

*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, exercise professionals and sports enthusiasts wanting to develop their scientific knowledge, analysis skills, coach-athlete relationships and reflective practice in sport and exercise settings. By investigating and applying aspects of sports science, including physiology, athlete monitoring, movement analysis, and strength and conditioning training methods students will enhance their understanding of human movement and performance. Applying sport and exercise science principles to case studies allows student to develop their reflective practice and become a more effective coach, meeting the needs of future clients/athletes/participants in their chosen sport and fitness environment. Some optional choices will allow students to explore areas of interest in greater depth.

### *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:

- 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 background in at least two of the following:
  - Anatomy and physiology
  - Athlete monitoring and analysis (biomechanics)
  - Strength and conditioning
- A strong background in theoretical 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:

- A strength and conditioning qualification and/or experience of teaching strength and conditioning in higher education.
- Experience of applying sport and exercise science to coaching in settings outside higher/further education.
- Two years' experience of teaching and assessing using e-learning or distance education methods.
- A higher degree and/or doctorate with a focus upon sport and exercise science or sports coaching or teaching and learning in the same area.
- Applicants should demonstrate evidence of eLearning teaching and assessment

*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:	7
Estimated number of hours per teaching week:	7