

Module Details	
Module Title	Enhancing Sport Performance
Module Code	PAR6004-B
Academic Year	2020/1
Credits	20
School	School of Allied Health Professions and Midwifery
Subject Area	Physiotherapy and Rehabilitation
FHEQ Level	FHEQ Level 6
Pre-requisites	N/A
Co-requisites	N/A

Contact Hours	
Type	Hours
Lectures	20
Laboratories	20
Tutorials	30
Directed Study	130

Availability	
Occurrence	Location / Period
BDA	University of Bradford / Semester 1

Module Aims
To enhance performance in sport and exercise through the application of contemporary evidence informing multi-disciplinary approaches to the assessment and support of sport and exercise at an individual and team level

Outline Syllabus

Psychological assessment, mood, stress and anxiety, intrinsic and extrinsic motivation, achievement, coaching and goal setting, Health belief models, psychophysiology, cognitive behavioural approaches including imagery and visualisation. Levels of performance. Nutritional assessment, hydration, diet, energy, nutritional biochemistry including vitamins minerals and electrolytes; Diet, food values and nutritional requirements. Overview of GI system digestion and regulatory systems; Review of structure and function of pancreas, small intestine, liver and bowel, gastric processing of food, hormonal and neuronal control. Pathophysiology of diseases affecting absorption, malabsorption, gut transit and food intolerance; endocrinology related to normal nutrition and metabolism; basic specialised metabolism in muscle and adipose tissue, metabolic effects of exercise, blood glucose homeostasis, type 1 and type 2 diabetes, physiological and metabolic responses to stress. Pharmacology: introduction to drug clearance: absorption, distribution metabolism and excretion in urine and bile. Metabolic effects of alcohol and drug abuse. Legal and ethical frameworks guiding sport and rehabilitation practice

Learning Outcomes

Outcome Number	Description
1	1.1 Critically analyse and apply the evidence base behind established sport performance enhancing approaches and techniques. 1.2 Apply the techniques used to enhance sport performance in diverse sporting populations. 1.3 Evaluate how psychological, nutritional and pharmacological elements impact on sport performance.
2	2.1. Critically demonstrate knowledge of the effects of biochemistry and physiology and nutrient utilisation in the body. 2.2. Critically evaluate the dynamic effects of stress and disease/injury on nutrition. 2.3. Evaluate current models of assessment used in sport rehabilitation practice. 2.4 Appraise and apply psychological theories informing coaching and motivation skills
3	3.1 Effectively use of written and verbal communication skills. 3.2 Systematically retrieve, review and evaluate evidence based literature.

Learning, Teaching and Assessment Strategy

N/A

Mode of Assessment

Type	Method	Description	Length	Weighting
Summative	Coursework	Create a sport performance programme and an evaluation to measure achievement for a case study (3000 words)	N/A	100%

Reading List

To access the reading list for this module, please visit <https://bradford.rl.talis.com/index.html>

Please note:

This module descriptor has been published in advance of the academic year to which it applies. Every effort has been made to ensure that the information is accurate at the time of publication, but minor changes may occur given the interval between publishing and commencement of teaching. Upon commencement of the module, students will receive a handbook with further detail about the module and any changes will be discussed and/or communicated at this point.

