

University of the West of Scotland

Module Descriptor

Session: 2023/24

Title of Module: Principals of Human Movement			
Code: SPOR08040	SCQF Level: 8 (Scottish Credit and Qualifications Framework)	Credit Points: 30	ECTS: 15 (European Credit Transfer Scheme)
School:	School of Health and Life Sciences		
Module Co-ordinator:	Colin Brow		
Summary of Module			
<p>Building on skills and concepts covered in the first year, this module explores fundamental principles relating to human movement (kinesiology and motor learning), dysfunctional movement and performance (sports conditioning, motor learning and kinesiology) and psychology with motor learning concepts (Human movement). Together with applied practical key principals of functional anatomy, applied biomechanics of joints and movement, as part of the human conditioning process. The student will have opportunities to analyse and define what equates to efficient neuromusculoskeletal human movement.</p> <p>During the course of this term, 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:</p> <p>Universal:</p> <ul style="list-style-type: none">• Critical thinker• Analytical• Research-minded. <p>Work Ready:</p> <ul style="list-style-type: none">• Knowledgeable• Digital literate• Motivated			

Successful:

- Autonomous
- Resilient
- Transformational

Module Delivery Method

Face-To-Face	Blended	Fully Online	HybridC	Hybrid 0	Work-Based Learning
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

See Guidance Note for details.

Campus(es) for Module Delivery

The module will **normally** be offered on the following campuses / or by Distance/Online Learning: (Provided viable student numbers permit) (tick as appropriate)

Paisley:	Ayr:	Dumfries:	Lanarkshire:	London:	Distance/Online Learning:	Other:
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Add name

Term(s) for Module Delivery

(Provided viable student numbers permit).

Term 1	Term 2	Term 3
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Learning Outcomes: (maximum of 5 statements)

These should take cognisance of the SCQF level descriptors and be at the appropriate level for the module.

At the end of this module the student will be able to:

L1	Define and understand fundamental principles and terminology relating to human movement.
L2	Analyse and interpret factors affecting or relating to human movement

L3	Undertake introductory data collection and analysis methods to investigate human movement.	
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)	<p>SCQF Level 8</p> <p>Demonstrating critical understanding of principles relevant to human movement such as psychology, anatomy, motor learning, and biomechanics.</p>	
Practice: Applied Knowledge and Understanding	<p>SCQF Level 8</p> <p>Developing and deploying a range of laboratory skills to evaluate factors that impact or relate to human movement.</p> <p>Applying practical preparation and interventions strategies that account for the processes and limitations of the human movement system.</p>	
Generic Cognitive skills	<p>SCQF Level 8</p> <p>Undertaking critical analysis and evaluation of concepts, information and issues pertinent to human movement.</p> <p>Using a range of approaches to formulate and critically evaluate evidence-based solutions to interventions.</p>	
Communication, ICT and Numeracy Skills	<p>SCQF Level 8</p> <p>Conveying complex information to a range of audiences and for a range of purposes.</p> <p>Using a range of standard ICT applications to process and obtain data.</p>	
Autonomy, Accountability and Working with others	<p>SCQF Level 8</p> <p>Exercising autonomy and initiative in practical sessions but also work as part of a team.</p>	
Pre-requisites:	Before undertaking this module the student should have undertaken the following:	
	Module Code:	Module Title:
	Other:	
Co-requisites	Module Code:	Module Title:

*Indicates that module descriptor is not published.

Learning and Teaching	
<p>The teaching and learning approach will utilise a combination of blended and face to face delivery. Core theoretical content will be predominantly delivered through a series of online materials. Face to face sessions will comprise of applied practical sessions, scenarios and tutorials. Much of the learning will be achieved through formative practical challenges, directed independent study tasks, group work and/or class discussion with creative problem solving.</p>	
<p>Learning Activities During completion of this module, the learning activities undertaken to achieve the module learning outcomes are stated below:</p>	<p>Student Learning Hours (300)</p>
Laboratory/Practical Demonstration/Workshop	36
Asynchronous Class Activity	18
Independent Study	246
	Hours Total 300
**Indicative Resources: (eg. Core text, journals, internet access)	
<p>The following materials form essential underpinning for the module content and ultimately for the learning outcomes:</p> <p>Behnke R S and Plant J (2021) Kinetic Anatomy. Human Kinetics.</p> <p>Houglum. P (2001). Therapeutic Exercise for Musculoskeletal Injuries - 2nd Edition (Athletic Training Education). Human Kinetics.</p>	
<p>(*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)</p>	
Attendance and Engagement Requirements	
<p>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.</p> <p>For the purposes of this module, academic engagement equates to the following:</p> <p>Attendance at on campus and online classes.</p>	

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](#).

Please ensure any specific requirements are detailed in this section. Module Co-ordinators should consider the accessibility of their module for groups with protected characteristics..

(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 and Health
Assessment Results (Pass/Fail)	Yes <input type="checkbox"/> No <input checked="" type="checkbox"/>
School Assessment Board	SEH
Moderator	Laura Carey
External Examiner	E Bradley
Accreditation Details	N/A
Changes/Version Number	

Assessment: (also refer to Assessment Outcomes Grids below)

(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.)

Assessment Outcome Grids (See Guidance Note)

Component 1							
Assessment Type (Footnote B.)	Learning Outcome (1)	Learning Outcome (2)	Learning Outcome (3)	Learning Outcome (4)	Learning Outcome (5)	Weighting (%) of Assessment Element	Timetabled Contact Hours
Class test	X	X				50	1

Component 2							
Assessment Type (Footnote B.)	Learning Outcome (1)	Learning Outcome (2)	Learning Outcome (3)	Learning Outcome (4)	Learning Outcome (5)	Weighting (%) of Assessment Element	Timetabled Contact Hours
Presentation/ portfolio	X	X	X			50	21
Combined Total for All Components						100%	22 hours