

## MODULE DESCRIPTOR

<b>MODULE TITLE</b>	APPLIED PRINCIPLES AND TECHNIQUES IN SPORTS 1		
<b>MODULE CODE</b>	XS2006 (L5)	<b>CREDIT VALUE</b>	20 UK CREDITS / <u>10 ECTS</u>
<b>SCHOOL</b>	SCHOOL OF SCIENCES		

### MODULE AIMS

The aim of the module is to provide students with the current fundamental knowledge on basic theoretical and practical approach in issues concerning a broad spectrum of sport and physical activities. During the module students will acquire an overview of all aspects of each sport, including teaching considerations, techniques, lead-up games, drill activities and information on teaching special populations. It outlines the knowledge required for a physical educator to be able to operate in different and safe environments within sport and physical activity. The practical element of the module allows for experience in a variety of sport-related contexts. Practical experiences will support the acquisition of theoretical principles throughout. Sport and physical activities may include: Gymnastics, Tennis, Track & Field, and martial arts.

### MODULE CONTENT

**Indicative syllabus content:**

- ✓ Historical background and Olympics
- ✓ Rules
- ✓ Safety concerns
- ✓ Selection and care of the required equipment
- ✓ Fundamental skills and techniques of selected sports (tennis, gymnastics, track and field and martial arts)
- ✓ Strategies
- ✓ Teaching considerations
- ✓ Terminology

### INTENDED LEARNING OUTCOMES

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

1. Demonstrate practical activities and skills of specific sport and physical activities.
2. Identify and analyse developmentally appropriate physical education skill themes.
3. Analyse performance and practical skills and formulate a reflective report based on the generic levels of skill proficiency.
4. Apply reflective planning and organize a proper environment for learning.

### TEACHING METHODS

Key lectures will be delivered to provide you an overview of all aspects of each sport, including teaching considerations, techniques and information on teaching special populations. These will be supported by tutorials, practicals, students' presentations and independent study to help you gain the knowledge required for a physical educator to be able to operate in different and safe environments within sport and physical activity.

The practical skills assessment will give you an opportunity to demonstrate the extent of your learning as a result of engagement in practical classes and guided independent study. The coaching session will provide you with an opportunity to demonstrate your performance skills, pedagogical skills and awareness of the group.

### ASSESSMENT METHODS

This module is assessed through a practical assessment and reflection and an examination.