

Enhancing Sport Performance

Module Code:	PAR6004-B
Academic Year:	2018-19
Credit Rating:	20
School:	School of Allied Health Professions and Midwifery
Subject Area:	Physiotherapy and Rehabilitation
FHEQ Level:	FHEQ Level 6
Module Leader:	Jamie Moseley

Additional Tutors:
Miss Claire Graham

Pre-requisites:

Co-requisites:

Contact Hours

Type	Hours
Lectures	20
Tutorials	30
Laboratory	20
Directed Study	80
Other (DO NOT USE)	50

Availability Periods

Occurrence	Location/Period
BDA	University of Bradford / Semester 1 (Sep - Jan)
BDA	University of Bradford / Semester 2 (Feb - May)

Module Aims

To enhance performance in sport and exercise through the application of contemporary evidence informing multi-disciplinary approaches to the assessment and support of sport and exercise at an individual and team level

Outline Syllabus

Psychological assessment, mood, stress and anxiety, intrinsic and extrinsic motivation, achievement, coaching and goal setting, Health belief models, psychophysiology, cognitive behavioural approaches including imagery and visualisation. Levels of performance. Nutritional assessment, hydration, diet, energy, nutritional biochemistry including vitamins minerals and electrolytes; Diet, food values and nutritional requirements. Overview of GI system digestion and regulatory systems; Review of structure and function of pancreas, small intestine, liver and bowel, gastric processing of food, hormonal and neuronal control. Pathophysiology of diseases affecting absorption, malabsorption, gut transit and food intolerance; endocrinology related to normal nutrition and metabolism; basic specialised metabolism in muscle and adipose tissue, metabolic effects of exercise, blood glucose homeostasis, type 1 and type 2 diabetes, physiological and metabolic responses to stress. Pharmacology: introduction to drug clearance: absorption, distribution metabolism and excretion in urine and bile. Metabolic effects of alcohol and drug abuse. Legal and ethical frameworks guiding sport and rehabilitation practice

Module Learning Outcomes

On successful completion of this module, students will be able to...

- 1
 - 1.1 Critically analyse and apply the evidence base behind established sport performance enhancing approaches and techniques.
 - 1.2 Apply the techniques used to enhance sport performance in diverse sporting populations.
 - 1.3 Evaluate how psychological, nutritional and pharmacological elements impact on sport performance.
- 2
 - 2.1. Critically demonstrate knowledge of the effects of biochemistry and physiology and nutrient utilisation in the body.
 - 2.2. Critically evaluate the dynamic effects of stress and disease/injury on nutrition.
 - 2.3. Evaluate current models of assessment used in sport rehabilitation practice.
 - 2.4 Appraise and apply psychological theories informing coaching and motivation skills
- 3
 - 3.1 Effectively use of written and verbal communication skills.
 - 3.2 Systematically retrieve, review and evaluate evidence based literature.

Learning, Teaching and Assessment Strategy

Key lectures will deliver core content in sport psychology, nutrition and pharmacology across sporting and exercise settings (LO1.1,1.2,1.3, 2.1, 2.2). This will be complemented by group discussions to enable students to apply this learning to their own role working within legal and ethical frameworks guiding sport and rehabilitation settings. Seminars will include a focus on needs analysis, models of assessment, intervention and their evaluation, within diverse real world scenarios, including multi-agency/multi-professional involvement including appropriate referrals within a multi-cultural society (LO 2.1, 2.3, 2.4, 3.3). Directed study provides students with the opportunity to undertake guided reading, assess and reflect on evidence-based interventions in sport and/or exercise (LO 3.1, 3.2). Other includes students engaging with innovative and entrepreneurial approaches to enhancing performance. VLE will be used to provide access to online resources, lecture notes and

external links to websites of interest. All LO's are assessed by Mode of Assessment 1

Mode of Assessment

Type	Method	Description	Length	Weighting	Final Assess'
Summative	Coursework	Create a sport performance programme and an evaluation to measure achievement for a case study (3000 words)	0 hours	100%	Yes

Legacy Code (if applicable)

HP-P606D

Reading List

To view Reading List, please go to [rebus:list](#).