Module Definition Form (MDF)

Module code: MOD007156	**Version:** 5 **Date Amended:** 06/Apr/2023

1. Module Title
Multidisciplinary Sport and Exercise Science 2

2a. Module Leader
Ash Willmott

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; physiology and psychology. Case studies are used to contextualise your learning from real-world scenarios. Through a combination of lectures, practical and team-based learning sessions you will develop an understanding of how, sport psychology and exercise physiology/nutrition influence sport and exercise. For example, what psychological and metabolic factors influence the performance of an elite athlete? And, how can we motivate sedentary individuals to exercise more and what psychological factors may influence how we motivate sedentary individuals to exercise more. Likewise, how can physiological or metabolic adaptations to exercise influence how an individual performs. As such, you will develop a clear understanding of the commonalities and distinctions of the disciplines of sport and exercise within real world scenarios. The development of knowledge is complemented with gaining key transferable, practical and employability skills such as working collaboratively, collecting information or data, and analysing/ presenting data.

6b. Outline Content

Physiology

- Fundamentals of energy intake and exercise demands
- Fundamentals of exercise metabolism
- Physiology of and responses to aerobic exercise
- The digestive system and use of macro-nutrients

Sport and Exercise Psychology

- Exercise psychology
- Sport injury psychology
- Transitions in sport
- Personality, motivation and exercise psychology
- Culture and sport psychology
- Confidence and mental toughness

Practical and Research Skills

- Data collection, analysis and interpretation (through both qualitative and quantitative methods)
- Practical laboratory skills in exercise and diet assessment

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 class 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	Demonstrate awareness and understanding of both qualitative and quantitative research methods in sport and exercise
2	Knowledge and Understanding	Demonstrate an understanding of 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 arguments related to the sport and exercise disciplines.
5	Intellectual, practical, affective and transferrable skills	Demonstrate an ability to execute basic exercise related laboratory skills.

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	33	1-5	Seminar consisting of computer, lab or practical based session 3hr per week
Student managed learning	223	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	1-4	20 (%)	Fine Grade	30 (%)
2 computer based assessments (multiple choice tests) (equivalent to 1000 words)					

Assessment components for Element 010				
Component No.	**Assessment Title**	**Submission Method**	**Weighting (%)**	**Components needed for Mark Calculation?**
010/1	Computer Based Assessment 1	Scheduled Activity: Timetabled assessment task	50 (%)	All
010/2	Computer Based Assessment 2	Scheduled Activity: Timetabled assessment task	50 (%)	

Assessment No.	Assessment Method	Learning Outcomes	Weighting (%)	Fine Grade or Pass/Fail	Qualifying Mark (%)
011	Coursework	1-5	80 (%)	Fine Grade	30 (%)
portfolio of coursework (equivalent to 4000 words)					

Assessment components for Element 011				
Component No.	**Assessment Title**	**Submission Method**	**Weighting (%)**	**Components needed for Mark Calculation?**
011/1	Coursework portfolio report	Canvas	50 (%)	All
011/2	Coursework portfolio report	Canvas	50 (%)	

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]