

# Foundation Degree Sports Studies

Awarding Body: University of Greenwich

## Contents – Course Specifications

Course Specifications (all courses are compulsory)				
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# Course Specifications

## COURSE SPECIFICATIONS – YEAR 1 & YEAR 2

### Course Specifications

Programme Code(s)	Foundation Degree in Sports Studies – Year 1						
Host Faculty	Department of Sport, Leisure & Care						
Host Department	Sport						
Code	ANAT-1101						
Title	The Human Body in Action						
Leader	Rizana Suhail						
Level	4	✓	5		6		7
Credit	30 Credits						
Pre-requisites	N/A						

#### Aims

- An understanding of the primary anatomy and physiology of key systems within the human body and how they can impact on the sports performer.
- To develop a clear understanding of the structure and function of the cardio respiratory system.

#### Learning Outcomes:

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

Learning Outcome	
1	Demonstrate knowledge of the structure, roles and functions of the human skeletal and muscular systems.

2	Demonstrate knowledge of the structure, roles and functions of the cardiovascular and respiratory systems.
3	Demonstrate an understanding of the responses and adaptations to exercise and the role each system has in affecting the sports performer.

### Indicative Content

Structure, function and sporting application of: -

- Skeletal System
- Muscular System
- Cardiovascular System
- Respiratory System
- The Impact of each System on a Sports Performer

### Learning and Teaching Activities

The content of this course will be delivered through a theoretical lectures; the use of online resources such as video's and 3D software packages.

### Assessment Details:

Methods of SUMMATIVE Assessment	Phase Test 1	Phase Test 2	Presentation	
Nature of FORMATIVE assessment supporting student learning	N/A	N/A	N/A	
Outcome(s) assessed by summative assessment <i>(Please use the numbers above to refer to these)</i>	LO1 & LO3	LO2 & LO3	LO1, LO2 & LO3	
Grading Mode	%	%	%	
Weighting %	30%	30%	40%	
Pass Mark	40%	40%	40%	
Word Length	N/A	N/A	N/A	
Outline Details	Skeletal & Muscular	Cardiovascular & Respiratory	A individual presentation	

	System	System	that represents a summary of the key related topics.	
Last Item of Assessment	No	No	Yes	
Are students required to pass all components in order to pass the course?				Yes

### Indicative Course Materials and Reading

Author	Date	Title	Publisher	ISBN
McArdle, W Katch, F & Katch, V	2011	Eseentials of Exercise Physiology	Lippincott, Williams and Wilkins	1608312674
Marieb, E	2010	Human Anatomy & Physiology	Addison Wesley	0321544100
Marieb, E	2012	Essentials of Human Anatomy & Physiology with Essentials of Interactive Physiology	Pearson Education	0321767438
Waugh, A & Grant, A	2014	Anatomy & Physiology in Health & Illness	Elsevier Limited	0702032271

### KIS Data

Activity	Hours	Overall percentage of total
Scheduled teaching	60	20%
Guided Independent Study	240	80%
Placement / Year Abroad	0	0%
<b>Total</b>	<b>300</b>	<b>100%</b>

# Course Specifications

Programme Code(s)	Foundation Degree in Sports Studies – Year 1							
Host Faculty	Department of Sport, Leisure & Care							
Host Department	Sport							
Code	PHYE-1107							
Title	Research Skills in Sports Studies							
Leader	James Butterfill							
Level	4	✓	5		6		7	
Credit	15 Credits							
Pre-requisites	N/A							

## Aims

- Knowledge and understanding of skills relating to research methods.
- An ability to apply their skills in undertaking an individual research project.

## Learning Outcomes:

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

Learning Outcome	
1	Demonstrate an understanding, through practical presentation, of research methods for investigative purposes.
2	Demonstrate an ability to formulate an appropriate research question and plan a research investigation.

## Indicative Content

Methods of research in physical education and sport: -

The nature of research in physiological, psychological, sociological and other enquiry; the range, suitability and use of sources of enquiry (e.g books, journal articles, official and other documents,

internet statistics and media); frameworks for analysing books, chapters, articles and other information sources.

### Learning and Teaching Activities

Research methods should be taught in the first year of the programme with access to appropriate computing facilities with appropriate software (word-processor, spreadsheet, database, graphics package and presentation package). Learning resources should include library facilities with access to journals and the internet. Lectures will be used to present key concepts and issues. In addition, seminars and workshops will provide opportunities for students to gather data.

### Assessment Details:

Methods of SUMMATIVE Assessment	Report			
Nature of FORMATIVE assessment supporting student learning	N/A			
Outcome(s) assessed by summative assessment <i>(Please use the numbers above to refer to these)</i>	LO1 & LO2			
Grading Mode	%			
Weighting %	100%			
Pass Mark	40%			
Word Length	1500			
Outline Details	Demonstrates knowledge of research methods including qualitative v quantitative research design. Hypothesis setting.			
Last Item of Assessment	Yes			
Are students required to pass all components in order to pass the course?				Yes

### Indicative Course Materials and Reading

Author	Date	Title	Publisher	ISBN
Smith, M	2014	Research Methods in Sport	Learning Matters Ltd	1844452611
Sparkes, A & Smith, B	2013	Qualitative research methods in sport.	Routledge	0415578353
Palmer, C	2012	Journal of Qualitative research in sports studies.	SSTO Publications	0956627056
Barker, J McCarthy, P Jones, M & Moran, A	2011	Single Case Research methods in sport and exercise psychology.	Routledge	041556512X
Blaxter, L Hughes, C Tight, M	2011	How to Research (4 <sup>th</sup> Edition)	Open University Press UK	9783531746
Gratton, C Jones, I	2012	Research methods for Sports Studies	Routledge	0415493935

### KIS Data

Activity	Hours	Overall percentage of total
Scheduled teaching	30	20%
Guided Independent Study	120	80%
Placement / Year Abroad	0	0%
<b>Total</b>	<b>150</b>	<b>100%</b>

# Course Specifications

Programme Code(s)	Foundation Degree in Sports Studies – Year 1						
Host Faculty	Department of Sport, Leisure & Care						
Host Department	Sport						
Code	OBIO-1036						
Title	Work Related Case Study						
Leader	James Butterfill						
Level	4	✓	5		6		7
Credit	15 Credits						
Pre-requisites	N/A						

## Aims

- Identify employer requirements relating to customer needs within the sports or related industry.
- Identify the role of the employee as an effective conduit between industry and customer requirements.

## Learning Outcomes: -

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

Learning Outcome	
1	Identify and reflect upon the vocational competencies already achieved and which contribute to professional practice.
2	Describe and analyse significant past experiences and critical incidents.
3	Identify and reflect upon the knowledge and understanding embedded in these past experiences.
4	Present the evidence of this process of reflection, evaluation and audit in a written account.

## Indicative Content



- Vocational competencies;
- Learning gained from significant past experiences;
- Knowledge of their chosen discipline and presented in an academically referenced portfolio;
- Learning Agreement;
- Reflective Log;
- Reflective Report;

### Learning and Teaching Activities

The focus of this course is the production of a portfolio of evidence which links vocational qualifications and experimental achievement, which is eligible to be considered for credit under the University's RPL policy. Students will be supported in this by attending 30 hours of sessions which include: -

- Workshops, seminars, discussions, self-directed research and reflective learning.
- Individual 1-2-1 tutorials.

In addition students will be expected to carry out work-based tasks, focussing on information and evidence gathering for inclusion in the portfolio of evidence.

### Assessment Details:

Methods of SUMMATIVE Assessment	Portfolio			
Nature of FORMATIVE assessment supporting student learning	N/A			
Outcome(s) assessed by summative assessment <i>(Please use the numbers above to refer to these)</i>	LO1 to LO4			
Grading Mode	%			
Weighting %	100%			
Pass Mark	40%			
Word Length	Portfolio to include report of reflective practice 2000 words.			
Outline Details	Report to reflect practice.			

Last Item of Assessment	Yes		
Are students required to pass all components in order to pass the course?			Yes

### Indicative Course Materials and Reading

Author	Date	Title	Publisher	ISBN
Helyer, R	2010	The work-based learning student handbook.	Palgrave MacMillan	0230229565
Durrant, A Rhodes, G Youngs, D.	2011	Getting started with university level work based learning.	Libri Publishing	1907471219
Hardacre, K Workman, B	2013	Planning and reviewing work based learning: a practical guide.	Libri Publishing	190747112X
Roodhouse, S Mumford, J	2015	Understanding work based learning.	Gower	0566091976

### KIS Data

Activity	Hours	Overall percentage of total
Scheduled teaching	30	20%
Guided Independent Study	60	40%
Placement / Year Abroad	60	40%
<b>Total</b>	<b>150</b>	<b>100%</b>

# Course Specifications

Programme Code(s)	Foundation Degree in Sports Studies – Year 1						
Host Faculty	Department of Sport, Leisure & Care						
Host Department	Sport						
Code	PHYE-1041						
Title	Practical Sports Performance 1						
Leader	Daniel Cotton						
Level	4	✓	5		6		7
Credit	30 Credits						
Pre-requisites	N/A						

## Aims

- Introduce students to the nature and demands of a range of practical activities.
- Introduce a range of skills aimed at developing personal performance in practical activities.
- Provide an understanding of the principles underpinning practical skills.
- Introduce the basic skills required for observation and analysis of performance in practical activities.

## Learning Outcomes:

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

Learning Outcome	
1	Demonstrate an awareness of the principles underlying performance in practical activities.
2	Recognise how application of these principles progresses to a development of performance in practical activities.
3	Demonstrate a proficiency in a range of skills undertaken through a series of practical activities.
4	Develop their practical ability and knowledge to a higher level of competency.
5	Develop observation and analysis skills.

## Indicative Content

- Introduction to a range of practical activities.
- Introduction of key skills in each practical activity.
- Development of performance and understanding of key techniques and tactics in each practical activity.
- Identification of similarities and differences between the practical activities.

## Learning and Teaching Activities

The content of this course will be delivered through a combination of practical and theoretical applications.

## Assessment Details:

Methods of SUMMATIVE Assessment	Practical Skills Assessment	Portfolio of Evidence		
Nature of FORMATIVE assessment supporting student learning	N/A	N/A		
Outcome(s) assessed by summative assessment <i>(Please use the numbers above to refer to these)</i>	LO1 to LO4	LO4 & LO5		
Grading Mode	%	%		
Weighting %	70%	30%		
Pass Mark	40%	40%		
Word Length	N/A	N/A		
Outline Details	Assessment of individual performances in the 3 main areas.	A record of tasks and activities undertaken during practical activities including personal analysis.		
Last Item of Assessment	No	Yes		
Are students required to pass all components in order to pass the course?				Yes

## Indicative Course Materials and Reading

<i>Author</i>	<i>Date</i>	<i>Title</i>	<i>Publisher</i>	<i>ISBN</i>
<i>English Basketball Association</i>	<i>2010</i>	<i>Basketball (Know the Game)</i>	<i>A&amp;C Black Publishers Ltd</i>	<i>0713678968</i>
<i>American Volleyball Coaches Association</i>	<i>2012</i>	<i>The Volleyball Drill Book: 125 Technical &amp; Tactical Drills</i>	<i>Human Kinetics Publishers</i>	<i>1450423868</i>
<i>Ryan, B</i>	<i>2012</i>	<i>Volleyball Basics: How to Play Volleyball</i>	<i>Create Space Independent Publishing Platform</i>	<i>1479210927</i>
<i>Starduas, J</i>	<i>2008</i>	<i>Fundamentals of Ultimate: The Complete Guide to Ultimate Frisbee</i>	<i>James Studarus Publishing</i>	<i>0972890300</i>

## KIS Data

Activity	Hours	Overall percentage of total
Scheduled teaching	60	20%
Guided Independent Study	240	80%
Placement / Year Abroad	0	0%
<b>Total</b>	<b>300</b>	<b>100%</b>

# Course Specifications

Programme Code(s)	Foundation Degree in Sports Studies – Year 1						
Host Faculty	Department of Sport, Leisure & Care						
Host Department	Sport						
Code	PHYE-1043						
Title	Sport in the UK						
Leader	James Butterfill						
Level	4	✓	5		6		7
Credit	15 Credits						
Pre-requisites	N/A						

## Aims

- To introduce knowledge and understanding of current issues of sport in the UK.
- To begin to develop an understanding of the sociological approaches used to make sense of current issues of sport in the UK.

## Learning Outcomes:

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

Learning Outcome	
1	Have a clear understanding of current issues of sport in the UK.
2	Understand the key factors and issues related to participation patterns of sport in the UK.

## Indicative Content

- The history of sport in the UK.
- The role of external organisations.
- Recent developments of current issues in sport.
- Gender inequality in sport.
- Disability sport.

- Cheating in sport.

### Learning and Teaching Activities

Lectures will be used to present key concepts and issues. Seminar style sessions will be used to enhance understanding.

### Assessment Details:

Methods of SUMMATIVE Assessment	Essay Assessment			
Nature of FORMATIVE assessment supporting student learning	N/A			
Outcome(s) assessed by summative assessment <i>(Please use the numbers above to refer to these)</i>	LO1 & LO2			
Grading Mode	%			
Weighting %	100%			
Pass Mark	40%			
Word Length	1500			
Outline Details	Question related to key course issues.			
Last Item of Assessment	Yes			
Are students required to pass all components in order to pass the course?				Yes

### Indicative Course Materials and Reading

Author	Date	Title	Publisher	ISBN
Hylton, K Braham, P	2013	Sports Development: Policy, Processes and Practice	Routledge	9784154218
Holt, R	2012	Sport and the British: A Modern History	Clarendon Press	9782852299
Thomas, A Smith, N	2011	Disability, Sport and Society: An Introduction	Routledge	0415378192
Rowbottom, M	2014	Foul Play: The Dark Arts of Cheating in Sport	Bloomsbury Paperbacks	1408843447

Abdel-Shehid, G	2012	Out of Left Field: Social Inequality and Sport	Fernwood Publishing	1552664392
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### KIS Data

Activity	Hours	Overall percentage of total
Scheduled teaching	30	20%
Guided Independent Study	120	80%
Placement / Year Abroad	0	0%
<b>Total</b>	150	100%



# Course Specifications

Programme Code(s)	Foundation Degree in Sport Studies – Year 1						
Host Faculty	Department of Sport, Leisure & Care						
Host Department	Sport						
Code	PHYE-1044						
Title	Sports Coaching 1						
Leader	James Butterfill						
Level	4	✓	5		6		7
Credit	15 Credits						
Pre-requisites	N/A						

## Aims

- An understanding of the coaching process in a theoretical context.
- An ability to prepare coaching plans and develop coaching methods.
- An understanding of the coaching process in both short and long-term of one specific sport.

## Learning Outcomes:

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

Learning Outcome	
1	Coach and evaluate procedures of planning for practice and competition: session plans, goal setting, targets, progression of session, relevance, level of practices, venue size, and venue safety.
2	Be aware of the styles of coaching delivery: verbal visual, vocal message, coaching styles required for individual and team sessions, input of technical and simple information.

## Indicative Content

- Coaching process.
- Skills, techniques and components of a successful coach.
- Reflective evaluation of a coaching session.

## Learning and Teaching Activities

Practical lectures will be used to present key concepts and issues. Seminar style sessions will be used to enhance understanding.

## Assessment Details:

Methods of SUMMATIVE Assessment	Coursework	Practical Exam		
Nature of FORMATIVE assessment supporting student learning	N/A	N/A		
Outcome(s) assessed by summative assessment <i>(Please use the numbers above to refer to these)</i>	LO1 & LO2	LO1 & LO2		
Grading Mode	%	%		
Weighting %	50%	50%		
Pass Mark	40%	40%		
Word Length	Session Plan & Evaluation 1500	N/A		
Outline Details	Sports Coaching	Sports Coaching Session		
Last Item of Assessment	No	Yes		
Are students required to pass all components in order to pass the course?				Yes

### Indicative Course Materials and Reading

Author	Date	Title	Publisher	ISBN
Jones, R Hughes, M	2012	An introduction to sports coaching: from science and theory to practice.	Routledge	9784154113
McMahon, G Archer, A	2010	101 coaching strategies and techniques.	Routledge	9784154733
O'Donoghue, A	2011	Research methods for sports performance analysis.	Routledge	9784154962
Reed, L	2014	The FA guide to basic team coaching.	Hodder Arnold	0340816007

### KIS Data

Activity	Hours	Overall percentage of total
Scheduled teaching	30	20%
Guided Independent Study	120	80%
Placement / Year Abroad	0	0%
<b>Total</b>	<b>150</b>	<b>100%</b>

# Course Specifications

Programme Code(s)	Foundation Degree in Sports Studies – Year 2						
Host Faculty	Department of Sport, Leisure & Care						
Host Department	Sport						
Code	OBIO-1100						
Title	Human Movement & The Psychology of Performance						
Leader	James Dand						
Level	4		5	✓	6		7
Credit	30 Credits						
Pre-requisites	N/A						

## Aims

- An understanding of the biomechanical and psychological principles that affect the sports performer and the implications on the athlete.

## Learning Outcomes:

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

Learning Outcome	
1	Demonstrate knowledge of the biomechanical principles within sporting outcomes.
2	Demonstrate knowledge of the psychological principles within sporting outcomes.
3	Ability to apply research investigative skills to a practical context.
4	The ability to fully analyse how the systems and principles influence the sports performer and their athletic abilities.

## Indicative Content

- Biomechanical principles and how they affect athletic movement and sport performance.
- Psychology for sports performance.
- Influences on performance and mental preparation.

## Learning and Teaching Activities

The content of this course will be delivered through theoretical application.

## Assessment Details:

Methods of SUMMATIVE Assessment	Viva	Phase Test	Presentation	
Nature of FORMATIVE assessment supporting student learning	N/A	N/A	N/A	
Outcome(s) assessed by summative assessment <i>(Please use the numbers above to refer to these)</i>	LO1 to LO4	LO1 to LO4	LO1 to LO4	
Grading Mode	%	%	%	
Weighting %	30%	30%	40%	
Pass Mark	40%	40%	40%	
Word Length	N/A	N/A	N/A	
Outline Details	Psychological Principles	Biomechanical Principles	All Principles	
Last Item of Assessment	No	No	Yes	
Are students required to pass all components in order to pass the course?				Yes

## Indicative Course Materials and Reading

Author	Date	Title	Publisher	ISBN
Martin, G	2010	Psychology	Pearson	9782737201
Weinberg, R Gould, D	2010	Foundations of Sport and Exercise Psychology	Human Kinetics	0736083235
McGinnis, P	2013	Biomechanics of Sport and	Human Kinetics	0736079661

		Exercise		
Hall, S	2011	Basic Biomechanics	McGraw Hill Higher Education	0073376442

### KIS Data

Activity	Hours	Overall percentage of total
Scheduled teaching	60	20%
Guided Independent Study	240	80%
Placement / Year Abroad	0	0%
<b>Total</b>	<b>300</b>	<b>100%</b>

# Course Specifications

Programme Code(s)	Foundation Degree in Sports Studies – Year 2						
Host Faculty	Department of Sport, Leisure & Care						
Host Department	Sport						
Code	OBIO-1041						
Title	Practical Sports Performance 2						
Leader	Daniel Cotton						
Level	4		5	✓	6		7
Credit	30 Credits						
Pre-requisites	N/A						

## Aims

- Enhance knowledge of the process involved in the development of sports performance.
- Develop a critical understanding of teaching principles found in practical P.E/Sport environments.

## Learning Outcomes:

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

Learning Outcome	
1	Understand and demonstrate the principles that underpin the development of sports performance skills.
2	Show an increasing awareness of appropriate progressions in the development of performance.
3	Critically evaluate teaching principles within a practical P.E/Sport environment.

## Indicative Content

- P.E/Sport Teaching – Lesson Planning
- Teaching Principles
- Prepare for Learning
- Progression Characteristics
- Assessment of Learning
- Stretching & Challenging Learning

## Learning and Teaching Activities

The content of this course will be delivered through a combination of theoretical and practical application to assist the students in refining and developing their teaching skills.

## Assessment Details:

Methods of SUMMATIVE Assessment	Lesson Plan & Delivery	Essay		
Nature of FORMATIVE assessment supporting student learning	N/A	N/A		
Outcome(s) assessed by summative assessment <i>(Please use the numbers above to refer to these)</i>	LO1 & LO2	LO3		
Grading Mode	%	%		
Weighting %	60%	40%		
Pass Mark	40%	40%		
Word Length	N/A	N/A		
Outline Details	Course related themes enabling student to provide evidence showing subject knowledge acquired from practical application.	Focus on Teaching Principles		
Last Item of Assessment	No	Yes		
Are students required to pass all components in order to pass the course?				Yes

## Indicative Course Materials and Reading

Author	Date	Title	Publisher	ISBN
Green, K Hardman, K	2015	Physical Education Essential Issues	Sage	0761944982
Grout, H Long, G	2011	Improving Teaching & Learning in P.E	OUP	0762294863
Capel, S	2013	Learning to teach P.E in the Secondary School	Rout & Falmer	4153363684

## KIS Data

Activity	Hours	Overall percentage of total
Scheduled teaching	60	20%
Guided Independent Study	240	80%
Placement / Year Abroad	0	0%
<b>Total</b>	<b>300</b>	<b>100%</b>



# Course Specifications

Programme Code(s)	Foundation Degree in Sports Studies – Year 2						
Host Faculty	Department of Sport, Leisure & Care						
Host Department	Sport						
Code	OBIO-1042						
Title	Work Based Learning Project						
Leader	Chris Manley						
Level	4		5	✓	6		7
Credit	30 Credits						
Pre-requisites	N/A						

## Aims

- An ability to identify a wide range of potential industry locations for their placement.
- An understanding of the broad-based skills required for the workplace.
- An understanding of both responsibilities and performance.
- An ability to develop strategies for problem solving and for handling, processing and communicating information.

## Learning Outcomes:

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

Learning Outcome	
1	Undertake a period of work-base industrial placement.
2	Develop individual responsibilities within the workplace.
3	Develop employment skills.
4	Assessment of placement evaluation.

## Indicative Content

- Negotiation: - action planning; placement finding; preparation; log book compilation.
- Adaptability: - personal responsibility; relationships; learning ability.
- Individual Performance: - communication; observation; discussion; behaviour; learning styles; working with others; employment strategies; decision making.
- Experience: - skills gained; future training/education, short/long term goals benefits.

## Learning and Teaching Activities

Students will need to liaise closely with both academic tutor as to the planning of the placement and evidence required to meet learning outcomes.

## Assessment Details:

The assessment for this course may form part of the student's usual workload or an activity designed to specifically to attain the required evidence. Assessment should also take into consideration of the future career plans of students, as well as their educational objectives. Assessments will comprise of the following: -

- A written report.
- A statement from the employer/placement evaluating student performance.
- An oral presentation.

Format for both report and presentation will be at the students' discretion but must be agreed with the academic tutor prior to submission. The written report will include evidence relating to the four LO's as well as their experiences recorded in the placement logbook.

Methods of SUMMATIVE Assessment	Portfolio	Oral Presentation		
Nature of FORMATIVE assessment supporting student learning	N/A	N/A		
Outcome(s) assessed by summative assessment <i>(Please use the numbers above to refer to these)</i>	LO1 to LO4	LO1 to LO4		
Grading Mode	%	%		
Weighting %	75%	25%		
Pass Mark	40%	40%		
Word Length	2000 for Report	N/A		
Outline Details	All outlined	All outlined		

	principles.	principles		
Last Item of Assessment	No	Yes		
Are students required to pass all components in order to pass the course?				Yes

### Indicative Course Materials and Reading

Author	Date	Title	Publisher	ISBN
Helyer, R	2010	The work-based learning student handbook.	Palgrave MacMillan	0230229565
Durrant, A Rhodes, G Youngs, D.	2011	Getting started with university level work based learning.	Libri Publishing	1907471219
Hardacre, K Workman, B	2010	Planning and reviewing work based learning: a practical guide.	Libri Publishing	190747112X
Roodhouse, S Mumford, J	2010	Understanding work based learning.	Gower	0566091976

### KIS Data

Activity	Hours	Overall percentage of total
Scheduled teaching	60	20%
Guided Independent Study	120	40%
Placement / Year Abroad	120	40%
<b>Total</b>	300	100%

# Course Specifications

Programme Code(s)	Foundation Degree in Sports Studies – Year 2						
Host Faculty	Department of Sport, Leisure & Care						
Host Department	Sport						
Code	PHYE-1109						
Title	Performance Analysis in Sport						
Leader	James Butterfill						
Level	4		5	✓	6		7
Credit	15 Credits						
Pre-requisites	N/A						

## Aims

- Provide an insight into performance analysis.
- Provide practical application of performance analysis in a controlled environment.

## Learning Outcomes:

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

Learning Outcome	
1	Demonstrate knowledge of performance analysis within sports.
2	Analyse a sporting activity using video and analysis software.
3	Incorporate different methods of analysing performance.

## Indicative Content

- Introduction to performance analysis.
- Basics of filming and practical.
- Designing performance analysis systems.
- Notational analysis for individual and team sports.
- Technical analysis.
- Testing and performance analysis.
- Identifying key performance indicators.
- Time motion analysis.
- Visual feedback and video production.
- Production of statistics within performance analysis.

## Learning and Teaching Activities

The course will be delivered largely through lectures, workshops and tutorials. Underlying principles are explained in lectures, practical activities will be performed within workshops; and tutorials will establish the understanding of these principles. Development of group work and presentation skills will also take place in tutorials.

## Assessment Details:

Methods of SUMMATIVE Assessment	Presentation			
Nature of FORMATIVE assessment supporting student learning	N/A			
Outcome(s) assessed by summative assessment <i>(Please use the numbers above to refer to these)</i>	LO1 to LO3			
Grading Mode	%			
Weighting %	100%			
Pass Mark	40%			
Word Length	N/A			
Outline Details	Presentation			
Last Item of Assessment	Yes			
Are students required to pass all components in order to pass the course?				Yes

## Indicative Course Materials and Reading

Author	Date	Title	Publisher	ISBN
Hughes, M Franks, I	2007	The essentials of performance analysis: an introduction.	Routledge	0415423805
McGarry, T O'Donoghue, P Sampaio, J	2013	Routledge handbook of sports performance analysis.	Routledge	0415673615
O'Donoghue, P.	2009	Research methods for sports performance analysis.	Routledge	0415496233
Franks, I Hughes, M	2004	Notational analysis of sport: systems for better coaching and performance in sport.	Routledge	0415290058

## KIS Data

Activity	Hours	Overall percentage of total
Scheduled teaching	30	20%
Guided Independent Study	120	80%
Placement / Year Abroad	0	0%
<b>Total</b>	150	100%

# Course Specifications

Programme Code(s)	Foundation Degree in Sports Studies – Year 2						
Host Faculty	Department of Sport, Leisure & Care						
Host Department	Sport						
Code	PHYE-1046						
Title	Sports Coaching 2						
Leader	James Butterfill						
Level	4		5	✓	6		7
Credit	15 Credits						
Pre-requisites	N/A						

## Aims

- An ability to improve individual coaching abilities and to reflect upon coaching practice.
- An awareness of improving technical and tactical performance.
- Improve communication within coaching practice.

## Learning Outcomes:

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

Learning Outcome	
1	Develop coaching performance: ability to observe individual and group performance, quality of performance.
2	Develop their coaching analyses and evaluation: self-evaluation, observation and interpretation.

## Indicative Content

- Coaching process.
- Skills, techniques and components of a successful coach.
- Reflective practice.
- Communication.
- Technical and tactical skills.

## Learning and Teaching Activities

The content of this course will be delivered through a combination of theoretical and practical application to assist the students in refining and developing their observational and analytical skills.

### Assessment Details:

Methods of SUMMATIVE Assessment	Plan, Deliver and Evaluate a Coaching Session	Observation Report		
Nature of FORMATIVE assessment supporting student learning	N/A	N/A		
Outcome(s) assessed by summative assessment <i>(Please use the numbers above to refer to these)</i>	LO1 and LO2	LO1 and LO2		
Grading Mode	%	%		
Weighting %	60%	40%		
Pass Mark	40%	40%		
Word Length	N/A	N/A		
Outline Details	Session Plan, Practical Delivery and Evaluation	Observational analysis of one peer session with supporting report.		
Last Item of Assessment	No	Yes		
Are students required to pass all components in order to pass the course?				Yes

### Indicative Course Materials and Reading

Author	Date	Title	Publisher	ISBN
Jones, R Hughes, M	2012	An introduction to sports coaching: from science and theory to practice.	Routledge	9784154113
McMahon, G Archer, A	2010	101 coaching strategies and techniques.	Routledge	9784154733
O'Donoghue, A	2011	Research methods for sports performance analysis.	Routledge	9784154962
Reed, L	2014	The FA guide to basic team	Hodder Arnold	0340816007



		coaching.		
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**KIS Data**

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