

Presentation pattern *October to July*

This is the module descriptions for both modules (EXC223 and EXF223)

This module is aimed at sports coaches and exercise instructors wanting to develop their underpinning scientific knowledge, analytical skills and/or career in this work role. It forms the final module of the [Foundation Degree in Sport and Fitness with either coaching or exercise instruction \(G10\)](#).

The module will focus on applying aspects of sports science, including movement analysis, core stability and training/conditioning in work roles, including some optional study choices, and exploration of how coaches improve and learn. As part of the assessment, students will need to submit a level 2 UK-accredited coaching or exercise instruction qualification, which they will study and pay for independently.

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 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 willingness to engage with online technologies

It would be an advantage to have:

- experience of putting sport and exercise science and theory into practice in settings outside of 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:	90
Number of assignments submitted by the student:	6
Method of submission for assignments:	2
Level of ICT requirements:	2
Number of students likely to be in a standard group:	20
Salary band:	9
Estimated number of hours per teaching week:	7