

EQF/MQF LEVEL 5

Award in Introduction to Sport and Exercise Science

LW/S/025

COURSE DESCRIPTION

This course 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.

COMPETENCIES:

- Manage, and evaluate one's own learning process independently and be responsible for setting academic goals.
- Be responsible for one's own learning by meeting deadlines, adhering to academic integrity, and reflecting on feedback to improve.
- Engage in additional research and participating in academic discussions and activities outside of the curriculum.
- Develop critical thinking skills to evaluate sources, arguments, and evidence independently, making well-reasoned and informed decisions.

DURATION: 5 weeks

CREDIT VALUE: 6 ECTS

MODE OF TRAINING: This programme will be delivered 100% Online through synchronous and asynchronous sessions using Learning Works LMS **Moodle** and <https://zoom.us>.

ASSESSMENT: 100% Assignment based

LECTURER: Mr Luca Pagani

LEARNING OUTCOMES

By the end of the course, students will be able to:

- Describe the development of sports and exercise science from its early form to the present day and explain the inter-disciplinary nature of sports and exercise science.
- Identify the key concepts in anatomy, physiology, psychology and nutrition that relate to sports and exercise science
- Describe the scientific principles in biomechanics, strength and conditioning, performance analysis, and injury treatment and rehabilitation in relation to sports and exercise science.
- Apply theoretical knowledge to practical scenarios.
- Apply research skills principles to collect and analyse data
- Demonstrate critical thinking skills to address issues in sports and exercise science.

Contact Hours: 30

Placement Hours: -

Self Study Hours: 117

Assessment Hours: 3

Total Learning Hours: 150



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.

FUNDING

Applicants may get up to 70% of the fee back through the Get Qualified Scheme.

PART-TIME

Lectures are held twice a week in the afternoon on a part-time basis.