

**School / Faculty:** Faculty of Health

**Course Title:** SPORTS PERFORMANCE MANAGEMENT

**Course ID:** EXSCI1705

**Credit Points:** 15.00

**Prerequisite(s):** Nil

**Co-requisite(s):** Nil

**Exclusion(s):** Nil

**ASCED Code:** 010913

**Grading Scheme:** Graded (HD, D, C, etc.)

**Program Level:**

AQF Level of Program						
	5	6	7	8	9	10
<b>Level</b>						
Introductory	■	■	✓	■	■	■
Intermediate	■	■	■	■	■	■
Advanced	■	■	■	■	■	■

**Learning Outcomes:**

**Knowledge:**

- K1.** Define the various disciplines and professions within sport science and how they relate to sport performance, athlete welfare and wellbeing.
- K2.** Explain how each profession within sport science plays an integral role to sport management application.
- K3.** Describe the structure and function of the skeletal, articular, muscular, cardiovascular, respiratory and nervous systems.
- K4.** Explain how the body systems interrelate with each other, and how they are affected by physical activity and exercise.
- K5.** Interpret the anti-doping legislation and ethical practices regarding supplement and ergogenic aid use within sport contexts.
- K6.** Identify the key psychological factors that influence athlete welfare and wellbeing.
- K7.** Define the basic biomechanical principles used to describe motion (kinematics) and how it is caused (kinetics).

**Skills:**

- S1.** Analyse basic body positions, exercises and activities from a biomechanical and musculoskeletal perspective.

# Course Outline (Higher Education)

## EXSCI1705 SPORTS PERFORMANCE MANAGEMENT

**S2.** Critically evaluate sport science research literature and apply it to sport management contexts.

### **Application of knowledge and skills:**

- A1.** Apply the skills and knowledge acquired within this course to sport management contexts, sport performance, and athlete welfare and wellbeing.
- A2.** Apply the basic principles of functional anatomy, biomechanics, and exercise physiology to inform short- and long-term adaptations from exercise.

### **Course Content:**

Topics may include:

- Sport science disciplines and professions:

Contribution of sport science discipline and profession to sport performance, athlete welfare and wellbeing

Implications of sport science discipline and profession to sport management contexts

- Functional anatomy:

Structure and function of the body systems

- Exercise physiology:

Short and long-term effects of exercise on the body systems

Recovery practices including nutrition and hydration monitoring

- Athlete welfare and wellbeing:

Athlete management system to manage athlete wellbeing

Anti-doping legislation and practices

- Exercise psychology:

Short-term effects of exercise on mood states

Imagery/visualisation to enhance recovery from injury and sports performance

Negative behaviours and motivational theories of exercise

- Biomechanics:

Kinematics

Types of forces

Muscle mechanics

# Course Outline (Higher Education)

EXSCI1705 SPORTS PERFORMANCE MANAGEMENT

Ground surface testing

## Values and Graduate Attributes:

### Values:

- V1.** Recognise the role of sport science disciplines and professions as these relate to athlete welfare and wellbeing, sport performance and sport management contexts.
- V2.** Appreciate the complexity of the structure and function of the human body systems, and how they are affected by short and long-term exercise.
- V3.** Develop an appreciation of an evidence-based approach to the study of sport science.

### Graduate Attributes:

FedUni graduate attributes statement. To have graduates with knowledge, skills and competence that enable them to stand out as critical, creative and enquiring learners who are capable, flexible and work ready, and responsible, ethical and engaged citizens.

Attribute	Brief Description	Focus
Knowledge, skills and competence	Students will be required to discuss the relevance of human movement principles in everyday activities, including sports management applications, which will enable students to develop a deeper understanding of the underlying mechanical concepts. The applied nature of this course will enable students to adapt and apply their knowledge to different settings in their professional life.	Medium
Critical, creative and enquiring learners	Students will develop self-reliance through working independently, particularly to develop appropriate learning strategies and revision techniques to enable them to meet the requirements of the laboratory manual, mid-semester and final theory exam.	Medium
Capable, flexible and work ready	Socially responsible attitudes and behaviours will be enhanced through participation in group activities with laboratories whereby students will learn to respect the diversity of sporting experiences and skill levels, and work capacities of others.	Low
Responsible, ethical and engaged citizens	Students will be encouraged to apply foundation human movement principles to make meaningful contributions to the activities/sports they participate in. They will also consider the value of human movement principles in various sports management contexts.	Low

## Learning Task and Assessment:

Learning Outcomes Assessed	Assessment Task	Assessment Type	Weighting
K1, K2, K3, K4, K5, K6, K7,	Completion of laboratory manual and active participation in weekly tutorials.	Laboratory manual	Satisfactory/Unsatisfactory

# Course Outline (Higher Education)

EXSCI1705 SPORTS PERFORMANCE MANAGEMENT

Learning Outcomes Assessed	Assessment Task	Assessment Type	Weighting
K1, K2, S2, A1	Completion of essay on the application of sport science to sport management contexts.	Written essay	20-30%
K1, K3, K4, K5, K6, K7, A2	Revise course content and confirm knowledge.	Mid-semester test	25-35%
K1, K3, K4, K5, K6, K7, S1, A2	Revise course content and confirm knowledge.	End of semester practical and theory exam	45-55%

## Adopted Reference Style:

APA