

Presentation pattern *October to June*

Module description

This key introductory module is for students who have a general or professional interest in sport, recreation and fitness. It will provide students with a sound knowledge of some of the key underpinning concepts within sport and fitness, including: the organisation of sports/fitness provision in the UK; the benefits of physical activity; fitness training principles; nutrition; and a range of contemporary issues. Students will be able to apply their understanding to their own participation in sport or exercise, or to careers in the field – such as exercise instruction, sports coaching or PE teaching.

Person specification

The person specification for this module should be read in conjunction with the [generic person specification](#) for an associate lecturer at The Open University.

As well as meeting all the requirements set out in the generic person specification, you should have:

- at least a degree or equivalent in a sports, fitness, exercise or related field
- experience of working in the sports or fitness sector
- experience of supporting others' learning at degree level (e.g. through teaching, training or supervision)
- an interest in the scientific principles underpinning sport and exercise
- a willingness to engage with online technologies

It would be an advantage to have:

- experience of online tuition

Module related details - a full explanation can be found on the website

Credits awarded to the student for the successful completion of a module:	60
Number of assignments submitted by the student:	4
Method of submission for assignments:	2
Level of ICT requirements:	2
Number of students likely to be in a standard group:	20
Salary band:	8
Estimated number of hours per teaching week:	7