

Module Details	
Module Title	Enhancing Sport Performance (MPhysiotherapy)
Module Code	PAR7011-C
Academic Year	2020/1
Credits	30
School	School of Allied Health Professions and Midwifery
Subject Area	Physiotherapy and Rehabilitation
FHEQ Level	FHEQ Level 7
Pre-requisites	N/A
Co-requisites	N/A

Contact Hours	
Type	Hours
Online Lecture (Asynchronous)	18
Practical Classes or Workshops	25
Clinical Placement	30
Learning Objects Interaction	12
Directed Study	215

Availability	
Occurrence	Location / Period
BDA	University of Bradford / Academic Year

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

This will include; Strength and conditioning principles; needs, risk and GAP analysis; testing and monitoring for readiness to train and/or play and to evaluate success of interventions. Design, rationalise, implement and review short and long term sport development programs, with nutritional and supplementation assessment for various sports and playing level to enhance performance. Exercise practice, coaching, teaching, and motor learning approaches. Legal and ethical frameworks guiding sports performance and rehabilitation practice.

Learning Outcomes

Outcome Number	Description
01	Critically analyse and apply the evidence base behind established sport performance enhancing approaches and techniques.
02	Critically discuss and apply the techniques used to enhance sport performance in diverse sporting populations.
03	Evaluate how additional aspects such as age, gender, nutrition and supplementation may impact on sport performance.
04	Critically evaluate current models of analysis and intervention used in enhancing sports performance.
05	Critically appraise and apply methods of evaluation, education and teaching to enhance sport performance in an individual, group or team setting whilst respecting and understanding the different cultural, socioeconomic needs of individuals groups or teams.
06	Judge the possible benefits and risks of enhancing sport performance in relation to the individual group or team setting.
07	Effective use of written and verbal communication skills.
08	Systematically retrieve, review and evaluate evidence based literature.
09	Critically reflect and appraise current practice utilising effective verbal communication & teaching.

Learning, Teaching and Assessment Strategy

Key lectures will deliver themes of strength and conditioning principles, program design and rationale, nutrition and supplementation across sporting and exercise settings (LO 1-3,4-6). This will be complemented by group discussions and practical sessions 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 5,9). Directed study provides students with the opportunity to undertake advanced literature searching and critical appraisal of relevant literature relating to interventions in sport and/or exercise (LO 7-9). 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.

LO's 1-3, 4, 7,8 are assessed by Mode of Assessment 1, which will be supported using e-portfolio. LO's 4, 6, 7 & 9 are assessed by Mode of assessment 2.

Mode of Assessment				
Type	Method	Description	Length	Weighting
Summative	Coursework	Create a sport performance programme with evidence of an evaluation abstract and poster presentation aimed at a conference	30 mins	50%
Summative	Examination - oral/viva voce	Practical viva demonstrating application, teaching and progression of exercise	N/A	50%

Reading List
To access the reading list for this module, please visit https://bradford.rl.talis.com/index.html

Please note:

This module descriptor has been published in advance of the academic year to which it applies. Every effort has been made to ensure that the information is accurate at the time of publication, but minor changes may occur given the interval between publishing and commencement of teaching. Upon commencement of the module, students will receive a handbook with further detail about the module and any changes will be discussed and/or communicated at this point.

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