Module Descriptor

Title	Applied Sport and Exercise Project		
Session	2026/27	**Status**	Published
Code	SPOR11024	**SCQF Level**	11
Credit Points	60	**ECTS (European Credit Transfer Scheme)**	30
School	**Health and Life Sciences**		
Module Co-ordinator	David Carless		

Summary of Module

Sport and Exercise Science practice is by nature complex, therefore creative problem-solving is a fundamental skill identified in practitioner. The Applied Sport and Exercise Science Project module aims to build upon the theoretical knowledge, applied knowledge, and reflective and evaluative skills gained across the programme, to investigate a self-constructed applied sport and exercise problem. In investigating this problem, you will define the problem, research current understanding and solutions, investigate the problem, and present practitioner-focussed solutions.

You can choose between empirical, applied, or conceptual modes of investigation to best address the identified problem. Communication of complex problems can be a barrier to new knowledge being understood and integrated by practitioners. Therefore, students will both present their work in a practitioner-focussed presentation and traditional written dissertation. This format reflects a more vocationally relevant means of making a transition into the employment market or route to further academic engagement. On completion of this module, you will have developed the competence and confidence to address complex sport and exercise science problems and to generate evidence- and experience-based solutions.

This module will assist the student in the development of key 'I am UWS Graduate

Attributes' to allow those that complete this module to be:

Universal:

Critical Thinker, Emotionally Intelligent, Collaborative

Work Ready:

Problem -solver, Motivated, Potential Leader

Successful:

Innovative, Resilient, Transformational

Module Delivery Method	On-Campus[1] ☒	Hybrid[2] ☐	Online[3] ☐	Work -Based Learning[4] ☐
Campuses for Module Delivery	☐ Ayr ☐ Dumfries	☒ Lanarkshire ☐ London ☐ Paisley	☐ Online / Distance Learning ☐ Other (specify)	

Terms for Module Delivery	Term 1	☐	Term 2	☒	Term 3	☒
Long-thin Delivery over more than one Term	Term 1 – Term 2	☐	Term 2 – Term 3	☐	Term 3 – Term 1	☐

Learning Outcomes	
L1	Demonstrate in-depth theoretical and applied knowledge in a focused area of sport and exercise science practice.
L2	Apply critical thinking to address an applied sport and exercise science problem.
L3	Critically analyse the project rationale, methods, findings, and outcomes in a written a format.
L4	Communicate the project rationale, methods, findings and critically defend the project outcomes verbally.
L5	Demonstrate in-depth problem-solving skills and show how these can be applied to a focused area of sport and exercise science practice.

Employability Skills and Personal Development Planning (PDP) Skills	
SCQF Headings	**During completion of this module, there will be an opportunity to achieve core skills in:**
Knowledge and Understanding (K and U)	**SCQF 11** Knowledge that covers and integrates most, of the main areas of the topic under investigation – including their features, boundaries, terminology and conventions. A critical understanding of the principal theories, concepts and principles under investigation. A critical awareness of current issues in the topic under investigation.
Practice: Applied Knowledge and Understanding	**SCQF 11** Use a significant range of the principal professional skills, techniques, practices in completing this applied project.

[1] Where contact hours are synchronous/ live and take place fully on campus. Campus-based learning is focused on providing an interactive learning experience supported by a range of digitally-enabled asynchronous learning opportunities including learning materials, resources, and opportunities provided via the virtual learning environment. On-campus contact hours will be clearly articulated to students.

[2] The module includes a combination of synchronous/ live on-campus and online learning events. These will be supported by a range of digitally-enabled asynchronous learning opportunities including learning materials, resources, and opportunities provided via the virtual learning environment. On-campus and online contact hours will be clearly articulated to students.

[3] Where all learning is solely delivered by web-based or internet-based technologies and the participants can engage in all learning activities through these means. All required contact hours will be clearly articulated to students.

[4] Learning activities where the main location for the learning experience is in the workplace. All required contact hours, whether online or on campus, will be clearly articulated to students

	Apply a range of standard and specialised research and/or equivalent instruments and techniques of enquiry. Plan and execute a significant project of research and demonstrate originality and creativity in the process. Practice in a wide and often unpredictable variety of professional level contexts.
Generic Cognitive skills	**SCQF 11** Apply critical analysis, evaluation and synthesis to a contemporary issue in sport and exercise science. Identify, conceptualise and define new and abstract problems and issues. Develop original and creative responses to problems and issues. Critically review, consolidate and extend knowledge, skills, practices and thinking in the topic under investigation. Deal with complex issues and make informed judgements in situations in the absence of complete or consistent information.
Communication, ICT and Numeracy Skills	**SCQF 11** Communication, using appropriate methods, to a range of audiences with different levels of knowledge/expertise. Communicate with peers, colleagues with expertise and specialists. Use a wide range of ICT applications to support and enhance work at this level and adjust features to suit purpose. Undertake critical evaluations of a wide range of numerical and graphical data.
Autonomy, Accountability and Working with Others	**SCQF 11** Exercise substantial autonomy and initiative in professional and equivalent activities. Demonstrate initiative and make an identifiable contribution to new thinking. Manage complex professional issues and make informed judgement on issues not addressed by current professional practices.

Prerequisites	**Module Code**	**Module Title**
	Other	
Co-requisites	**Module Code**	**Module Title**

Learning and Teaching
In line with current learning and teaching principles, a 20-credit module includes 200 learning hours, normally including a minimum of 36 contact hours and maximum of 48 contact hours. You will work independently on your individual applied sport and exercise science project. Supervisor support is provided to guide you through the research process and discuss context-specific phases of data collection and analysis. Additionally, you will receive tutor and peer support through learning activities. These activities will act as a platform for critical discussion, reflection, and review.

Learning Activities During completion of this module, the learning activities undertaken to achieve the module learning outcomes are stated below:	**Student Learning Hours** (Note: Learning hours include both contact hours and hours spent on other learning activities)
Tutorial / Synchronous Support Activity	33
Independent Study	567
n/a	0
n/a	0
n/a	0
n/a	0
TOTAL	600

Indicative Resources
The following materials form essential underpinning for the module content and ultimately for the learning outcomes: Resources will depend on the specific nature of each applied project. Students will discuss this with their project supervisor.
(N.B. Although reading lists should include current publications, students are advised (particularly for material marked with an asterisk*) to wait until the start of session for confirmation of the most up-to-date material)

Attendance and Engagement Requirements
In line with the Student Attendance and Engagement Procedure, Students are academically engaged if they are attending and participating in all timetabled programme activities including on-campus and online teaching sessions, asynchronous online learning activities, placement, work-based elements, course-related learning resources, and complete assessments and submit these on time. **For the purposes of this module, academic engagement equates to the following:** 100% Attendance at all module events and consistent weekly engagement with online materials.

Equality and Diversity
The University's Equality, Diversity and Human Rights Procedure can be accessed at the following link: UWS Equality, Diversity and Human Rights Code. In line with current legislation (Equality Act, 2010) and the UWS Equality, Diversity, and Human Rights Code, our modules are accessible and inclusive, with reasonable adjustment for different needs where appropriate. Module materials comply with University guidance on inclusive learning and teaching, and specialist assistive equipment, support provision and adjustment to assessment practice will be made in accordance with UWS policy and regulations. Where modules require practical learning or assessment, alternative formats and/or roles will be provided for students with physical disabilities which impact participation.

(N.B. Every effort will be made by the University to accommodate any equality and diversity issues brought to the attention of the School)

Supplemental Information

Divisional Programme Board	**Sport Exercise Health**
Overall Assessment Results	☐ **Pass / Fail** ☒ **Graded**
Module Eligible for Compensation	☐ **Yes** ☒ **No** **If this module is eligible for compensation, there may be cases where compensation is not permitted due to programme accreditation requirements. Please check the associated programme specification for details.**
School Assessment Board	Sport, Exercise & Health
Moderator	Hayley McEwan
External Examiner	J Salter
Accreditation Details	
Module Appears in CPD catalogue	☐ **Yes** ☒ **No**
Changes / Version Number	2

Assessment (also refer to Assessment Outcomes Grids below)
Assessment 1
Presentation (40%).
Assessment 2
Dissertation (60%).
Assessment 3
(N.B. (i) Assessment Outcomes Grids for the module (one for each component) can be found below which clearly demonstrate how the learning outcomes of the module will be assessed. (ii) An indicative schedule listing approximate times within the academic calendar when assessment is likely to feature will be provided within the Student Module Handbook.)

Component 1							
Assessment Type	**LO1**	**LO2**	**LO3**	**LO4**	**LO5**	**Weighting of Assessment Element (%)**	**Timetabled Contact Hours**
Presentation	☐	☐	☐	☒	☒	40	0.5

Component 2							
Assessment Type	**LO1**	**LO2**	**LO3**	**LO4**	**LO5**	**Weighting of Assessment Element (%)**	**Timetabled Contact Hours**

Dissertation/ Project report/ Thesis	☒	☒	☒	☐	☐	60	0

Component 3							
Assessment Type	**LO1**	**LO2**	**LO3**	**LO4**	**LO5**	**Weighting of Assessment Element (%)**	**Timetabled Contact Hours**
	☐	☐	☐	☐	☐		
Combined total for all components						100%	0.5 hours

Change Control

What	**When**	**Who**
Academic engagement and Equality and Diversity sections amended to standard text.	14/02/25	Hayley McEwan
Changed from hybrid to on campus; hours updated	13/03/26	Hayley McEwan