

Module code: MOD010860	Version: 1 Date Amended: 07/Mar/2025
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1. Module Title
Applied Professional Skills

2a. Module Leader
David Dixon

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:			

LEARNING, TEACHING AND ASSESSMENT INFORMATION

6a. Module Description

Within this module you'll develop a comprehensive suite of academic, scientific, practical and general transferable skills that are critical for a successful career in sport science. This core module supports the content of other first year modules and prepares you for your second year of study. You'll enhance your personal development skills in preparation for work experience, employment opportunities, and future career. You'll develop a skills portfolio that evidences and reflects on key transferable skills acquired across all modules, including a CV and personal statement and a LinkedIn profile.

You'll learn how to find and use information in a scholarly way, develop critical thinking skills, think and work ethically and with academic integrity. You'll learn how to identify important unanswered questions in sports, and develop the skills needed to address these questions, test theories and improve current practice. To develop your research skills and to enable you to understand the evidence base that underpins our existing understanding of sport, you need to be able to analyse the research literature and gain experience in preparing and presenting scientific information. This module will guide you through these processes and equip you with the fundamental practical skills sport scientists need to be able to carry out their own research project. You'll develop skills in research design, the application of key methods, the statistical analysis of data, and the interpretation and presentation of research findings. You'll gain skills in identifying and developing career pathways, employability skills and personal development. You'll learn key practical skills and professional competencies expected of scientists to prepare you for a career in sports science, sports therapy, coaching or in the field of exercise and health.

6b. Outline Content

Indicative content will include:

- Describing the key principles of research design.
- Identifying the strengths and weaknesses of experimental design that relate to validity, reliability and reproducibility.
- Introduction to qualitative research methods
- Introduction to quantitative research methods
- Describing the concept of hypothesis testing.
- Outlining the key elements of methodology formation.
- Describing health and safety issues relating to experimental work during laboratory and field testing.
- Outlining ethical issues in sport.
- Completing ethics and risk assessment forms satisfactorily and construct appropriate consent forms.
- Demonstrating basic laboratory skills in data collection.
- Analysing and interpret data from disciplinary studies.
- Describing the reasons for choosing a statistical technique to examine relationships and differences between samples.
- Demonstrating scientific writing skills.
- Performing searches using Google Scholar, Web of Science, PubMed and the Internet.
- Understanding the structure and content of scientific reports.
- Selecting and organising information from journals, books, Internet & other sources in response to specific questions.
- Presenting the findings of a study in a scientific format.
- Assessing written work for good academic practice (including plagiarism and ethical conduct).
- Applying principles of good academic scholarship and ethical practice to own work.
- Referencing and cite all sources correctly, including books, journals and websites.
- Developing skills portfolio to evidence key transferable skills.
- Reflecting critically on personal performance and identify personal development needs.
- Constructing a CV and personal statement and LinkedIn Profile.
- Demonstrate effective team skills to produce a rigorous piece of academic work
- Demonstrating the ability to conduct fundamental Sport Science practical skills

6c. Key Texts/Literature

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

6d. Specialist Learning Resources

Writtle Performance Centre Laboratory, Computer Room, SPSS, Technician Support

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	Understand the important features of good experimental design incorporating the concepts of validity, precision, reliability and reproducibility with use of school ethics, risk assessment and consent forms as appropriate for working with human subjects
2	Knowledge and Understanding	Select the correct statistical test to analyse data, perform analysis using statistical analysis software and interpret the test results using Microsoft Excel to present data graphically
3	Intellectual, practical, affective and transferrable skills	Demonstrate practical skills and basic measurement techniques in sports and, in consequence, demonstrate competence in data presentation, analysis and interpretation, numeracy, use of spreadsheets, information retrieval and written communication.
4	Intellectual, practical, affective and transferrable skills	Develop a CV, personal development, skills portfolio and professional LinkedIn profile.

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	60	1-4	3-hour lecture per week
Other teacher managed learning	20	1-4	Individual and small group seminars, and peer discussion/collaboration opportunities
Student managed learning	220	1-4	Additional reading, tasks, synthesis and assessment preparation
TOTAL:	300		

9. Assessment for the above Module Occurrence					
Assessment No.	Assessment Method	Learning Outcomes	Weighting (%)	Fine Grade or Pass/Fail	Qualifying Mark (%)
010	Coursework	4	50 (%)	Fine Grade	30 (%)
Portfolio (CV, Personal Statement, Skill portfolio, LinkedIn profile, Handshake Task) 2000 Words.					
Assessment No.	Assessment Method	Learning Outcomes	Weighting (%)	Fine Grade or Pass/Fail	Qualifying Mark (%)
011	Coursework	1-3	35 (%)	Fine Grade	30 (%)
10 Minute Group Presentation on mini research project + 5 min questions.					
Assessment No.	Assessment Method	Learning Outcomes	Weighting (%)	Fine Grade or Pass/Fail	Qualifying Mark (%)
012	Examination Writtle	2-3	15 (%)	Fine Grade	30 (%)
Microsoft Excel and Statistical Analysis Exam – 1:30 hour					

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]

