Module Definition Form (MDF)

Module code: MOD007155	**Version:** 9 **Date Amended:** 02/Dec/2025

1. Module Title
Multidisciplinary Sport and Exercise Science 1

2a. Module Leader
Andrew Morrison

2b. School
School of Psychology, Sport and Sensory Sciences

2c. Faculty
Faculty of Science and Engineering

3a. Level
4

3b. Module Type
Standard (fine graded)

4a. Credits
30

4b. Study Hours
300

5. Restrictions			
Type	**Module Code**	**Module Name**	**Condition**
Pre-requisites:	None		
Co-requisites:	None		
Exclusions:	None		
Courses to which this module is restricted:	BSc (Hons) Sport and Exercise Science, BSc (Hons) Sport Coaching and Physical Education, BSc (Hons) Sport and Exercise Therapy, BSc (Hons) Strength and Conditioning with Rehabilitation		

LEARNING, TEACHING AND ASSESSMENT INFORMATION

6a. Module Description

Within this module, you'll be introduced to key topics and concepts of sport and exercise science to develop your knowledge and enthusiasm in the area. To do this, we'll approach two of the 4 key pillars within sport and exercise science; biomechanics and research methods. Case studies and live briefs are used to contextualise your learning from real-world scenarios, as you begin to understand the structure of the human body which enables athletes to move. You'll also learn a variety of approaches to analyse movement patterns through being introduced to the different approaches to analysing human movement, whether this is through quantitative or qualitative analysis. Through a combination of lectures, practical and team-based learning sessions you will develop an understanding of the commonalities and distinctions of the disciplines of sport and exercise in different real world scenarios. The development of knowledge is complemented with gaining key transferable, practical and employability skills such as working collaboratively, analysing and presenting data and practical laboratory skills.

6b. Outline Content

Research Methods

- The stages of research design
- Introduction to qualitative research methods
- Introduction to quantitative research methods

Biomechanics

- Observational analysis of human movement patterns
- The use of video analysis
- Fundamentals of human movement
- Human anatomy, structure and function

Study Skills

- IT Literacy
- Academic Writing
- Referencing

6c. Key Texts/Literature

The reading list to support this module is available at: https://readinglists.aru.ac.uk/

6d. Specialist Learning Resources
Sport and Exercise Sciences Multipurpose and Physiology Lab (Compass House) Computer rooms Team Based Learning rooms

7. Learning Outcomes (threshold standards)		
No.	**Type**	**On successful completion of this module the student will be expected to be able to:**
1	Knowledge and Understanding	Apply both qualitative and quantitative research methods in sport and exercise
2	Knowledge and Understanding	Interpret and summarise the concepts and theories related to Sport and Exercise Science
3	Intellectual, practical, affective and transferrable skills	Employ appropriate analytical methods to process, interpret and communicate various forms of data which is specific to the area of sport and exercise sciences.
4	Intellectual, practical, affective and transferrable skills	Develop reasoned and scientifically supported written arguments related to the Sport and Exercise disciplines.
5	Intellectual, practical, affective and transferrable skills	Demonstrate practical skills in undertaking a basic exercise assessment

8a. Module Occurrence to which this MDF Refers				
Year	**Occurrence**	**Period**	**Location**	**Mode of Delivery**
2026/7	ZZF	Template For Face To Face Learning Delivery		Face to Face

8b. Learning Activities for the above Module Occurrence			
Learning Activities	**Hours**	**Learning Outcomes**	**Details of Duration, frequency and other comments**
Lectures	44	1-5	Lecture 4 hours per week
Other teacher managed learning	22	1-5	Seminar consisting of computer, lab or practical based session 2hr per week
Student managed learning	234	1-5	Completion of weekly readings, tasks and preparation for assessments
TOTAL:	300		

9. Assessment for the above Module Occurrence

The assessment for some modules includes a presentation (see below for details on how this particular module is assessed). We recognise that presenting, especially to a large group, can cause significant anxiety or distress for some students. If this may affect you, please contact your Module Leader or the Disability and Neurodiversity Service as early as possible. We will work with you to consider appropriate reasonable adjustments. Depending on your individual needs, these might include, for example, presenting to a smaller group or presenting only to a member of academic staff.

Assessment No.	Assessment Method	Learning Outcomes	Weighting (%)	Fine Grade or Pass/Fail	Qualifying Mark (%)
010	Coursework	3	0 (%)	Pass/Fail	100 (%)
Completion of online study skills course (500 words equivalent)					

Assessment No.	Assessment Method	Learning Outcomes	Weighting (%)	Fine Grade or Pass/Fail	Qualifying Mark (%)
011	Coursework	1-5	50 (%)	Fine Grade	30 (%)
Patchwork of biomechanics related assessments (2000 words equivalent)					

Assessment components for Element 011				
Component No.	**Assessment Title**	**Submission Method**	**Weighting (%)**	**Components needed for Mark Calculation?**
011/1	Computer Based Assessment 1	Scheduled Activity: Timetabled assessment task	10 (%)	All
011/2	Computer Based Assessment 2	Scheduled Activity: Timetabled assessment task	10 (%)	
011/3	Biomechanics Coursework (1500 words)	Canvas	80 (%)	

Assessment No.	Assessment Method	Learning Outcomes	Weighting (%)	Fine Grade or Pass/Fail	Qualifying Mark (%)
012	Coursework	1-5	50 (%)	Fine Grade	30 (%)
Patchwork of research method and academic skill related assessments (2000 words equivalent)					

Assessment components for Element 012				
Component No.	**Assessment Title**	**Submission Method**	**Weighting (%)**	**Components needed for Mark Calculation?**
012/1	Computer Based Assessment 1	Scheduled Activity: Timetabled assessment task	10 (%)	All
012/2	Computer Based Assessment 2	Scheduled Activity: Timetabled assessment task	10 (%)	
012/3	Research Methods Coursework (1500 words)	Canvas	80 (%)	

In order to pass this module, students are required to achieve an overall mark of 40% (for modules at levels 3, 4, 5 and 6) or 50% (for modules at level 7*).

In addition, students are required to:
(a) achieve the qualifying mark for each element of fine graded assessment as specified above
(b) pass any pass/fail elements

[* the pass mark of 50% applies for all module occurrences from the academic year 2024/25 – see Section 3a of this MDF to check the level of the module and Section 8a of this MDF to check the academic year]