

EQF/MQF LEVEL 5

Undergraduate Diploma in Sport and Exercise Science

LW/S/023

COURSE DESCRIPTION

This online course will equip learners with the specialist knowledge and skills needed to produce those who want to pursue a career in the sports and fitness industry. It has been designed to meet the requirements of the sport industry, and as possible precursor to further advanced studies such as a **BSc in Sport and Exercise Science (top-up)** and is underpinned by the research and experience of our tutors/lecturers. During this course, learners will study topics such as human anatomy and physiology, biomechanics in sports, psychology, strength and conditioning, the impact of nutrition, and prevention of injury and rehabilitation.

DURATION: 12 Months

CREDIT VALUE: 60 ECTS

MODE OF TRAINING: This programme will be delivered Online through **synchronous** and **asynchronous** sessions using Learning Works LMS **Moodle** and <https://zoom.us>.

ASSESSMENT: The programme employs an effective assessment strategy that informs and supports the teaching and learning process and is an integral part of this process and will promote attainment and achievement. This strategy incorporates both **‘formative’** and **‘summative’** assessments. This is important in evaluating learning and providing feedback throughout the programme.

AWARDING BODY: Learning Works

LECTURERS

TBA

Contact Hours: 300

Placement Hours: 0

Self Study Hours: 1171.5

Assessment Hours: 28.5

Total Learning Hours: 1500

LEARNING OUTCOMES

- Manage and be responsible for an independent approach to learning and the ability to reflect on practice in sport and exercise science.
- Be responsible to create effective team players, provide leadership within the sport and exercise science.
- Ensure ethical awareness in the use and interpretation of data of sport and exercise science.
- Identify key principles of the multi-disciplinary areas of Sport and Exercise Science mainly in Human Anatomy, Foundation of Sport Biomechanics, Introduction in Physiology, and the Foundations of Sport.
- Develop knowledge and understand the Foundations of Performance Analysis, Injury and Rehabilitation, Foundations of Strength and Conditioning and Sports and Exercise Nutrition.
- Evaluate the key principles of the multi-disciplinary areas of Sport and Exercise Science mainly in Human Anatomy, Foundations of Sport Biomechanics, Introduction to Physiology, and Foundations of Psychology.
- Analyse the Foundations of Performance Analysis and Injury and rehabilitation, Foundations of Strength and Conditioning and Sport and Exercise Nutrition.

TARGET CANDIDATES

The Diploma in Sport and Exercise Science is aimed to current or prospective club and team administrators and coaches to meet the demand for experts trained in both science of sports at the administrative and sub-professional levels. This programme will be their first step towards a career in coaching, teaching, health and fitness, exercise science, leisure and sport administration.

COURSE STRUCTURE

MODULE 1 (LW/S/024): INDEPENDENT ACADEMIC DEVELOPMENT (6 ECTS)

This module aims to enable learners to link their experiences through reflection from all other elements of the Diploma in Sports and Exercise Science, into a holistic and continuous learning journey. Learners will be introduced to academic writing, and independent academic development planning, leading to reflective learning and the construction of a portfolio. Learners will also undertake reflection on this learning journey.

MODULE 2 (LW/S/025): INTRODUCTION TO SPORT AND EXERCISE SCIENCE (6 ECTS)

This module will introduce learners to the multidisciplinary field of sports and exercise science. The focus will be the scientific principles behind sports and exercise, including training and fitness testing. In completing this module learners will develop an understanding and be knowledgeable about the human body's anatomy and physiology, psychology, nutrition. It will also provide learners with a comprehensive understanding how to enhance performance and tackle injury and rehabilitation.

MODULE 3 (LW/S/026): FOUNDATIONS OF HUMAN ANATOMY (6 ECTS)

This module aims to introduce the learners to the foundations of human anatomy. This module will discuss the musculoskeletal system and provide an overview of the major bones, joints, muscles and ligaments of the human body. This module will also provide the learners with the ability to utilise anatomical terminology and introduce them to the structure and function of muscles, bones and ligaments.

MODULE 4 (LW/S/027): FOUNDATIONS OF SPORT BIOMECHANICS (6 ECTS)

This module aims to introduce learners to the foundations of sports biomechanics by developing an understanding of the mechanical principles governing human movement, introducing mathematical modelling for sports movements and biomechanical data acquisition techniques and their use in mechanical analysis of sports movement. All this underpinned by the relationships between forces, motion, and human musculoskeletal system during dynamic sport activities and exercise.

MODULE 5 (LW/S/028): INTRODUCTION TO HUMAN PHYSIOLOGY (6 ECTS)

This module aims to introduce learners to human physiology which is a fundamental area of study in sport and exercise science. It will provide an understanding of how the human body functions during a physical activity. This is crucial for optimizing the performance of athletes, enhancing their health and injury prevention.

MODULE 6 (LW/S/029): FUNDAMENTALS OF SPORT PSYCHOLOGY (6 ECTS)

The aim of this module is to provide learners with an understanding of fundamentals of core psychological dimensions of sport. Learners will examine theories of sport psychology, covering topics such as motivation, competence, anxiety and the role of significant others in sport.

MODULE 7 (LW/S/030): FOUNDATIONS OF PERFORMANCE ANALYSIS (6 ECTS)

The aim of this module is to introduce learners to performance analysis. It will also evaluate the rational of the use of systematic observation techniques in the analysis of sports performance. It will also suggest methods to inform training strategies and improve sporting performance.

MODULE 8 (LW/S/031): INJURY PREVENTION AND REHABILITATION (6 ECTS)

This module will introduce learners to the core functional and professional areas of sports injury prevention and rehabilitation. Additionally, learners will be introduced to injury screening methods and into the use data to design bespoke injury prevention strategies. Learners will explore real world case studies to build their understanding of returning an athlete after injury. It will offer an excellent foundation and knowledge and skills that will be useful in the upcoming module of strength and conditioning, namely Foundations in Strength and Conditioning.

MODULE 9 (LW/S/032): FOUNDATIONS IN STRENGTH AND CONDITIONING (6 ECTS)

This module will introduce learners to the discipline of strength and conditioning and the requirements of a career as a strength and conditioning coach. Learners will learn about the role of strength and conditioning and the development of this discipline and its place within the sport and exercise science. learners will identify, analyse and apply the key technical aspects enhancing performance in sport and exercise.

MODULE 10 (LW/S/033): INTRODUCTION TO SPORT AND EXERCISE NUTRITION (6 ECTS)

This module will introduce learners to the basic principles of nutrition. It will help in developing a critical understanding of the requirements to sports and exercise performance. It will consider the nutritional needs of different types of sports and how to apply nutritional guidance. This will all be based on an understanding underpinning concepts and principles associated with sports and exercise science and how an applied nutrition plan can, not only maintain performance, but also enhance it.

ENTRY REQUIREMENTS:

Entry requirements for this course are as follows:

- 2 A-Level passes and 2 Intermediate passes (Compulsory A level or Intermediate level pass (MQF Level 4) in **Biology or Physical Education**) or other **international qualifications equivalent to A level or MQF 4.**

OR

- MQF Level 4 Certificate in a Sport related area

OR

- Maturity clause

Applicants who satisfy the following conditions may apply for consideration to this course under the Maturity Clause:

1. In possession of a School Leaving Certificate
2. Have, by the end of the same calendar year attained the age of 23 years for entry to this course at MQF Level 5

These applicants are also asked to submit:

- a detailed Europass CV
- a Jobs Plus Employment History
- a motivation letter o
- two reference letters
- documentation which they can present in terms of academic and experiential preparation

These applicants need also to attend an interview.

AND

- Digital literate

AND

- Have a good command of oral and written communication in English with a level of proficiency in English equivalent to at least IELTS Level 6

Learners who opt to apply for a programme of studies through the RPL route shall be responsible for demonstrating how the learning outcomes obtained through prior certified learning or experiential learning are relevant to the programme of studies they are applying for. To ensure that the RPL can be carried out effectively, any form of evidence including any relevant documents is to be attached to the application as per Learning Works Policy.