Module Definition Form (MDF)

Module code: MOD010865	**Version:** 5 **Date Amended:** 12/Jul/2023

1. Module Title
Sport-Specific Athlete Testing

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
15

4b. Study Hours
150

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

This module aims to provide you with the practical skills and knowledge of general procedures to core sport testing methods across racing sports, invasion games, racket and ball sports, target sports and aesthetic and combat sports, which underpin biomechanical and physiological performance. The material covered in lectures and practical classes will provide a foundation for safely conducting testing with athlete safety and well-being at the forefront. These skills will support you in identifying talent, developing young athletes and well as identifying strengths and weaknesses which can be used for training purposes. You'll also develop independent study skills and the ability to obtain and assess scientific information.

6b. Outline Content

Indicative content will include:

· Introduction to Sport Testing
o Overview of biomechanical and physiological performance metrics
o Importance of athlete safety and well-being in testing
o Ethical considerations and informed consent in sport testing
· Racing Sports
o Testing methods for speed, endurance, and power
o VO2 max and lactate threshold testing
o Biomechanical analysis of running, swimming, and cycling techniques
o Invasion Games
· Agility, speed, and strength assessments
o Sport-specific endurance testing (e.g., Yo-Yo test)
o Monitoring and analysis of team dynamics and individual performance
· Racket and Ball Sports
o Reaction time and hand-eye coordination assessments
o Movement efficiency and court/field coverage analysis
o Specific strength and conditioning tests for racket and ball sports
· Target Sports
o Precision and accuracy testing
o Analysis of stability and control in shooting and archery
o Focus and concentration assessments
· Aesthetic and Combat Sports
o Flexibility, balance, and coordination testing
o Strength and conditioning for combat sports (e.g., grappling, striking power)
o Performance analysis in gymnastics, dance, and martial arts
· Laboratory and Field-Testing Procedures
o Equipment and technology used in sport testing
o Conducting reliable and valid tests in both laboratory and field settings
o Data collection, analysis, and interpretation
· Safety and Risk Management
o Risk assessment and management during testing
o Emergency procedures and protocols
o Managing the well-being of athletes during and after testing
· Independent Study and Research Skills
o Conducting literature reviews on sport testing methods
o Developing research questions and hypotheses
o Assessing and critiquing scientific studies and data
· Practical Sessions
o Hands-on experience with sport testing equipment
o Conducting and participating in sport-specific tests
o Data analysis workshops and report writing
· Innovations in sport testing technology
· Current debates and challenges in the field
· Future directions and emerging trends in sport science

6c. Key Texts/Literature

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

6d. Specialist Learning Resources
N/A

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 the ability to design comprehensive testing protocols tailored to the specific needs of different sports, considering the unique physical and physiological demands of each sport and incorporate appropriate testing methods and equipment.
2	Knowledge and Understanding	Students will demonstrate the ability to carry out physiological tests with precision and safety.
3	Intellectual, practical, affective and transferrable skills	Ensure proper use of equipment, adherence to standardized testing procedures, and implementation of safety protocols to prevent injury and ensure reliable results

8a. Module Occurrence to which this MDF Refers				
Year	**Occurrence**	**Period**	**Location**	**Mode of Delivery**
2025/6	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	30	1-3	3-hour lecture per week
Other teacher managed learning	10	1-3	Individual and small group seminars, and peer discussion/collaboration opportunities
Student managed learning	110	1-3	Additional reading, tasks, synthesis and assessment preparation
TOTAL:	150		

9. Assessment for the above Module Occurrence					
Assessment No.	**Assessment Method**	**Learning Outcomes**	**Weighting (%)**	**Fine Grade or Pass/Fail**	**Qualifying Mark (%)**
010	Practical	1	40 (%)	Fine Grade	30 (%)
In groups perform physiological test based on a random sport given on the day					
Assessment No.	**Assessment Method**	**Learning Outcomes**	**Weighting (%)**	**Fine Grade or Pass/Fail**	**Qualifying Mark (%)**
011	Coursework	2-3	60 (%)	Fine Grade	30 (%)
2000 word lit review evaluation testing procedures for the sport					

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]