




Module Specification

Part 1: Identification					
Module Title	Foundation Sports Science				
Module Code	HANV8F-15-3	Level	3	Version	1.2
Department	Sport	Credit Rating	15	ECTS Credit Rating	7.5
Contributes towards	BA (Hons) Sports Business Management BSc (Hons) Physical Education and School Sport BSc (Hons) Sport and Exercise Nutrition BSc (Hons) Sport and Exercise Sciences BSc (Hons) Sports Coaching BSc (Hons) Sports Therapy BSc (Hons) Strength and Conditioning				
Pre-requisites	None	Module Type	Standard		
Excluded Combinations	None	Module Entry requirements	None		
Last Major Approval Date	V1.0 1 st September 2017	Valid from	1 st September 2018		
Amendment Approval Date	V1.1 31 August 2018 V1.2 06 August 2019	Revised with effect from	V1.1 01 September 2018 V1.2 01 September 2019		

Part 2: Learning and Teaching	
Learning Outcomes	<p>On successful completion of this module students will be able to:</p> <ol style="list-style-type: none"> 1. Describe the basic anatomical structure and physiological function of the sports performer (A) 2. Outline the short and long term physiological effects of sport and exercise (A) 3. Identify the basic individual and team psychological factors which influence performance in sport and exercise (B) 4. Describe the way that sport performers process information for skilled performance. (B) 5. Construct an effective oral presentation to communicate ideas, including the use of appropriate presentation aids (B).
Syllabus Outline	<p>Introduction to:</p> <ul style="list-style-type: none"> • Structure and function of the skeletal, muscular, cardiovascular, respiratory and energy systems. • Short and long term physiological adaptation of the skeletal, muscular, cardiovascular, respiratory and energy systems to sport and exercise. • Motivational factors. • Self confidence in sport performance.

	<ul style="list-style-type: none">• Stress anxiety in sport performance.• Team dynamics.• Skill classification. <p>Information processing.</p>																																																																														
Teaching and Learning Methods	<p>Scheduled learning will include formal lectures, seminars and associated group tutorial exercises and discussions. Additionally essential and recommended reading and exercises will be introduced to guide the students through the core syllabus.</p> <p>Student learning will be supported by electronic teaching materials posted on the VLE and the use of hand-out material in lectures, seminars and tutorials.</p> <p>Students will be expected to spend a significant amount of time in private study and in preparing for assessments, consulting relevant text books, journal articles and recommended web sites.</p>																																																																														
Unistats Information	<p>HEFCE require Unistats information to be produced at programme level for all undergraduate programmes of more than one year in length. These are comparable sets of standardised information about undergraduate courses allowing prospective students to compare and contrast between programmes they are interested in applying for.</p> <table><tr><td colspan="5">Expected learning hours for the module:</td><td></td></tr><tr><td colspan="5"></td><td></td></tr><tr><td colspan="5">Number of credits for this module</td><td>15</td></tr><tr><td colspan="5"></td><td></td></tr><tr><td>Hours to be allocated</td><td>Scheduled learning and teaching study hours</td><td>Independent study hours</td><td>Placement study hours</td><td>Allocated Hours</td><td></td></tr><tr><td>150</td><td>45</td><td>105</td><td>0</td><td>150</td><td></td></tr><tr><td colspan="5"></td><td></td></tr></table> <p>The table below indicates as a percentage the total assessment of the module which constitutes a -</p> <p>Written Exam: Unseen written exam, open book written exam, In-class test Coursework: Written assignment or essay, report, dissertation, portfolio, project Practical Exam: Oral Assessment and/or presentation, practical skills assessment, practical exam</p> <p>Please note that this is the total of various types of assessment and will not necessarily reflect the component and module weightings in the Assessment section of this module description:</p> <table><tr><td colspan="5">Total assessment of the module:</td><td></td></tr><tr><td colspan="5"></td><td></td></tr><tr><td colspan="5">Written exam assessment percentage</td><td>50%</td></tr><tr><td colspan="5">Coursework assessment percentage</td><td>0%</td></tr><tr><td colspan="5">Practical exam assessment percentage</td><td>50%</td></tr><tr><td colspan="5"></td><td>100%</td></tr></table>	Expected learning hours for the module:												Number of credits for this module					15							Hours to be allocated	Scheduled learning and teaching study hours	Independent study hours	Placement study hours	Allocated Hours		150	45	105	0	150								Total assessment of the module:												Written exam assessment percentage					50%	Coursework assessment percentage					0%	Practical exam assessment percentage					50%						100%
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Reading Strategy	<p>Core material will be indicated to the student via pre-course material, module guides and through their accessing a dedicated VLE programme presence.</p> <p>Students are expected to identify all other reading relevant to their chosen topic for themselves. They will be required to read widely using the library catalogue, a variety</p>																																																																														

	<p>of bibliographic and full text databases, and Internet resources. Many resources can be accessed remotely. The purpose of this further reading is to ensure students are familiar with current research, classic works and material specific to their interests from the academic literature and wider professional sources.</p> <p>Access and skills</p> <p>Formal opportunities for students to develop their library and information skills are provided within the induction period and student skills sessions. Additional support is available through online resources. This includes interactive tutorials on finding books and journals, evaluation information and referencing. Sign up workshops are also offered.</p>
Indicative Reading List	<p>The following list is offered to provide the Curriculum Approval Committee/accrediting bodies with an indication of the type and level of information students may be expected to consult. As such, its currency may wane during the life span of the module specification. However, as indicated above, CURRENT advice on readings will be available via other more frequently updated mechanisms.</p> <p>Kenny, W.L, Wilmore, J.H. and Costill, D.L. (Current Edition) Physiology of Sport and Exercise. Champaign, IL, USA: Human Kinetics.</p> <p>Schmidt, R. A., & Wrisberg. (Current Edition). Motor Learning and Performance: From Principles to Practice. Champaign, IL, USA: Human Kinetics.</p> <p>Weinberg, R.S. & Gould, D. (Current Edition) Foundations of Sport and Exercise Psychology. Champaign, IL, USA: Human Kinetics.</p>

Part 3: Assessment	
Assessment Strategy	<p>This module is assessed by a 30 minute in-class test and an oral presentation. The in-class test will require students to demonstrate their knowledge and understanding of core material. This will be part way through the module to assess the developing knowledge and provide students with formative feedback at an early point in the year.</p> <p>The oral presentation will provide scope to demonstrate transferable skills, to address a case study. Students will have the opportunity to present, followed by a short period of questioning to demonstrate their depth of scientific knowledge and increasing understanding of their academic abilities.</p> <p>Additional formative assessment and feedback will take place through timetabled seminars and tutorials.</p> <p>In line with the Institution's commitment to facilitating equal opportunities, a student may apply for alternative means of assessment if appropriate. Each application will be considered on an individual basis taking into account learning and assessment needs. For further information regarding this please refer to the VLE.</p>

Identify final assessment component and element	Oral Presentation	
% weighting between components A and B (Standard modules only)	A: 50%	B: 50%
First Sit		
Component A (controlled conditions) Description of each element	Element weighting	
1. Oral Presentation (20 minutes)	100%	
Component B Description of each element	Element weighting	
1. In-Class test (30 minutes)	100%	


Resit (further attendance at taught classes is not required)	
Component A (controlled conditions) Description of each element	Element weighting
1. Oral Presentation (20 minutes)	100%
Component B Description of each element	Element weighting
1. In-Class Test (30 minutes)	100%
If a student is permitted a retake of the module, the assessment will be that indicated by the Module Specification at the time that retake commences.	

Module Amendment Log

Module Title:	Foundation Sports Science
Module Code:	HANV8F-15-3
Initial Approval Date:	01 September 2017

Changes: *Most recent at the top of the page*

Current version number: 1.0	
Outline Change Details: update of 'Contributes towards' to reflect changes to programme structures.	
Approval Committee and Date:	CVC 2019 06 08
Change approved with effect from:	1 September 2019
Resulting new version number:	1.1

Current version number: v.1.0	
Outline Change Details: Adopting new naming system for programmes	
Material Alteration: No	
Rationale: To reflect the Hartpury Academic Regulations	
Change requested by: Academic Registrar	
Signature: 	Date: 01 August 2018
Approval Committee and Date:	Curriculum Validation Committee 2018 08 31
Change approved with effect from:	01 September 2018
Resulting new version number:	v.1.1