



Module Descriptor

Title	The Female Athlete		
Session	2025/26	Status	Published
Code	SPOR10058	SCQF Level	10
Credit Points	10	ECTS (European Credit Transfer Scheme)	5
School	Health and Life Sciences		
Module Co-ordinator	Laura Forrest		
Summary of Module			
<p>This module advances knowledge developed in previous physiological, sports conditioning and sociology of sport modules. Students will predominantly explore key physiological, but also sociological, factors that are unique to female athletes (e.g. the menstrual cycle, pelvic health, breast support, pregnancy and gender inequalities) and critically evaluate the impact these factors can have on performing in sport. The module will equip students with the theoretical knowledge and applied</p> <p>understanding that are required to support female athletes at different stages of their lifespan.</p> <p>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:</p> <p>Universal:</p> <p>Critical Thinker</p> <p>Emotionally Intelligent</p> <p>Collaborative</p> <p>Work Ready:</p> <p>Problem -solver</p> <p>Influential</p> <p>Potential Leader</p> <p>Successful:</p> <p>Innovative</p> <p>Resilient</p> <p>Transformational</p>			

Module Delivery Method	On-Campus¹ <input type="checkbox"/>	Hybrid² <input checked="" type="checkbox"/>	Online³ <input type="checkbox"/>	Work -Based Learning⁴ <input type="checkbox"/>		
Campuses for Module Delivery	<input type="checkbox"/> Ayr <input type="checkbox"/> Dumfries		<input checked="" type="checkbox"/> Lanarkshire <input type="checkbox"/> London <input type="checkbox"/> Paisley		<input type="checkbox"/> Online / Distance Learning <input type="checkbox"/> Other (specify)	
Terms for Module Delivery	Term 1	<input checked="" type="checkbox"/>	Term 2	<input type="checkbox"/>	Term 3	<input type="checkbox"/>
Long-thin Delivery over more than one Term	Term 1 – Term 2	<input type="checkbox"/>	Term 2 – Term 3	<input type="checkbox"/>	Term 3 – Term 1	<input type="checkbox"/>

Learning Outcomes	
L1	Critically evaluate factors which can impact female athlete sporting performance.
L2	Develop evidence-based recommendations for female athletes
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 the physiological and sociological aspects which can affect female athletes. Demonstrating critical understanding of the impact that various factors can have on sporting performance.
Practice: Applied Knowledge and Understanding	SCQF 10 Translating the research into practical user-friendly recommendations for athletes and coaches.
Generic Cognitive skills	SCQF 10 Critically identifying, defining, conceptualising and analysing complex problems and issues.

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	<p>SCQF 10</p> <p>Presenting or conveying, formally and informally, information about contemporary issues in female athlete literature.</p> <p>Using a range of ICT applications to support and enhance work at this level and adjust features to suit purpose.</p> <p>Interpreting, using and evaluating a wide range of numerical and graphical data to set and achieve goals/targets.</p>
Autonomy, Accountability and Working with Others	<p>SCQF 10</p> <p>Exercising autonomy and initiative in individual and collaborative group tasks.</p>

Prerequisites	Module Code	Module Title
	Other	
Co-requisites	Module Code	Module Title

Learning and Teaching	
<p>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.</p> <p>This module will adopt a hybrid learning and teaching approach. Core theoretical content will be predominantly delivered through a series of asynchronous online materials, including recorded lectures. Synchronous face-to-face sessions (both on campus and online) will be interactive learning sessions to allow the students to apply theories and concepts, complete problem-based learning activities, and receive peer and tutor interaction and feedback.</p>	
Learning Activities	Student Learning Hours
During completion of this module, the learning activities undertaken to achieve the module learning outcomes are stated below:	(Note: Learning hours include both contact hours and hours spent on other learning activities)
Tutorial / Synchronous Support Activity	9
Asynchronous Class Activity	9
Independent Study	82
n/a	
n/a	
n/a	
TOTAL	100

Indicative Resources
<p>The following materials form essential underpinning for the module content and ultimately for the learning outcomes:</p> <p>Recommended texts:</p> <p>Constantini, N. and Hackney, A.C. (2013) Endocrinology of physical activity and sport 2nd edn. New York: Humana Press</p>

Coakley, J. & Pike, E. (2014) Sports in Society: Issues and Controversies. London: McGraw-Hill.

(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 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.

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	<input type="checkbox"/> Pass / Fail <input checked="" type="checkbox"/> Graded
Module Eligible for Compensation	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> 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	Rebecca O'Hanlon
External Examiner	B Ives
Accreditation Details	
Module Appears in CPD catalogue	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Changes / Version Number	1.1

Assessment (also refer to Assessment Outcomes Grids below)
Assessment 1
Presentation
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
Presentation	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	100	0

Component 2							
Assessment Type	LO1	LO2	LO3	LO4	LO5	Weighting of Assessment Element (%)	Timetabled Contact Hours
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		

Component 3							
Assessment Type	LO1	LO2	LO3	LO4	LO5	Weighting of Assessment Element (%)	Timetabled Contact Hours
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Combined total for all components						100%	0 hours

Change Control

What	When	Who
E&D and A&E as per SEH.	18/03/2025	Sarah Darroch