

MODULE DESCRIPTOR

MODULE TITLE	ADVANCED SKILLS FOR SPORT & EXERCISE PRACTITIONERS		
MODULE CODE	XS4311(L7)	CREDIT VALUE	60 CREDITS / 30 ECTS
CAMPUS	UCLAN CYPRUS		
SCHOOL	SCHOOL OF SCIENCE		

MODULE AIMS

To facilitate the development of high level testing and interpretation skills commensurate with sport and exercise scientists.

To explore the suitability of using several laboratory based measurement techniques used in sport and exercise sciences.

To enhance the reading and interpretation of primary research sources.

To enhance the ability to apply methodologies in the research or sports science support/health-related fitness screening context.

MODULE CONTENT

The module aims to teach students practical skills through acting as a research assistant/sports and/or exercise science consultants, these typically include:

- Direct v indirect spirometry
- Capillary blood sampling
- Isokinetic dynamometry
- Surface electromyography
- 12 lead ECG
- Isokinetic ergometry
- Tests undertaken may include;
- Surface electromyography
- Goniometry
- Monarch peak power
- FITRO Torso Dyne
- AbTest
- Body composition evaluation
- Accelerometry
- Strength vs position
- Strength vs time
- Force & power measurements
- Abdominal isometric testing
- Isokinetic trunk evaluation
- Fatigue index & ratios
- Peak power cycle ergometry
- Jump testing variations
- Reactive strength index
- Functional Movement Screening (FMS tests)

INTENDED LEARNING OUTCOMES

On successful completion of this module a student will be able to:	
1	Read and interpret primary research sources and integrate these to assess the effectiveness of several methods of physiological testing.
2	Demonstrate advanced skills in undertaking a battery of physiological tests used in sports science support/health related fitness assessment, including an awareness of pertinent health and safety/screening requirements
3	Evidence the communication skills necessary to provide quality feedback to client groups/subjects.
4	Reflect on the personal development and professional practice needs necessary for effective sports science support/health-related fitness testing.

TEACHING METHODS

This module will be taught year long, through a series of lecture sessions and practical's. Practical sessions are designed to develop an understanding and advanced skills in a variety of sport science testing and prescription modalities. To facilitate the achievement of the learning outcomes listed, students will need to take a pro-active role in their own learning. Students will be expected to work on their own initiative in the development of appropriate skills, taking a critical appreciation of their progress. eLearn resources will be utilised to support student learning.

ASSESSMENT METHODS

The module is assessed through the Completion of full testing protocols, the creation of a delivery scheme for sport and exercise science testing and a reflective review of personal and professional development needs.