

MODULE DESCRIPTOR

Module Title	Perception and Action 1
Course Title	BSc (Hons) Sports Coaching & Analysis BSc (Hons) Sports and Exercise Science
School	<input checked="" type="checkbox"/> ASC <input type="checkbox"/> ACI <input type="checkbox"/> BEA <input type="checkbox"/> BUS <input type="checkbox"/> ENG <input type="checkbox"/> HSC <input type="checkbox"/> LSS
Division	Human Sciences
Parent Course (if applicable)	
Level	4
Module Code (showing level)	ASC-4-439
JACS Code (completed by the QA)	
Credit Value	20 credit points
Student Study Hours	Contact hours: 36 Student managed learning hours: 164
Pre-requisite Learning	None
Co-requisites	None
Excluded combinations	None
Module co-ordinator	Dr Rita de Oliveira
Short Description (max. 100 words)	This module is intended to introduce students to the main topic areas in perceptual-motor control, development, learning and performance. It provides students with the opportunity to gain practical experience in exercise, sport coaching and exercise settings, and gain an understanding of how the sport sciences can be applied to practical activities. This module also aims to introduce students to effective reflective practice techniques
Aims	The aims of this module are: <ol style="list-style-type: none"> 1. To enhance understanding of perceptual-motor control, development, learning and performance. 2. To introduce students to the interdisciplinary study of sports science and application of knowledge to the development of practice.
Learning Outcomes (4 to 6 outcomes)	Knowledge and Understanding: <ol style="list-style-type: none"> 1. Demonstrate knowledge of the theoretical and practical principles underpinning perceptual-motor control, development, learning and performance. Intellectual Skills: <ol style="list-style-type: none"> 1. Critical reading and analysis

	<p>Practical Skills:</p> <ol style="list-style-type: none"> 1. Prepare and deliver exercise and sport practice to a variety of population in a variety of conditions, demonstrating problem solving and reflective practice <p>Transferable Skills:</p> <ol style="list-style-type: none"> 1. Oral and written communication skills including IT skills 2. Personal skill of time management and management of own learning
Employability	The module is designed to give students the experience and ability to gather and understand scientific knowledge to inform the development of their practice. This will enable them to be effective and independent deliverers of exercise across different conditions and populations, which allow for employment opportunities within exercise settings.
Teaching and learning pattern	<p>Contact hours includes the following: (please click on the checkboxes as appropriate)</p> <p><input checked="" type="checkbox"/> Lectures <input type="checkbox"/> Group Work: <input type="checkbox"/> Seminars <input type="checkbox"/> Tutorial: <input type="checkbox"/> Laboratory <input type="checkbox"/> Workshops <input checked="" type="checkbox"/> Practical <input type="checkbox"/> VLE Activities</p>
Indicative content	The module content will include materials selected from the following areas; conceptual and theoretical approaches to perceptual-motor control and development; introduction to methods of training; interdisciplinary approaches to exercise and sport; and methods of reflective practice.
Assessment method (Please give details – of components, weightings, sequence of components, final component)	<p>Summative assessment: Assessment will be 100% coursework with 2 components. The first component is an essay and presentation where students review relevant scientific articles. The second component is the delivery of practical sessions and the use of theoretical knowledge to substantiate a session plans. Coursework 1 (CW1): Theory (50%) Coursework 2 (CW2): Practice (50%)</p>
Mode of resit assessment (if applicable)	<p>Summative assessment: <i>Library exam</i> (open book exam) with 2 sections. Section 1 is the resit for CW1 (theory). Section 2 is the resit for CW2 (practice). Students who have failed (or not submitted) both coursework must complete both sections.</p>
Indicative Sources (Reading lists)	<p>Core materials:</p> <ol style="list-style-type: none"> 1. Ives, J. (2014). <i>Motor behavior: connecting mind and body for optimal performance</i>. Philadelphia: Wolters Kluwer/Lippincott Williams & Wilkins 2. Knowles, Z., Gilbourne, D., Cropley, B., and Dugdill, L. (2014). <i>Reflective Practice in the Sport and Exercise Science: Contemporary issues</i>. London: Routledge. <p>Optional reading:</p> <ol style="list-style-type: none"> 1. Gibson, J. J. (1986). <i>The ecological approach to visual perception</i>. New York, NY: Taylor & Francis. 2. Jones, R. L. and Kingston, K. (2013). <i>An Introduction to Sports Coaching: Connecting Theory to Practice</i>. Second Edition. Abingdon. Routledge.

	<ol style="list-style-type: none"> 3. Lyle, J. and Cushion, C. (2010). <i>Sports coaching professionalisation and practice</i>. Edinburgh: Elsevier. 4. Lyle, J. (2002). <i>Sports Coaching Concepts: A Framework for Coaches' Behaviour</i>. London: Routledge.- 5. Schmidt, R. A. and Lee, T. D. (2011). <i>Motor control and learning: A behavioural emphasis (5th ed)</i>. Champaign IL: Human Kinetics. 6. Schmidt, R. A. and Lee, T. D. (2004). <i>Motor learning and performance: a problem-based learning approach (3rd ed)</i>. Champaign IL: Human Kinetics.
Other Learning Resources	