

Making your learning count – SPORT AND EXERCISE (OU code: YXM130)

Credits: 30

Recommended weekly study hours: 8 – 10

Module length: October 2019 – May 2020

Preparatory work: You can start studying your OpenLearn courses from June 2019.

Introduction

This innovative and flexible OU level 1 module is a fantastic way for you to combine 50 hours of previous study from one of your Highers and 100 hours of study from the OU's **OpenLearn** Sport and Exercise courses (OpenLearn options listed below). Through a series of topics and assessment tasks, you will explore what you have learned through your studies whilst developing the skills you need to be a successful student. The blend of Sport and Exercise subjects that you choose from the list below is up to you, making this learning experience an entirely personal one. Your tutor will help you plan your study and identify what you are hoping to achieve through this module and your future study plans.

Get a head start on this module and begin studying your OpenLearn courses from June 2019.

What you will study

You will need to have completed a related Higher, for example, Physical Education, Biology, or Psychology. You can count 50 hours of study from your Higher towards this module (you can also speak to the YASS advisor about other Highers which may count towards this module). As well as this you will undertake 100 hours of learning from the list of **OpenLearn** courses shown below. You will also complete a number of assessment tasks on the module website, which will ask you to analyse and reflect on your Higher study and OpenLearn study.

The assessment tasks will help you develop your study skills over the course of the module. These will focus on developing the ability to plan your learning, then embed your learning, and finally reflect on your learning. This will be done by supporting you to decide on the courses you will study and when. You will learn how to communicate your learning through a variety of tools, and then develop an appreciation of multi and interdisciplinary study. You will be able to look at other students' work and comment on it and develop the ability to learn about how assessment can embed your learning. All this will be carried out while you have a very wide choice of materials to give you a taste of a variety of topics and disciplines.

The final assessment task provides you with an opportunity to consolidate your learning as you approach the completion of this module.

You will learn

The module will help you explore what happens when you bring different knowledge, skills and learning experiences together. You will discover the richness that comes from thinking about a topic from a variety of angles. This new insight may confirm that your learning goals are exactly as you had originally planned, or it may open up a whole new world of possibilities.

Your OpenLearn choices

You can choose to study any of the courses listed in the table below. However, the courses you choose must add up to at least **100 study hours**.

For details about the courses, simply click on the course name and follow the link.

SPORT AND EXERCISE – Introductory level	Study hours
Exploring sport online: Athletes and efficient hearts	5
Sport media and culture: Who's calling the shots?	5
Motivation and factors affecting motivation	5
The Ancient Olympics: Bridging past and present	5
Eating to win: activity, diet and weight control	6
The impact of technology on children's physical activity	6
The science behind wheeled sports	8
Active, healthy lifestyles	10
Exploring sport coaching and psychology	24
Communication and working relationships in sport and fitness	24
The science of nutrition and healthy eating	24
SPORT AND EXERCISE - Intermediate level	
The psychological aspects of sports injury	3
Working with young people in sport and exercise	6
Sporting women in the media	8
Recovery strategies in sport and exercise	8

Teaching and assessment

Support from your tutor

From the start of your module in October 2019, you will be assigned a tutor to support you with your studies. The first thing your tutor will do is talk to you about your Higher and your OpenLearn choices and help you plan your work. Your tutor will also help you think about the ideas explored in the module, and comment on and support you with your assessment tasks. At the end of the module you will discuss your progress with your tutor and work together to review your learning.

All tutorials are conducted between you and your tutor, although there will be opportunities for collaboration with other students.

Assessment

You will need to submit a tutor-marked assessment (TMA) and an end-of-module assessment (EMA). The assessment details for this module can also be found in the facts box on the module website [here](#).

You will be expected to submit some of your assessment tasks through the university's eTMA system. All other assessment tasks will be submitted in a number of ways which may involve the use of student forums and directly to your tutor.

Study Materials

What's included

The assessment tasks, forums, online tutorial rooms and other resources are all provided via a dedicated website. Where possible the materials are also available in other formats including PDF, EPUB, interactive eBook (EPUB3), Kindle eBook and Microsoft Word should you wish to study on mobile devices. Please note that the purchase of 'print-on-demand' texts will not be an option for this module.

You will need

All study and assessment materials will be delivered online via the module website, so you will need a computer with internet access throughout the module to read the online text, engage with the assessment tasks, access OER courses and communicate with your tutor and other students.

Computing requirements

A computing device with a browser and broadband internet access is required for this module. Any modern browser will be suitable for most computer activities. Functionality may be limited on mobile devices.

Any additional software will be provided, or is generally freely available. However, some activities may have more specific requirements. For this reason, you will need to be able to install and run additional software on a device that meets the requirements below.

A desktop or laptop computer with either:

- Windows 7 or higher
- macOS 10.7 or higher

The screen of the device must have a resolution of at least 1024 pixels horizontally and 768 pixels vertically.

To participate in our online discussion area you will need both a microphone and speakers/headphones.

Our [Skills for OU study](#) website has further information including computing skills for study, computer security, acquiring a computer and Microsoft software offers for students.

If you have a disability

The OU strives to make all aspects of study accessible to everyone and this [Accessibility Statement](#) outlines what studying YXM130 involves. You should use this information to inform your study preparations and any discussions with us about how we can meet your needs.

To find out more about what kind of support and adjustments might be available, [contact us](#) or visit our [Disability support](#) website.