



Module Descriptor

Title	Fundamentals of Sport & Exercise		
Session	2025/26	Status	Published
Code	SPOR07021	SCQF Level	7
Credit Points	60	ECTS (European Credit Transfer Scheme)	30
School	Health and Life Sciences		
Module Co-ordinator	Andrew Bailey		

Summary of Module

This threshold module will introduce students to their Personal Tutor and provide an orientation to UWS. It will be the starting point in the journey where students begin to focus on their Academic, Personal and Professional Development (APPD). Specific focus is also given to ADDP in the Coaching and Practice module which students undertake in term two.

Key 21st century meta skills and attributes, such as, academic, and digital skills, personal development planning and data handling processes will be developed in this module. This approach will give students a range of skills which are necessary for successful progress of their undergraduate studies (e.g. searching for academic literature, writing, referencing, conducting basic descriptive statistics and data presentation). These key skills will be developed whilst introducing students to a range of concepts within sport and exercise which encourage them to recognise the connections between the themes of mind, body and society through an integrated approach (e.g. study of psychology, movement, and social structures). These common themes will be contextualised through the lens of different populations in society (e.g. children, athletes, aging and disability groups) with students having the opportunity to apply theory into practice.

This approach will allow students to understand the fundamentals of sport and exercise from the perspective of their chosen degree pathway and ensure that they develop an appreciation of the role other professionals play in the industry.

This module will be predominately delivered on-campus. On-campus sessions will be supported by delivery of asynchronous activities.

Appropriate student support will be in place within the module.

This module will assist students to develop key 'I am UWS Graduate Attributes' and will ensure that those who complete this module successfully will be:

Universal: Emotionally Intelligent Culturally aware Collaborative

Work Ready: Digitally literate Problem-solver Motivated

Successful: Autonomous Resilient Driven

Successful completion (including achieving a pass) of the module SPOR07021 Fundamentals of Sport & Exercise partially fulfils CIMSPA (the Chartered Institute for the Management of Sport and Physical Activity) endorsement for the professional standard: Gym Instructor (with the module SPOR07022 Physical Activity, Health, and Fitness also required to achieve endorsement). Successful completion (including achieving a pass) of this module SPOR07021 Fundamentals of Sport & Exercise Science by BSc (Hons) Sport Development* students partially fulfils CIMSPA endorsement for the professional standard: Aspiring

Manager (along with several other modules across the duration of studies, including completion of L10, also required to achieve endorsement). *The Aspiring Manager professional standard is only available to BSc (Hons) Sport Development students as it aligns with several modules which are specific to this programme; students on other programmes can obtain CIMSPA professional standards across specific modules. CIMSPA have career advice and further learning resources available for members. From September 2025, UWS students can receive free membership of the student category. To use the professional standard in practice, practitioner membership is required.

Module Delivery Method	On-Campus ¹ <input type="checkbox"/>	Hybrid ² <input checked="" type="checkbox"/>	Online ³ <input type="checkbox"/>	Work -Based Learning ⁴ <input type="checkbox"/>		
Campuses for Module Delivery	<input checked="" type="checkbox"/> Ayr <input type="checkbox"/> Dumfries		<input checked="" type="checkbox"/> Lanarkshire <input type="checkbox"/> London <input type="checkbox"/> Paisley		<input type="checkbox"/> Online / Distance Learning <input type="checkbox"/> Other (specify)	
Terms for Module Delivery	Term 1	<input checked="" type="checkbox"/>	Term 2	<input type="checkbox"/>	Term 3	<input type="checkbox"/>
Long-thin Delivery over more than one Term	Term 1 – Term 2	<input type="checkbox"/>	Term 2 – Term 3	<input type="checkbox"/>	Term 3 – Term 1	<input type="checkbox"/>

Learning Outcomes	
L1	Identify the key physiological, anatomical and movement development components in various population groups.
L2	Identify factors that influence individual and group behaviour in sport and exercise.
L3	Identify the various organisational structures in sport and exercise and the aspects which influence these.
L4	Develop skills in personal and professional development planning through personal goal setting, action planning and reflective practice.
L5	Explain the fundamental concepts of sport and exercise from the perspectives of mind, body, and society and demonstrate a range of skills required for effective learning, including academic writing, the analysis and display of scientific data.

Employability Skills and Personal Development Planning (PDP) Skills

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

SCQF Headings	During completion of this module, there will be an opportunity to achieve core skills in:
Knowledge and Understanding (K and U)	SCQF 7 Demonstrate a basic knowledge of fundamental concepts within sport and exercise. Demonstrate a basic understanding of data handling and academic skills.
Practice: Applied Knowledge and Understanding	SCQF 7 Recognise and problem solve contextual scenarios in sport and exercise.
Generic Cognitive skills	SCQF 7 Identify, define and explain information and ideas that are routine to sport and exercise.
Communication, ICT and Numeracy Skills	SCQF 7 Use a range of ICT applications to support, process, obtain and present a variety of information at this level.
Autonomy, Accountability and Working with Others	SCQF 7 Exercise some initiative and independence in carrying out defined activities. Take account of own and others' roles and responsibilities in carrying out collaborative group tasks.

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

Learning and Teaching	
<p>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.</p> <p>Teaching and learning approaches will utilise a combination of blended and face-to-face delivery. Core theoretical content will be predominantly delivered through a series of online materials, including recorded lectures. Face-to-face sessions will comprise of applied practical sessions in the laboratory and supporting tutorials. Much of the learning will be achieved through practical challenges, directed independent study tasks, group work and/or class discussion, and problem solving.</p>	
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)
Asynchronous Class Activity	54
Tutorial / Synchronous Support Activity	39
Laboratory / Practical Demonstration / Workshop	15

Independent Study	417
Personal Development Plan	75
n/a	
TOTAL	600

Indicative Resources

The following materials form essential underpinning for the module content and ultimately for the learning outcomes:

The latest editions of the following books:

Armour, K. Sport Pedagogy: An Introduction for Teaching and Coaching. Routledge. Behnke, R.S. Kinetic Anatomy. Champaign, IL. Human Kinetics.

Cottrell, S. The study skills handbook. Basingstoke: MacMillan.

Hylton, K, Bramham, P, Jackson D and Nesti M. Sports Development: policy, process and practice. Routledge, London.

McArdle, W.D., Katch, F.I., and Katch, V.L. Exercise Physiology: Nutrition, Energy, and Human Performance. Baltimore: Lippincott Williams and Wilkins.

Weinberg, R. & Gould, D. Foundations of Sport and Exercise Psychology. Leeds: Human Kinetics.

(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 regularly attending and participating in timetabled on-campus and online teaching sessions, asynchronous online learning activities, 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	<input type="checkbox"/> Pass / Fail <input checked="" type="checkbox"/> Graded
Module Eligible for Compensation	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> 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	Mia Burleigh
External Examiner	S Robson
Accreditation Details	
Module Appears in CPD catalogue	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Changes / Version Number	1.1

Assessment (also refer to Assessment Outcomes Grids below)
Assessment 1
A series of short focused written class tests.
Assessment 2
A portfolio of written material which will be created through individual and group work.
Assessment 3
<p>(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.</p> <p>(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.)</p>

Component 1							
Assessment Type	LO1	LO2	LO3	LO4	LO5	Weighting of Assessment Element (%)	Timetabled Contact Hours
Class test (written)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	40	0

Component 2							
Assessment Type	LO1	LO2	LO3	LO4	LO5	Weighting of Assessment Element (%)	Timetabled Contact Hours
Portfolio of written work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	60	0

Component 3

Assessment Type	LO1	LO2	LO3	LO4	LO5	Weighting of Assessment Element (%)	Timetabled Contact Hours
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Combined total for all components						100%	0 hours

Change Control

What	When	Who