Module Descriptor

Title	Foundations of Sport & Exercise		
Session	2026/27	**Status**	Published
Code	SPOR07023	**SCQF Level**	7
Credit Points	40	**ECTS (European Credit Transfer Scheme)**	20
School	**Health and Life Sciences**		
Module Co-ordinator	Andrew Bailey		

Summary of Module

This is an introductory module for all Level 7 students across all sport degree programmes. The module will introduce students to core content, which will act as a foundation for their future modules, encouraging students to recognise the connections between the themes of mind, body and society through an integrated approach. This approach will allow students to understand the fundamentals of sport and exercise from the perspective of their chosen degree pathway. Learning activities and assessments will provide students the opportunity to demonstrate their learning both practically and theoretically.

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 of the module 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 of this module 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] ☒	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	Appreciate the role of sport in society and understand evolving patterns and processes of sport engagement.
L2	Interpret basic quantitative and qualitative data related to sport and exercise.
L3	Identify the structure and function of the major systems of the human body and their role in sport and exericse.
L4	Explain general principles of sport and exercise psychology and their relevance to participation and performance.
L5	

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 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.

[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

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

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.

As this is a 40 credit module, these learning hours increase proportionalty to 400 notional learning hours and minimum 72 contact hours.

Teaching and learning approaches will utilise primarily face-to-face delivery. Core theoretical content will be delivered through a series of lectures and tutorials supported by online materials, including recorded lectures. Face-to-face sessions will comprise of tutorials and some applied practical sessions in the laboratory . Much of the learning will be achieved through active learning via in-class participation, directed independent study tasks, group work and/or class discussion, and problem solving.

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)
Lecture / Core Content Delivery	36
Tutorial / Synchronous Support Activity	36
Asynchronous Class Activity	12
Independent Study	316
n/a	
n/a	
TOTAL	400

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.

Atkinson, M. (2012). Key concepts in sport and exercise research methods. SAGE Publications Ltd, https://doi.org/10.4135/9781446288092

Bouchard, C. (2012). Physical activity and health / Claude Bouchard, Steven N. Blair, William L. Haskell, editors. Leeds, Leeds : Human Kinetics, 2012.

Coakley, J. J. (2025). Sports in society [electronic book] : issues and controversies / Jay Coakley. New York, New York : McGraw Hill, 2025.

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.

Thomas, J. R. (2022). Research methods in physical activity/ Jerry R. Thomas. Champaign, Champaign : Human Kinetics, 2022.

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 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	Mia Burleigh
External Examiner	S Robson
Accreditation Details	
Module Appears in CPD catalogue	☐ **Yes** ☒ **No**
Changes / Version Number	2

Assessment (also refer to Assessment Outcomes Grids below)
Assessment 1
Class test (written) - LO 1 and 2
Assessment 2
Class test (written) - LO 3 and 4
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**
Class test (written)	☒	☒	☐	☐	☐	50	1.5

Component 2							
Assessment Type	**LO1**	**LO2**	**LO3**	**LO4**	**LO5**	**Weighting of Assessment Element (%)**	**Timetabled Contact Hours**
Class test (written)	☐	☐	☒	☒	☐	50	1.5

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

Change Control

What	When	Who