Module Descriptor

Title	Sport & Exercise Dissertation		
Session	2026/27	**Status**	Published
Code	SPOR10053	**SCQF Level**	10
Credit Points	40	**ECTS (European Credit Transfer Scheme)**	20
School	**Health and Life Sciences**		
Module Co-ordinator	Samantha Robinson		

Summary of Module

This module is designed to provide students with the opportunity to apply their knowledge and skills on an aspect of independent research relevant to their degree programme. The module will build upon the theoretical knowledge and practical skills, developed from previous modules undertaken, that are essential in carrying out a research project (i.e. project design, data capture, data analysis and evaluation).

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

Organised

Engaged

Work Ready:

Problem-solver

Motivated

Potential Project Leader

Time management

Positive attitude

Successful:

Innovative

Resilient

Transformational

Self-aware

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	Acquire experience of researching an identified question using knowledge and understanding acquired in the programme of study.
L2	Devise and sustain an independent project to develop new areas of knowledge and skills, as necessary.
L3	Prepare a critical review of literature to identify a research question.
L4	Collect, collate, analyse, and present data in a scientific manner.
L5	Communicate research findings using appropriate terminology to maintain audience interest and understanding.

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 the methods required to design a research project. Demonstrating critical understanding of data capture and analysis relevant to the research project.
Practice: Applied Knowledge and Understanding	**SCQF 10** Using a signficant range of research skuills to justify the choice of research project. Designing a research project to capture data which can be analysed to meet the aims/objectives.

[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

Generic Cognitive skills	**SCQF 10** Critically identifying, definigng, conceptualising and analysing complex problems and issues.
Communication, ICT and Numeracy Skills	**SCQF 10** Presenting or conveying, formally and informally, information related to data captured. Using a range of ICT applications to support and enhance work at this level and adjust features to suit purpose. Interpretting, using and evaluating numerical and graphical dat to set and achieve aims/objectives.
Autonomy, Accountability and Working with Others	**SCQF 10** Exercising autonomy and initiative in undertaking data capture and analysis but also work as part of a project 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. This module will be delivered through Term 1 and Term 2 but will not be delivered every week. It is the student's responsibility to ensure they are aware of the sessions they must attend each week. In some classes, you will be split up into groups based on the programme you are on. Information regarding these classes will be provided to you on the Virtual Learning Environment as early as possible. Teaching and learning on this module include: (a) on-campus classes with module coordinators, academic skills, library staff, and careers services, (b) one-to-one and sessions with your dissertation supervisor, and (c) independent learning.	
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	12
Tutorial / Synchronous Support Activity	24
Independent Study	364
n/a	
n/a	
n/a	
TOTAL	400

Indicative Resources

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

Armstrong, L.E. and Kraemer, W.J. (Ed's). (2015). ACSM's Research Methods. Baltimore: Lippincott Williams and Wilkins.

Bird, S.R. (Ed). (2019). Research Methods in Physical Activity and Health. 1st edn. New York: Routledge. (e-book).

Bishop, P.A. (2019). Measurement and evaluation in physical activity applications: exercise science, physical education, coaching, athletic training, and health. 2nd edn. New York: Routledge. (e-book).

Bryman, A. (2016) Social Research Methods. 5th edn. Oxford: Oxford University Press.

Field, A (2013) Discovering Statistics using SPSS. 4th edn. Los Angeles: Sage.

Nelson, L., Groom, R. & Potrac, P. (2014) Research Methods in Sport Coaching. Oxon: Routledge.

Smith, B. & Sparkes, A. (2016) Routledge Handbook of Qualitative Research in Sport and Exercise. Oxon: Routledge.

Jahan, N., Naveed, S., Zeshan, M. and Tahir, M.A., 2016. How to conduct a systematic review: a narrative literature review. Cureus, 8(11).

https://www.jamovi.org (2021) (Accessed: 20 January 2021).

http://www.prisma-statement.org (2021) (Accessed: 20 January 2021).

http://www.consort-statement.org/ (2021) (Accessed: 15 March 2021).

https://training.cochrane.org/handbook (2021) (Accessed: 15 March 2021)

(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	Eilidh Macrae
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
Dissertation (Journal Article).
Assessment 2
Presentation
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**
Dissertation/ Project report/ Thesis	☒	☒	☒	☒	☐	70	0

Component 2

Assessment Type	LO1	LO2	LO3	LO4	LO5	Weighting of Assessment Element (%)	Timetabled Contact Hours
Presentation	☐	☐	☐	☐	☒	30	0.5

Component 3							
Assessment Type	**LO1**	**LO2**	**LO3**	**LO4**	**LO5**	**Weighting of Assessment Element (%)**	**Timetabled Contact Hours**
	☐	☐	☐	☐	☐		
Combined total for all components						100%	0.5 hours

Change Control

What	When	Who
Change from hybrid to on-campus Updated version number to 2 Updated module hours	10th March	SR