



Unit Outline (Higher Education)

Institute / School:	Institute of Health and Wellbeing
Unit Title:	SPORTS PERFORMANCE MANAGEMENT
Unit ID:	ISMAN1006
Credit Points:	15.00
Prerequisite(s):	Nil
Co-requisite(s):	Nil
Exclusion(s):	Nil
ASCED:	069903

Description of the Unit:

This unit is designed to introduce students to support services and practices required for high-performance sport. The unit will identify the nature and contribution of sports science and services that can be provided to athletes and coaches in high-performance environments. The physical and psychological demands placed on elite athletes will be examined, including the development of holistic approaches to support athlete welfare and wellbeing throughout the athlete's career.

Grade Scheme: Graded (HD, D, C, P, MF, F, XF)

Work Experience:

No work experience: Student is not undertaking work experience in industry.

Placement Component: No

Supplementary Assessment: Yes

Where supplementary assessment is available a student must have failed overall in the Unit but gained a final mark of 45 per cent or above, has completed all major assessment tasks (including all sub-components where a task has multiple parts) as specified in the Unit Description and is not eligible for any other form of supplementary assessment

Course Level:

Level of Unit in Course	AQF Level of Course					
	5	6	7	8	9	10
Introductory	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Intermediate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Level of Unit in Course	AQF Level of Course					
	5	6	7	8	9	10
Advanced	■	■	■	■	■	■

Learning Outcomes:

Knowledge:

- K1.** Identify and explore support services and practices required for the high-performance sport environment.
- K2.** Explain how sports science discipline and support services contribute to the sport performance, athlete welfare and wellbeing of elite athletes.
- K3.** Identify the key physical and psychological factors that influence athlete welfare and wellbeing.

Skills:

- S1.** Distinguish between how the different sports science discipline and support services relate to the management of high-performance sport environments.
- S2.** Assess and evaluate the factors that contribute to athlete welfare and wellbeing for high-performance athletes.

Application of knowledge and skills:

- A1.** Evaluate and critique the support services and practices applied in elite and high-performance sport.
- A2.** Recommend a holistic approach that demonstrates consideration of sports science discipline and support services for the high-performance sport environments.

Unit Content:

Unit content topics may include:

- Sports science and management of high-performance sport environments
- Holistic approaches to support high-performance athletes
- Monitoring athlete welfare and wellbeing:
 - athlete mental health
 - athlete development for life after sport
 - management of load and injuries
- Sports science discipline and support services:
 - anatomy and physiology (foundation & applied)
 - biomechanics (foundation & applied)
 - strength and conditioning
 - athlete recovery
 - performance analysis
 - ergogenic aids (supplements and drugs in high-performance sport)
 - sport psychology

Learning Task and Assessment:

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K2, K3, S2, A2	Discuss key factors that influence the welfare and wellbeing of athletes in a high-performance sport environment.	Essay	30-50%

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K1, K2, S1, A1	Review and compare the high-performance sport support services and practices used by different countries.	E-poster	20-40%
K1, K2, K3, S1,	Review of unit content and confirm knowledge.	Quizzes	20-40%

Adopted Reference Style:

APA

Refer to the [library website](#) for more informationFed Cite - [referencing tool](#)