

Presentation pattern October to June

Module description

This 60-credit course is a level 2 module counting towards both the Foundation Degree in Sport and Fitness, and Diploma of Higher Education in Sport and Fitness, as well as the BSc in Sport, Fitness and Coaching. It is aimed at sports coaches and exercise professionals wanting to develop their underpinning scientific knowledge, analytical skills and career in these work roles. Students will focus on applying aspects of sport and exercise science, including functional anatomy, movement analysis and biomechanical principles; core stability and training/conditioning for sport, fitness and special population groups.

Person specification

The person specification for this course 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:

- a degree or equivalent in sport, fitness, exercise or coaching, with a significant sport and exercise science component
- experience of working in the sport/fitness sector in coaching/instructional roles
- a strong interest in at least two of the following: physiological, biomechanical or conditioning principles underpinning sport and exercise instruction/coaching
- experience of supporting others' learning, e.g. through teaching, training or appraisal
- a commitment to engage in online forums, audio-based web tutorials and other online technologies.

It would be an advantage to have:

- experience of putting sport and exercise science and theory into practice in settings outside higher/further education, but it is not essential.

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:	1.5
Level of ICT requirements:	2
Number of students likely to be in a standard group:	20
Salary band:	7
Estimated number of hours per teaching week:	6