Module Descriptor

Title	Measurements in Sport and Exercise Science		
Session	2026/27	**Status**	Published
Code	SPOR09026	**SCQF Level**	9
Credit Points	20	**ECTS (European Credit Transfer Scheme)**	10
School	**Health and Life Sciences**		
Module Co-ordinator	Mark Sanderson		

Summary of Module

This module advances knowledge and practical skills developed in previous exercise testing-related modules. Students will explore specific tests used within sport and exercise and critically evaluate the purpose, validity, and utility of each test. The module will equip students with the theoretical knowledge and practical skills required to test athletes and general populations and interpret test outcomes.

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 critical understanding of general principles in sport and exercise science measurements.
L2	Design, plan, and conduct health and/or fitness tests.
L3	Analyse and evaluate data collected from health and/or fitness tests.
L4	
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 9** Demonstrating comprehensive knowledge of exercise tests. Demonstrating critical understanding of exercise test considerations.
Practice: Applied Knowledge and Understanding	**SCQF 9** Using a significant range of laboratory tests to evaluate exercise capacity of individuals. Designing practical testing strategies to ensure valid results. Interpret results appropriately.
Generic Cognitive skills	**SCQF 9** Identifying, conceptualising, and analysing nuances in testing and outcomes.

[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 9** Presenting or conveying, formally and informally, information about exercise testing. Using a range of ICT applications to support and enhance work at this level and adjust features to suit purpose. Interpreting, using, and evaluating a wide range of numerical and graphical data to set and achieve goals/targets.
Autonomy, Accountability and Working with Others	**SCQF 9** Exercising autonomy and initiative in practical sessions but also work as part of a team.

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. The teaching and learning approach will utilise an on-campus model of delivery. Core theoretical content will be predominantly delivered through a series of synchronous on-campus lectures. Other synchronous sessions will comprise applied practical sessions in the laboratory and tutorials. Much of the learning will be achieved through, directed independent study tasks, group work and/or class discussion, and creative 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	8
Tutorial / Synchronous Support Activity	12
Laboratory / Practical Demonstration / Workshop	16
Independent Study	164
n/a	
n/a	
TOTAL	200

Indicative Resources
The following materials form essential underpinning for the module content and ultimately for the learning outcomes: Sport and exercise physiology testing guidelines : the British Association of Sport and Exercise Sciences guide. Vol. 1, Sport testing / edited by Davison, Richard ... [et al.].

Davison, R.; Smith, P.; Hopker, J.; Price, M.; Hettinga, F.; Tew, G.; Bottoms, L.; British Association of Sport and Exercise Sciences.

London : Routledge, 2022 (5th Edition).

Laboratory manual for exercise physiology 2nd Edition/ G. Gregory Haff, Charles Dumke.

Haff, Greg.; Dumke, Charles, 1966-

Champaign, Ill. ; Leeds : Human Kinetics, 2018.

Measurement and evaluation in human performance / James R. Morrow ... [et al.].

Morrow, James R., 1947-; Morrow, James R.

Champaign : Human Kinetics, 2016.

Journals

Students will be directed to additional reading material in the form of other text books and journal articles.

(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	Ashley Warner
External Examiner	A Tocknell
Accreditation Details	
Module Appears in CPD catalogue	☐ **Yes** ☒ **No**
Changes / Version Number	3

Assessment (also refer to Assessment Outcomes Grids below)
Assessment 1
Class Test (written).
Assessment 2
Lab Report.
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)	☒	☐	☐	☐	☐	40	1

Component 2							
Assessment Type	**LO1**	**LO2**	**LO3**	**LO4**	**LO5**	**Weighting of Assessment Element (%)**	**Timetabled Contact Hours**
Laboratory/ Clinical/ Field notebook	☐	☒	☒	☐	☐	60	0

Component 3							
Assessment Type	**LO1**	**LO2**	**LO3**	**LO4**	**LO5**	**Weighting of Assessment Element (%)**	**Timetabled Contact Hours**
	☐	☐	☐	☐	☐		

Combined total for all components	100%	1 hours

Change Control

What	When	Who
Change of module delivery method to on-campus delivery. Update of face to face hours to meet UKVI compliance. Change of Assessment 2 type to lab report. Removed mention of asynchronous teaching delivery methods to reflect synchronous on-campus delivery method.	March 2026	Mark Sanderson