment.

Pre and Co requisites:

None

Assessment:

Assessment will normally include a written report and a practical assessment. Students must pass both practical and coursework elements to pass the module.

Test	Examination	Coursework	Practical
0%	0%	40%	60%

Sports

Module name: Human Physiology and Nutrition

Module Code: 4LMS0185 Semester: AB Credits: 30

Module Aims:

The aims of this module are to enable students to acquire a basic theoretical and practical understanding of human physiology and nutrition, in the particular contexts of exercise and health. The module also aims to develop the skills of collection, presentation, interpretation, and reflection of physiological data under laboratory and practical settings.

Intended Learning Outcomes:

Successful students will typically identify the micro and gross structure of selected organ systems and describe a range of human physiological processes at cell, organ and organism level. Understand physiological causes and symptoms of disease states. Describe the key principles of human nutrition and digestion in different states of nutritional intake. Successful students will typically collect and interpret a range of quantitative physiological data. Conduct safe and effective simple physiological experiments on human subjects and demonstrate an awareness of basic health and safety issues applied during laboratory and practical settings. Demonstrate an awareness of the key methods involved with assessing dietary intake and perform a simple dietary analysis.

Module Content:

This module will provide students with an introduction to human physiology and nutrition applied to sport and exercise. In particular, focus will be on learning fundamentals of structure, function and biochemistry from cellular, to tissue, organ, and organism levels, including a basic understanding of muscular, cardiovascular, respiratory, renal, digestive, endocrine and nervous systems. There is also an introduction to essential themes underlying dietary macro− and micronutrients, and exploration of basic applications of nutrition pertinent to dietary assessment and problem-based learning scenarios. Practical work will be used to provide additional insight into specific physiological systems, this may include instruction in the use of physiological interfaces, and recording and analytical software, including basic studies on the respiratory and cardiovascular systems and dietary analysis. Learning outcomes will be achieved through lectures, tutorials, practicals workshops, directed independent study and the assessment. Students will undertake weekly two−hour lectures and ten two - hour practical classes to provide insight into specific physiological and nutritional systems.

Pre and Co requisites:

None

Assessment:

Assessment will normally include a written lab report, an online test and a presentation. Students must pass all components of assessment in order to pass the module.

Test	Examination	Coursework	Practical
40%	0%	30%	30%

Sports

Module name: Musculoskeletal Anatomy

Module Code: 4LMS0190 Semester: A Credits: 15

Module Aims:

The aims of this module are to enable students to acquire a theoretical and practical knowledge of human anatomy and to understand and demonstrate movements available at the joints of the human body.

Intended Learning Outcomes:

Successful students will typically describe the structure and function of bones, joints, tendons, ligaments, muscles and other joint related structures. Name and describe the movements possible at selected joints in relation to the anatomy. Name and describe joint movement in relation to planes and axis. Successful students will typically identify and palpate features of the gross anatomy of the human body. Demonstrate the movements possible at selected joints in relation to the anatomy.

Module Content:

The module provides an introduction to human anatomy, relating to the structure and function of bones, joints, tendons, ligaments and muscles. The axial and appendicular skeleton will be studied in regard to joint type and the associated movements available. Movements of selected joints will be identified and classified based on planes and axes of movement. The musculoskeletal system will be investigated in terms of origins and insertions of selected muscles and the movements they produce. The learning outcomes will be achieved by an integrated programme of lectures and laboratory practical classes. Lectures will provide students with an overview of the skeletal system; practical classes will provide students the opportunity to develop a detailed understanding of musculoskeletal anatomy of the human body. Practical classes will give students the opportunity to identify anatomical structures on both a skeletal and human model. Students understanding will be facilitated by independent study, including weekly online quizzes and recommended reading.

Pre and Co requisites:

None

Assessment:

Assessment will normally include an in-class test and a practical anatomy identification assessment. Students must pass all components of assessment in order to pass the module.

Test	Examination	Coursework	Practical
40%	0%	0%	60%

Sports

Module name: Introduction to Sport and Exercise Psychology

Module Code: 4LMS0189 Semester: B Credits: 15

Module Aims:

The aims of this module are to enable students to understand key concepts and theory that describe and explain the importance of cognitive sciences and psychology in sport, exercise and physical activity contexts, and identify and examine roles of the sport and exercise psychologist in enhancing sport and/or health performance.

Intended Learning Outcomes:

Successful students will typically describe and discuss psychological theories underlying cognitive sciences, sport, health and exercise performance relevant to sport and exercise contexts. Describe and discuss a variety of approaches to assessment and intervention in sport and exercise psychology. Successful students will typically communicate effectively in various modes and work collaboratively within group settings. Demonstrate a fundamental level of skills in the use of information technology appropriate to cognitive sciences and psychology. Demonstrate appropriate qualitative and quantitative research skills to make informed judgements with respect to sport and exercise psychology.

Module Content:

The module will cover some of the core topics and underlying theory relevant to contemporary cognitive science, as well as sport and exercise psychology. For example, students may explore topics such as introduction to neural science, perception, mental toughness and resilience, the psychology of sports injury, motivation, exercise and mental health. Learning outcomes will be achieved through lectures, tutorials, workshops, directed independent study and the assessment. Lectures will be two hours weekly and be supported by workshops and online directed tasks.

Pre and Co requisites:

None

Assessment:

Assessment will normally include an in-class test and an oral presentation assessment. Students must pass all components of assessment in order to pass the module.

Test	Examination	Coursework	Practical
60%	0%	0%	40%

Sports

Module name: Skill Acquisition and Motor Control

Module Code: 4LMS0188 Semester: A Credits: 15

Module Aims:

The aims of this module are to enable students to develop an understanding of theories and assessments of skill acquisition and motor control and gain knowledge of how to apply these and associated interventions, within sport and exercise settings.

Intended Learning Outcomes:

Successful students will typically discuss theories of skill acquisition and motor control within sport and exercise. Describe interventions and techniques that aid skill acquisition and motor control in sport and exercise. Discuss research methodologies and assessment methods appropriate to skill acquisition and motor control within sport and exercise. Apply various mediums to communicate principles of skill acquisition and motor control. Successful students will typically explain how to apply theories of skill acquisition and motor control, and associated interventions, in sport and exercise. Utilise research methodologies and assessment methods appropriate to skill acquisition and motor control within sport and exercise.

Module Content:

This module is designed to develop understanding of skill acquisition and motor control in sport and exercise. Students will be taught the classification of motor skills and abilities. Moreover, students will be introduced to theories of sensorimotor control and the underlying principles of information processing. The principles of motor skill learning, practice conditions and different modes of feedback and instruction will also be covered. Finally, students will have the opportunity to measure motor performance and apply different theories and principles of skill acquisition and motor control to various population groups. Learning outcomes will be achieved through lectures, tutorials, workshops, directed independent study and the assessment. Students will have weekly two−hour lectures supported by workshops and directed study.

Pre and Co requisites:

None

Assessment:

Assessment will normally include a progress test and a written assignment. Students must pass all components of assessment in order to pass the module.

Test	Examination	Coursework	Practical
30%	0%	70%	0%

Sports

Module name: Principles of Biomechanics

Module Code: 4LMS0191 Semester: B Credits: 15

Module Aims:

The aims of this module are to enable students to develop an understanding of a range of key biomechanical principles and their application within a sport and exercise setting.

Intended Learning Outcomes:

Successful students will typically describe mechanical principles in relation to human movements and the movement of objects in a sport and exercise setting. Utilise biomechanical principles to analyse performance within a sport and exercise setting. Successful students will typically apply understanding of linear kinetics and kinematics in relation to sports performance situations. Explain angular kinetics and kinematics in relation to sports performance situations. Interpret biomechanical data reported numerically and graphically. Perform data analysis on biomechanical data in Excel.

Module Content:

This module is focused on introducing key biomechanical principles and the skills required to implement this knowledge to answer problems in a sport and exercise environment. This module will develop students' problem solving and data within a biomechanics setting, teaching students how to model and measure performances of athletes. Learning outcomes will be achieved through lectures, tutorials, workshops, directed independent study and the assessment. Lectures will be supported workshops and online directed quiz tasks.

Pre and Co requisites:

None

Assessment:

Assessment will normally include two in-class progress tests. An overall pass mark of 40% or above is required to pass the module.

Test	Examination	Coursework	Practical
100%	0%	0%	0%

Sports

Module name: Facilities and Funding for Active Communities

Module Code: 5LMS0146 Semester: A Credits: 15

Module Aims:

Develop awareness of participation patterns for active communities Identify the range of strategic resources available to support funding applications to develop more active communities.

Intended Learning Outcomes:

Successful students will typically interpret the patterns of continuity and change in contemporary sport and physical activity participation. Develop awareness of sources of funding for programmes to create active communities. Successful students will typically apply the principles that support coherent and professional funding applications. Provide explanations of the various factors that influence sports development.

Module Content:

This module will explore the contemporary issues that affect active communities, including volunteering, monitoring and evaluation, and strategic planning. The key principles for successful funding applications will be introduced, considered and applied to actual community examples.

Pre and Co requisites:

None

Assessment:

Assessment will normally include a funding application and a reflective piece. An aggregate module grade of 40% must be achieved in order to pass the module.

Test	Examination	Coursework	Practical
0%	0%	100%	0%

Sports

Module name: Global Perspectives of Sports Development

Module Code: 5LMS0145 Semester: B Credits: 15

Module Aims:

The aims of this module are to enable students to identify how sport development is applied in different international contexts. Students will recognise the role and significance of global sporting events in sport development.

Intended Learning Outcomes:

Successful students will typically recognise the role and significance of international sport for development. Explore the complexities of global sporting events. Discuss the complicated role of sport in international politics and diplomacy. Successful students will typically explain different perspectives of international sport development. Recognise the wider context in which the sport sector operates.

Module Content:

This module examines the global reach of sport development. Students will explore the field of international sport for development, examine the complexities of hosting global sporting events, and critically interpret the role of sport in international politics and diplomacy. All learning outcomes will be achieved through the lectures, tutorials, workshops, directed independent study and the assessment.

Pre and Co requisites:

None

Assessment:

Assessment will normally include a quiz and a written assignment. An aggregate module grade of 40% must be achieved in order to pass the module.

Test	Examination	Coursework	Practical
20%	0%	80%	0%

Sports

Module name: Leadership and Management of Sports Events

Module Code: 5LMS0083 Semester: AB Credits: 30

Module Aims:

The aims of the module are to appreciate a variety of sport organisational business structures and how this impacts behaviour. Demonstrate an awareness of the implications of conflict and change within sport organisations. Understand marketing principles & their functions in a business context & in relation to events. Provide marketing and event management solutions for sport organisations.

Intended Learning Outcomes:

Successful students will typically appraise a variety of sport business structures. Analyse organisational culture and behaviour. Discuss concepts of change and conflict management and apply change management theory to sport organisational scenarios. Outline the principles of sports event management. 5. Structure a marketing strategy for a sports event. Successful students will typically demonstrate an awareness of a variety of sport business structures and organisational cultural behaviours. Use change and conflict management theory. Research and market a sports event. Consult and negotiate while implementing a marketing strategy for a sports event.

Module Content:

Through the example of organisation, delivery and legacy of sporting events the concepts of leadership and management are introduced, used and appraised. This module will develop further understanding on the variety of sport business structures and moves on from understanding simple micro-environments to understanding the legal and financial implications of being self-employed, partnerships and public limited companies. How these structures behave and how culture is evidenced will be examined along with the theoretical concepts of change management and conflict resolution. This module will then begin to examine less permanent sport organisational structures through sports events and understanding purpose and variety of sports events and associated structures. Finally, students will be able to examine an operational management strategy for delivery of a sport event through either having observed or managed an event of choice. All learning outcomes will be achieved through lectures, tutorials, workshops, directed independent study and the assessment.

Pre and Co requisites:

None

Assessment:

Assessment will normally include a presentation and a group sport event activity. The coursework will normally include a written report. An aggregate module grade of 40% must be achieved in order to pass the module.

Test	Examination	Coursework	Practical
0%	0%	60%	40%

Sports

Module name: Process and Practice in High Performance Sport

Module Code: 5LMS0081 Semester: A Credits: 15

Module Aims:

The aims of this module are to enable students to identify and analyse the core elements comprising high-performance sport systems and cultures of successful sport nations. Students will examine the essential resources and processes required to deliver high-performance in sport.

Intended Learning Outcomes:

Successful students will typically discuss the significance of having a successful high-performance system. Determine the essential processes required to develop a high-performance system. Compare and contrast the performance of nations at the Olympic and/or Paralympic Games. Successful students will typically analyse approaches by nations/sports to develop a sustainable high-performance pathway. Assess the practical challenges in delivering a successful high-performance system.

Module Content:

This module introduces students to the essential processes and practices that contribute to successful high-performance sport systems. Students will identify and analyse the factors that influence the success/failure of nations at the Olympic and/or Paralympic Games. The challenges of creating and delivering a successful high-performance sport system will be assessed. All learning outcomes will be achieved through the lectures, tutorials, seminars, directed study, independent study, and assessment.

Pre and Co requisites:

None

Assessment:

Assessment will normally include a written assignment and an end of module progress test. An aggregate module grade of 40% must be achieved in order to pass the module.

Test	Examination	Coursework	Practical
30%	0%	70%	0%

Sports

Module name: Exploring Sports Ethics

Module Code: 5LMS0082 Semester: A Credits: 15

Module Aims:

The aims of this module are to enable students to develop an understanding of ethics, value, and moral reasoning within the context of sports. Students will evaluate the significance of issues relating to sports ethics in 21st century societies. Finally, sociological theory will be utilized to help analyse ethics concerns within sports.

Intended Learning Outcomes:

Successful students will typically demonstrate understanding of sports ethics. Analyse specific ethical concerns within the context of sports. Recognise the role of sociological theory in understanding and analysing ethical issues in sports. Successful students will typically produce evidence of awareness of sports ethics in the 21st century. Provide evaluative explanations and examples of ethical concerns within the sports context. Analyse ethical issues within sports using a sociological approach.

Module Content:

This module will explore a range of issues and concerns relating to sports ethics in 21st century societies. Matters for consideration include amateurism and professionalism, discrimination, deviant behaviour in the sports context, and the role of technology. Students will be encouraged to analyse such issues through the application of theoretical perspectives from the field of sports sociology. All learning outcomes will be achieved through the lectures, tutorials, workshops, directed independent study and the assessment.

Pre and Co requisites:

None

Assessment:

Assessment will normally include a written assignment and a practical assessment. An aggregate module grade of 40% must be achieved in order to pass the module.

Test	Examination	Coursework	Practical
0%	0%	70%	30%

Sports

Module name: Exercise and Environmental Physiology

Module Code: 5LMS0107 Semester: A Credits: 15

Module Aims:

The aims of this module are to enable the students to understand the underpinning theories and principles of training and testing in sport, health and exercise settings and gain a basic understanding of key physiological data at rest, in response to acute exercise, and to the typical adaptations to chronic training.

Intended Learning Outcomes:

Successful students will typically describe physiological responses to acute exercise and adaptations to chronic exercise. Define key physiological terms. Successful students will typically demonstrate the ability to analyse, interpret, and report physiological data in response to exercise. Apply physiological principles to monitor or enhance sport performance.

Module Content:

This module will explore the physiological responses to exercise, including the cardiovascular, neuromuscular and respiratory systems. The module will also address how these responses to acute exercise can be used to determine physiological thresholds in sport and exercise and the effect of extreme environments (such as altitude and extreme temperatures) on physiological systems and exercise performance and chronic adaptations. Practical laboratory skills will be developed for interpretation of physiological data in response to exercise. Learning outcomes will be achieved through lectures, tutorials, workshops, directed independent study and the assessment. Students will have weekly lectures, practical classes and workshop support for assessments.

Pre and Co requisites:

None

Assessment:

Assessment will normally include a practical assessment and an in-class test. Both assessments must be passed independently in order to pass the module.

Test	Examination	Coursework	Practical
40%	0%	0%	60%

Sports

Module name: Exercise Physiology and Metabolism

Module Code: 5LMS0106 Semester: AB Credits: 30

Module Aims:

The aims of this module are to enable students to develop an understanding of the physiological responses to acute exercise and the long-term adaptations to chronic training including experience and skills in the measurement and interpretation of physiological variables and metabolic pathways. Develop an applied knowledge of the theoretical concepts of human nutrition, with applications to health and physical activity.

Intended Learning Outcomes:

Successful students will typically comprehend and discuss the effect of acute and chronic exercise on physiological systems and metabolic pathways. Describe the effect of extreme environments and different nutritional interventions on physiological systems. Define key exercise physiology concepts. Successful students will typically safely collect physiological data in response to exercise. Analyse, interpret, and report physiological data in response to exercise.

Module Content:

This module will explore the physiological responses to exercise, including the cardiovascular, neuromuscular, respiratory, immune, and endocrine systems. The module will also address physiological thresholds, and their role in sport and exercise performance and the mechanisms of fatigue leading to task-failure. The module will consider different metabolic pathways during exercise in response to acute and chronic interventions, and how these may be affected by nutritional interventions. Further areas of consideration will be the effect of extreme environments on physiological systems and exercise performance and the physiological adaptations of the above systems following chronic exercise, including the concept of overtraining and de-training after a training programme. Practical classes will develop skills to successfully collect and interpret physiological data in response to exercise. Learning outcomes will be achieved through lectures, tutorials, workshops, independent study and the assessment. Students will have weekly lectures, practical classes and workshop support for assessments.

Pre and Co requisites:

None

Assessment:

Assessment will normally include a written laboratory report, a practical assessment and an in-class test. The coursework and test assessments must be passed independently, in addition to an aggregate grade of 40% in order to pass the module.

Test	Examination	Coursework	Practical
40%	0%	30%	30%

Sports

Module name: Research Design

Module Code: 5LMS0110 Semester: B Credits: 15

Module Aims:

The aims of this module are to enable students to evaluate relevant research methods in the fields of sport and exercise science and/or sports therapy and to design and develop appropriate research proposals for these fields.

Intended Learning Outcomes:

Successful students will typically recognise, describe, and appraise relevant quantitative and qualitative research approaches. Identify, explain, and justify the appropriate research methods and statistical techniques for use in the fields of sport and exercise and/or sports therapy. Discuss the ethical considerations of undertaking research in the fields of sport and exercise science and/or sports therapy. Successful students will typically formulate appropriate research questions, aims and hypotheses through engagement with relevant scientific literature. Design appropriate research methodologies to investigate the fields of sport and exercise science and sports therapy. Perform and interpret statistical techniques.

Module Content:

In this module students will explore the principles and methods that underpin scientific research in sport and exercise science and sports therapy. The module will enable students to comprehend, critique, and effectively utilise existing scientific research in their studies and professional practice, either as sport and exercise scientists or sport therapists. The knowledge gained will also provide a foundation upon which to design and develop an appropriate research proposal in order to successfully complete the final year project. Learning outcomes will be achieved through lectures, tutorials, workshops, directed independent study and the assessment. Weekly one−hour lectures will be supported by workshops including computer-based statistics sessions.

Pre and Co requisites:

None

Assessment:

Assessment will normally include a written research proposal and an in-class test. A pass in all components is required to pass the module.

Test	Examination	Coursework	Practical
25%	0%	75%	0%

Sports

Module name: Functional Anatomy and Clinical Biomechanics

Module Code: 5LMS0113 Semester: B Credits: 15

Module Aims:

The aims of this module are to enable students to acquire a comprehensive knowledge of functional anatomy of the joints of the human body in relation to injuries that may occur in the sport and exercise environment, and describe the neurovascular anatomy of the upper and lower limbs. The aims are also to acquire a theoretical and practical understanding of the aspects of biomechanics that are relevant to sport and exercise movements and injury.

Intended Learning Outcomes:

Successful students will typically explain the structure and functional anatomy of the joints in the human body. Describe the neurovascular anatomy of the upper and lower limbs. Describe the characteristics of human gait and explain how abnormal biomechanics may predispose injuries during sport and exercise. Successful students will typically apply and discuss the functional anatomy of the joints in the human body to injuries that occur during sport and exercise. Perform a biomechanical analysis of sport and exercise movements using techniques combining both kinematic and kinetic data.

Module Content:

This module builds on the anatomy taught at level 4 and introduces students to the inter−relationship between structure and function of the joints of the human body. Lectures will consider joint structure and function in relation to common injuries that occur within the sport and exercise environment. Students will also be introduced to the neurovascular anatomy of the upper and lower limbs, as well as biomechanical theory. Practical classes will develop biomechanical analysis skills during sport and exercise movements using techniques combining both kinematic and kinetic data. Human gait will be studied, and abnormal biomechanics will be discussed in relation to predisposition to injury. The module will deliver one lecture and one practical class each week. Lectures will provide students with an overview of functional anatomy, neurovascular anatomy and biomechanical theory; practical classes will provide students the opportunity to develop an understanding of functional anatomy further, and perform a range of biomechanical analytical techniques.

Pre and Co requisites:

None

Assessment:

Assessment will normally include a group presentation assessment and an in-class test. A pass is required in both elements of assessment to pass the module.

Test	Examination	Coursework	Practical
50%	0%	0%	50%

Sports

Module name: Applied Sport and Exercise Psychology

Module Code: 5LMS0109 Semester: AB Credits: 30

Module Aims:

The aims of this module are to enable students to develop further understanding of the psychology of sport, exercise, and physical activity behaviour. Understand the planning, implementation, and evaluation of sport psychology practice. Develop knowledge of exercise adherence and compliance and associated theories, assessments, and interventions.

Intended Learning Outcomes:

Successful students will typically examine theories relevant to practice within sport and exercise psychology. Examine assessments, research methodologies and interventions used within sport and exercise psychology. Successful students will typically apply, and explain application of, appropriate sport and/or exercise psychology interventions. Undertake, analyse, and interpret detailed sport and/or exercise psychology assessment using appropriate methods. Engage in reflective practice. Utilise information technology to communicate principles of sport/and or exercise psychology.

Module Content:

In the sport psychology component of the module students will be taught the underlying principles of professional practice in sport psychology. More specifically, students will be educated in the planning, implementation, and evaluation of sport psychology practice. Students will gain in−depth understanding of psychological theory, modes of psychological assessment and appropriate interventions to manage training and competition. The exercise and health component of the module will focus on exercise adherence and the different theoretical models and research that promote exercise adherence in different population groups. Throughout the module students will be presented with examples of “real world” case studies to explore these topic areas. Learning outcomes will be achieved through lectures, tutorials, seminars, directed independent study and the assessment. The presentation assessment will focus on knowledge and understanding learning outcomes, whilst the written coursework will focus on skills and attributes learning outcome. Students will have a two−hour lecture per week supported by seminars and tutorials and online directed tasks to complete.

Pre and Co requisites:

None

Assessment:

Assessment will normally include a group presentation assessment and a written case study. A pass is required in both elements of assessment to pass the module.

Test	Examination	Coursework	Practical
0%	0%	70%	30%

Sports

Module name: Sports Conditioning and Testing

Module Code: 5LMS0112 Semester: B Credits: 15

Module Aims:

The aims of this module are to enable students to develop an insight into the underlying principles and practices of a wide range of functional and physiological tests of human sport and exercise performance, in an applied setting. Comprehend and apply various conditioning and training methods.

Intended Learning Outcomes:

Successful students will typically utilise academic evidence in order to analyse and select appropriate test(s) for the determination of physical performance in the context of sport and exercise. Identify and analyse the underlying theoretical principles of physical performance testing and subsequent training programme design. Successful students will typically perform independently and in a group setting to apply testing and training skills. Demonstrate the ability to identify and conduct appropriate testing and conditioning methods to determine and improve human physical performance.

Module Content:

This module is designed to introduce students to a range of relevant themes that can inform the exercise professional when working with an athlete/client. This module builds on previous study within the course and involves examination of physiological assessment processes and conditioning practices, with reference to relevant supporting theory and literature. Applied knowledge and experience of testing will be developed in different environments which will improve the students theoretical understanding and practical application of testing and training the performer. Learning outcomes will be achieved through lectures, practicals, tutorials, workshops, directed independent study and the assessment. Lectures will introduce subject areas. Students will have weekly lectures to learn concepts and theories, supported by practical classes which will provide an opportunity for students to practice testing/exercise technique and observation/intervention skills.

Pre and Co requisites:

None

Assessment:

Assessment will normally include a oral presentation and a training and testing video assessment. Both assessments must be passed in order to pass the module.

Test	Examination	Coursework	Practical
0%	0%	0%	100%

Sports

Module name: Applied Biomechanics of Performance

Module Code: 5LMS0108 Semester: A Credits: 15

Module Aims:

The aims of this module are to enable students to apply a range of biomechanical principles to analyse sport and exercise performance in a real world applied setting, using a variety of biomechanical analysis equipment.

Intended Learning Outcomes:

Successful students will typically apply kinematic or kinetic data related to human movement to potentially enhance performance and reduce the prevalence of injury. Evaluate a research question in the field of performance biomechanics. Successful students will typically perform basic analysis of human movement in a sport and exercise setting. Record data using a variety of equipment within a biomechanics laboratory setting.

Module Content:

This module is focused on introducing the skills required to increase understanding of biomechanical principles to answer problems in a sport and exercise environment. This module will enhance students' problem solving and data analysis skills within a biomechanics setting, teaching students how to analyse performance using a variety of techniques to measure kinetics or kinematic data. Learning outcomes will be achieved through lectures, tutorials, workshops, directed independent study and the assessment. Lectures will be supported by online quizzes and other tasks.

Pre and Co requisites:

None

Assessment:

Assessment will normally include a written lab report. A total module grade of 40% must be achieved in order to pass the module.

Test	Examination	Coursework	Practical
0%	0%	100%	0%

Sports

Module name: Exercise for a Healthy Population

Module Code: 5LMS0111 Semester: A Credits: 15

Module Aims:

The aims of this module are to enable students to describe the role of exercise in the prevention and management of a range of diseases and disorders and the contribution of exercise to healthy and diseased populations, and to understand epidemiological datasets.

Intended Learning Outcomes:

Successful students will typically discuss the role of exercise in the prevention and/or treatment of disease, disorders and conditions. Explain the effectiveness of exercise-related health initiatives. Examine the risk factors for a range of diseases and disorders. Successful students will typically apply selected tools available to extrapolate disease incidence and mortality statistics. Critically review literature relevant to exercise and health.

Module Content:

This module will engage students with the role of activity and exercise in promotion of health in different population groups. Consideration of epidemiological data relevant to this area will be reviewed and by the end of this module, students should confidently be able to analyse the impact of health initiatives on the population. Learning outcomes will be achieved through lectures, practicals, workshops, directed independent study and the assessment. Students will have weekly one-hour lectures supported by practicals or workshops in smaller groups to consolidate and apply learning.

Pre and Co requisites:

None

Assessment:

Assessment will normally include a written assignment. A total module grade of 40% must be achieved in order to pass the module.

Test	Examination	Coursework	Practical
0%	0%	100%	0%

Sports

Module name: Behaviour Change for Physical Activity and Sport

Module Code: 6LMS0194 Semester: A Credits: 15

Module Aims:

The aims of the module are to enable student to use different behaviour change theories and concepts for physical activity and sport development practice. Appraise the reasons for patterns of continuity and change in contemporary physical activity and sport participation.

Intended Learning Outcomes:

Successful students will typically critically examine different behaviour change theories and concepts to determine current physical activity and sport participation trends. Appraise the impact of a whole systems approach on physical activity and sport participation. Critically reflect on the sustainability of physical activity and sport participation behaviour change. Successful students will typically analyse behaviour change concepts to appraise the physical activity and sport landscape. Evaluate reasons why people choose to be physically active and participate in sport. Critically evaluate the implementation of behaviour change theories for individual physical activity development.

Module Content:

This module focuses on how to positively change physical activity and sport participation behaviour. A range of behaviour change theories will be critiqued and appraised for their potential to change individual and population physical activity and sport participation. In addition, a whole systems approach to influencing behaviour change will be examined. All learning outcomes will be achieved through the lectures, tutorials, workshops, directed independent study and the assessment.

Pre and Co requisites:

None

Assessment:

Assessment will normally include a written assignment. A total module grade of 40% must be achieved in order to pass the module.

Test	Examination	Coursework	Practical
0%	0%	100%	0%

Sports

Module name: Insight and Evaluation of Sports Development

Module Code: 6LMS2013 Semester: A Credits: 15

Module Aims:

The aims of this module are to enable students to explore how data can be used to gain insight into and understanding of sport development trends and outcomes. Students will learn tools to evaluate the effectiveness of sport development projects.

Intended Learning Outcomes:

Successful students will typically determine sport participation outcomes based on data analysis. Critically assess the strengths and weaknesses of evaluation methods for sport development projects. Critically evaluate and estimate future sport development trends. Successful students will typically interpret and synthesise patterns in sport development data. Critically appraise relevant evaluation methods for sport development projects. Recommend practical data-driven solutions for sport development projects.

Module Content:

This module will focus on the critical analysis and interpretation of data to understand trends in sport development. Using data-driven and theoretical methods, students will evaluate the effectiveness of sport development projects in achieving their aims. Furthermore, students will estimate future trends that will influence sport development projects and practice. All learning outcomes will be achieved through the lectures, tutorials, workshops, directed independent study and the assessment.

Pre and Co requisites:

None

Assessment:

Assessment will normally include a written report. A total module grade of 40% must be achieved in order to pass the module.

Test	Examination	Coursework	Practical
0%	0%	100%	0%

Sports

Module name: Creating Business Strategies for Sport

Module Code: 6LMS0136 Semester: A Credits: 15

Module Aims:

The aims of this module are to enable students to provide an understanding of the concept of strategic planning and its application to sports organisations. Appraise the influences of the macro environment within which such sport organisations exist and operate.

Intended Learning Outcomes:

Successful students will typically demonstrate an appreciation of strategy formulation for sport organisations. Compare and contrast how micro and macro environmental factors can influence the development of sport organisations. Critically discuss various business strategy options for sport organisations. Formulate an appropriate macro-environmental analysis for a sport organisation. Successful students will typically create appropriate business strategies for sport organisations. Critically reflect on how sport organisations may be independently and jointly influenced by micro and macro environmental factors. Implement appropriate micro and macro environmental analysis for a sport organisation.

Module Content:

This module aims to provide an understanding of the concept of strategic management and its application to sport organisations. It will enable the student to appraise the influences of the macro and micro environments within which such sport organisations exist and operate. Students will implement strategic analysis to identify the options for the future operation and marketing of sport organisations. All learning outcomes will be achieved through the lectures, workshops, tutorials, directed independent study and assessment.

Pre and Co requisites:

None

Assessment:

Assessment will normally comprise of a written report on a business strategy for a sports business and a progress test. An aggregate grade of at least 40% must be achieved in order to pass the module.

Test	Examination	Coursework	Practical
20%	0%	80%	0%

Sports

Module name: Enterprise and Entrepreneurship in Sports Business Management

Module Code: 6LMS0127 Semester: B Credits: 15

Module Aims:

The aims of the module are to provide an understanding of the detailed business planning process for sports organisations. Enable students to prepare organisational, financial and marketing plans for sports bodies taking into account macro and micro environmental factors at national and global level. Prepare a business plan for a fledgling sports business start-up.

Intended Learning Outcomes:

Successful students will typically understand the processes required to prepare a business plan within the sports sector. Develop a detailed knowledge of the different elements that comprise a business plan. Successful students will typically critically analyse and evaluate the different elements that are required within a business plan. Prepare a business plan for a sports organisation. Present and justify a business plan for a sports organisation.

Module Content:

The module will encourage students to develop an understanding of business planning for sports organisations at national and global level. It covers the business planning process and the individual components required to prepare a business plan. Student will prepare, present and justify a business plan for a fledgling sports organisation. As they adopt the key principles of entrepreneurship. All learning outcomes will be achieved through the lectures, tutorials, workshops, directed independent study and the assessment.

Pre and Co requisites:

None

Assessment:

Assessment will normally comprise of a maximum of one assessment from: a presentation focusing on a justification of a business plan, a reflective account of creating a business plan. An aggregate module grade of 40% must be achieved in order to pass the module.

Test	Examination	Coursework	Practical
0%	0%	100%	0%

Sports

Module name: Special Populations

Module Code: 6LMS0167 Semester: B Credits: 15

Module Aims:

The aims of this module are to enable students to critically evaluate the role of physical exercise in the prevention, cause, treatment and management of a range of diseases, disorders and conditions. The aims are furthermore to enable students to recognise and appraise the role of a sports therapist in the management of athletes with a range of diseases, disorders and conditions.

Intended Learning Outcomes:

Successful students will typically critically review the role of exercise in the cause and/or prevention of a range of diseases, disorders and conditions. Evaluate the role of exercise in the treatment and management of a range of diseases, disorders and conditions. Critically discuss the pathophysiology of a range of diseases, disorders and conditions and the influence of these on the assessment and management of sports injuries. Successful students will typically evaluate the role of a sports therapist in the prevention, identification, management and referral of a range of diseases, disorders and conditions. Appropriately adapt and develop sports injury assessment and treatment protocols to accommodate and differentiate between a range of diseases, disorders and conditions.

Module Content:

In this module students will explore the role of physical exercise as both a prophylactic and causative factor in a range of diseases, disorders and conditions. Relevant pathophysiology will be examined, and risk factors will be addressed. Physical exercise will also be considered in the treatment and management of a range of diseases, disorders and conditions. Students will consider the influence of these diseases, disorders and conditions on the role of a sports therapist in the assessment, treatment and management of sports injuries. Through the lecture programme, the module may include conditions such as sudden cardiac death, cancer, obesity, diabetes, arthritis and bone conditions, athletes with disabilities, young athletes, female athletes, pregnancy, mental health and neurological conditions. Through the programme of workshops/practicals, the module will consider the role of a sports therapist in working with athletes who present with a range of diseases, disorders and conditions. Injury prevention, assessment, treatment, management and appropriate referral will be addressed.

Pre and Co requisites:

None

Assessment:

Assessment will normally include a written assessment. A module grade of at least 40% must be achieved to pass the module.

Test	Examination	Coursework	Practical
0%	0%	100%	0%