Module Descriptor

Title	Paediatric Sport Science		
Session	2026/27	**Status**	Published
Code	SPOR10052	**SCQF Level**	10
Credit Points	10	**ECTS (European Credit Transfer Scheme)**	5
School	**Health and Life Sciences**		
Module Co-ordinator	Vish Unnithan		

Summary of Module

This module is designed to develop knowledge and practical skills on all aspects of the athletic preparation of male and female youth team sports players. Students will gain knowledge, for example on the impact of growth and maturation on sports performance and critically evaluate the approaches used in performance monitoring among youth team sports populations. This module will equip students with both the theoretical knowledge and practical skills required to evaluate and monitor the youth team sport player.

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 a:

Critical Thinker, Emotionally Intelligent, Collaborative , Work Ready, Problem-solver, Motivated, Potential Leader, Successful, Innovative, Resilient and 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)	

[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

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	Comprehensively understand the effects of growth and maturation on physical performance and talent identification approaches in youth team sports.
L2	Critically evaluate performance monitoring strategies in youth team sports.
L3	
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 10** Demonstrating a comprehensive knowledge of how growth and maturation influences both physical performance and talent identification in youth team sport players. Demonstrating a critical understanding of performance monitoring strategies for youth team sport players.
Practice: Applied Knowledge and Understanding	**SCQF 10** Using a wide range of performance monitoring techniques to evaluate youth team sport players.
Generic Cognitive skills	**SCQF 10** Critically identifying, defining, conceptualising and analysing complex problems and issues.
Communication, ICT and Numeracy Skills	**SCQF 10** Disseminating performance monitoring profiles of youth team sport players. Using a range of ICT applications to acquire and integrate performance information.
Autonomy, Accountability and Working with Others	**SCQF 10** Students will work individually and as part of a team to acquire the performance monitoring data.

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 strategy will be on campus delivery. Theoretical material will be delivered through on campus lectures. Laboratory sessions will comprise applied practical sessions regarding physical training. Much of the learning will be achieved through independent study tasks, group work and/or class discussion.

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	6
Laboratory / Practical Demonstration / Workshop	12
Independent Study	82
n/a	
n/a	
n/a	
TOTAL	100

Indicative Resources

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

Strudwick, T. (2016) Soccer Science. Champaign, IL: Human Kinetics.

Lloyd, R. S. and Oliver, J. L. (2020) Strength and Conditioning for Young Athletes. 2nd edn. Abingdon, Oxon: Routledge.

The following list of indicative journals should also be used as key sources for the content within this module: Journal of Sport Sciences, Paediatric Exercise Science, international Journal of Sports Physiology and Performance and the Journal of Strength and Conditioning Research.

(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	Matt Boulter
External Examiner	E Bradley
Accreditation Details	
Module Appears in CPD catalogue	☒ **Yes** ☐ **No**
Changes / Version Number	2

Assessment (also refer to Assessment Outcomes Grids below)
Assessment 1
The assessment will require students to complete a written laboratory report of practical work conducted.
Assessment 2
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
Report of practical/ field/ clinical work	☒	☒	☐	☐	☐	100	0

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

Component 3							
Assessment Type	**LO1**	**LO2**	**LO3**	**LO4**	**LO5**	**Weighting of Assessment Element (%)**	**Timetabled Contact Hours**
	☐	☐	☐	☐	☐		
Combined total for all components						100%	0 hours

Change Control

What	When	Who
Changed to on campus delivery	6/3/26	V. Unnithan