

MODULE DESCRIPTOR

MODULE TITLE	PRACTICAL SPORT, EXERCISE & PHYSICAL ACTIVITY		
MODULE CODE	TLC123 (L4)	CREDIT VALUE	20 UK CREDITS / 10 ECTS
SCHOOL	SCHOOL OF SCIENCES		

MODULE AIMS

This module aims to provide an overview of the principles and theory of effective sport and physical exercise delivery. It outlines the knowledge needed for a sports leader to apply various pedagogical, professional practice and scientific theories to the students' individual pathways towards the honours degree. The module also aims to develop the specific skills in practical sport and exercise delivery and for the student to confidently manage the health and fitness needs of different populations.

MODULE CONTENT

Indicative syllabus content:

Content will typically include but not limited to anatomy and Physiology specific to demands and specific populations. Critical review of social and cultural development of sport, exercise and physical education. The Coaching Process and exercise prescription including planning, analysis and review of exercise prescription. Developing innovative and entrepreneurial sports delivery programmes of leadership and team dynamics as well as the principles of Skill, physical and psychological acquisition. Health and safety within specific environments and assessing hazards and performing, risk assessment.

INTENDED LEARNING OUTCOMES

On successful completion of this module a student will be able to:

1. Identify the roles and responsibilities of a safe and equitable sports leader, coach and physical educator
2. Recognise and apply pedagogical, coaching and scientific principles to a practical context.
3. Explain current professional practice within specific domains

TEACHING METHODS

A series of lectures and seminars will provide essential module information. This will be supported by practical exercises, group learning activities and individual project work. Core academic skills will be developed through the use of subject specific literature, student led presentations and guided tasks. These will enable students to understand key concepts and theories, evaluate the appropriateness of different approaches to solving problems and communicate the outcomes clearly using structured arguments.

ASSESSMENT METHODS

This module is assessed through an essay and a practical session.