<table>
<thead>
<tr>
<th>Module Title</th>
<th>Module Number</th>
<th>JACS Subject Code(s) and % of each subject</th>
<th>ASC Category(ies)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sports Injuries and Clinical Methods</td>
<td>SSP7057</td>
<td>C160</td>
<td>2</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Level (3 to 8)</th>
<th>Credits</th>
<th>ECTS Credit</th>
<th>Module Value</th>
<th>% Taught in Welsh</th>
<th>Module Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>30</td>
<td>15</td>
<td>3.0</td>
<td>0%</td>
<td>Standard Taught Module</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Teaching Period</th>
<th>Pre-requisites</th>
</tr>
</thead>
<tbody>
<tr>
<td>September</td>
<td>None</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Module Leader</th>
<th>School(s)</th>
<th>Campus</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr Craig Ranson</td>
<td>Cardiff School of Sport</td>
<td>Cyncoed</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Assessment Methods</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assessment Type</td>
</tr>
<tr>
<td>----------------------------------</td>
</tr>
<tr>
<td>WRIT1 – Essay</td>
</tr>
<tr>
<td>WRIT2 – Clinical Case Studies</td>
</tr>
<tr>
<td>WRIT3 – Clinical examination</td>
</tr>
<tr>
<td>OTHR1 – Sports trauma management</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Rationale for Assessment and Opportunity for Feedback</th>
</tr>
</thead>
<tbody>
<tr>
<td>Four separate assessments, all of different types, are used to assess the module.</td>
</tr>
<tr>
<td>WRIT1 comprises a written submission related to a sports injury management scenario.</td>
</tr>
<tr>
<td>WRIT2 requires students to follow a structured ‘journal style’ format to provide detailed case studies of patients they have managed or observed within their own practice or via clinical placement. Case studies must be related to a provided list of topics/conditions covered during the Sept attendance block.</td>
</tr>
<tr>
<td>A single draft submission may be submitted to the relevant member of staff up to, but no later than two weeks prior to the submission deadline for the WRIT1, and first WRIT2 assignments. The formative feedback for this assessment will take the form of hard edits over the first two pages of the submission supplemented with 3-4 comments of generic feedback related to holistic aspects of the work. This feedback will be provided in email return no later than one-week prior to the deadline.</td>
</tr>
</tbody>
</table>
Aim(s)

The aim of this module is to develop a sound understanding of human anatomy and patho-anatomy as it relates to sport and exercise related injury and dysfunction. A further aim is to apply that knowledge in the assessment, investigation, management, rehabilitation and prevention of sports and exercise related injury.

Learning Outcomes

After studying this module you should be able to:

- Apply knowledge of surface and functional anatomy to understand the mechanisms of exercise-related injury, and to allow accurate diagnosis utilising appropriate clinical assessment skills
- Critically assess and apply appropriate injury management options
- Understand the nature and causes of gradual onset injuries such as stress fracture and tendinopathy and apply prevention and management strategies
- Competently assess and manage concussion
- Competently provide immediate, pre-hospital management of sports trauma
- Perform a competent clinical examination that includes injury history taking, assessment and diagnoses of musculo-skeletal injuries
- Describe case studies in a logbook, with details of involvement in care, injury; history, examination, investigation, treatment and outcome, and including reflection on each.
- Using an inter-disciplinary approach, demonstrate the ability to identify and mitigate injury risk factors such as contributing biomechanical, equipment, environmental, nutritional, psychological technical and training contributors
- Understand the most common medical imaging modalities used in the investigation of sports injuries

Learning and Teaching Methods: Range of learning methods (including directed study) and expected scheduled contact time on each:

<table>
<thead>
<tr>
<th>Learning Method</th>
<th>Rationale</th>
<th>Type of contact (scheduled/non-)</th>
<th>Total hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>WRIT3</td>
<td>WRIT3 takes the form of a clinical examination whereby student competency to perform effective and comprehensive subject and objective examination of real patients is assessed by two examiners (typically one Sports Doctor and one Sports Physiotherapist). Students have the opportunity of practice examinations in January after which they receive verbal formative feedback on their progress.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>OTHR1</td>
<td>OTHR1 is pass/fail and is based on continuous tutor assessment of the students throughout the day-long sports trauma management course</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Workshops
To support and guide the students in the skills necessary for clinical examination
Scheduled 15

Lecture
To provide content related knowledge and a starting point /summary of key issues from which students are motivated to explore further.
Scheduled and non-contact (recorded) 30

Guided Independent Study
To develop skills of independent enquiry and becoming an independent/autonomous learner as associated with undertaking a substantial piece of independent work.
Non-Contact 255

Indicative Content
The content of the module is updated and revised each year but students can expect to cover topics such as
- Shoulder Anatomy and Injuries
- Elbow Anatomy and Injuries
- Hand & Wrist Anatomy and Injuries
- Lumbar Spine Anatomy and Injuries
- Concussion Management
- Hip and Groin Anatomy and Injuries
- Knee Anatomy and Injuries
- Leg, Ankle and Foot Anatomy and Injuries
- Achilles and Patellar Tendinopathy
- Rehabilitation Principles and Practice
- History Taking, Clinical Reasoning and Medical Record Keeping
- Injury Prevention – Principles and Practice
- Field of Play and Event cover
- Sports Trauma Management
- Clinical Assessment and Examination Skills
- Introduction to Sports Injury Medical Imaging

Recommended Reading & Required Reading

Required

Recommended


**JOURNALS**

- British Journal of Sports Medicine
- American Journal of Sports Medicine
- Clinical Journal of Sports Medicine
- Journal of Science and Medicine in Sport
- Physical Therapy in Sport
- Medicine and Science in Sport And Exercise
- Clinics in Sports Medicine
- Journal of Orthopaedic and Sports Physical Therapy

**INTERNET**

- British Association of Sport and Exercise Medicine
- Association of Chartered Physiotherapists in Sports Medicine
- American College of Sports Medicine
- Oslo Sports Trauma Research Centre
- The Shoulder Doc

---

**Access to Specialist Requirements**

Students will be offered support that reflects their needs and this might include tutorials; face-to-face, using skype / FaceTime and Webinar options.
**Module Title**  
Sport and Exercise Medicine 1

**Module Number**  
SSP7058

**JACS Subject Code(s) and % of each subject**  
C900 58%

**ASC Category(ies)**  
3

<table>
<thead>
<tr>
<th>Level (3 to 8)</th>
<th>Credits</th>
<th>ECTS Credit</th>
<th>Module Value</th>
<th>% Taught in Welsh</th>
<th>Module Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>30</td>
<td>15</td>
<td>3.0</td>
<td>0%</td>
<td>Standard Taught Module</td>
</tr>
</tbody>
</table>

**Teaching Period**  
September

**Pre-requisites**  
None

**Module Leader**  
Dr Mark Ridgewell

**School(s)**  
Cardiff School of Sport

**Campus**  
Cyncoed

**Assessment Methods**

<table>
<thead>
<tr>
<th>Assessment Type</th>
<th>Duration/Length of Assessment Type</th>
<th>Weighting of Assessment</th>
<th>Approximate Date of Submission</th>
</tr>
</thead>
<tbody>
<tr>
<td>WRIT1 – Clinical cases</td>
<td>2 SEM case studies (1,500 words each)</td>
<td>30%</td>
<td>18th May 2017</td>
</tr>
<tr>
<td>WRIT2 – Essay 1</td>
<td>2,000 words</td>
<td>25%</td>
<td>12th Mar 2018</td>
</tr>
</tbody>
</table>
| PLAC1 – Logbook Part 1 | 25 hours placement with Viva Voce (20 mins) | 15% | FT – 10th Jan 2018 (exam Jan 2018)  
PT – 25th May 2017 (exam Jun 2018) |
| OTHR1 – OSCE (Stations) | 50 mins | 30% | Jun 2018 |

**Rationale for Assessment and Opportunity for Feedback**

Four separate assessments, all of different types, are used to assess the module.

WRIT1 requires students to follow a structured ‘journal style’ format to provide detailed case studies of patients they have managed or observed within their own practice or via clinical placement. Case studies must be related to a provided list of topics/conditions covered during the Jan attendance block.

WRIT2 comprises a written submission related to a sport medicine topic covered in the module.

PLAC1 allows the breadth and depth of student development to be gauged via assessment of a written logbook of; their sport medicine experience, clinical placement, case study presentations, professional development records and plans. This is further explored in a 20min Viva Voce where the logbook and career plans are discussed with two experienced sport medicine clinicians.
This module aims to develop the students’ knowledge and application of sports medicine related investigations, and skill in assessing, treating, preventing and rehabilitating exercise related injury and illness.

**Learning Outcomes**

**After studying this module you should be able to:**

- Know and understand problems associated the World Anti-Doping Agency (WADA) banned list of substances and methods, to allow appropriate prescription for competitors safely within the rules set by the list and to advise competitors how to access the information concerning self-administered medications.
- Experience ultrasound scanning application for sports injury investigation and management
- Know the risks and challenges associated with sport and exercise participation in a variety of environmental conditions, including diving medicine
- Critically review the evidence for the use of injections and the risk-benefits of the various options, and assess suitability of sport injury injection therapy
- Provide appropriate and safe exercise prescription for participants with conditions such as; obesity, diabetes, cancer, cardiovascular disease and asthma
- Understand the commonest causes of sudden death whilst exercising, and critically evaluate the usefulness of pre-participation screening
- Utilise injury prevention principles to design injury risk management programmes for a variety of sports
- Understand and apply management principles for rheumatological conditions and bone stress injury in the exercising population
- Apply effective taping techniques for common injuries to shoulder, ankle, wrist and knee
- Understand and apply workload management and progression principles to manage injury risk whilst facilitating athlete performance
- Link knowledge with other aspects of the Sport and Exercise Medicine course to provide a holistic understanding of the nature of injury in order to provide the best possible management.

**Learning and Teaching Methods: Range of learning methods (including directed study) and expected scheduled contact time on each:**

<table>
<thead>
<tr>
<th>Learning Method</th>
<th>Rationale</th>
<th>Type of contact (scheduled/non-contact)</th>
<th>Total hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Workshops</td>
<td>To support and guide the students in the skills</td>
<td>Scheduled</td>
<td>10</td>
</tr>
<tr>
<td>Activity</td>
<td>Description</td>
<td>Type</td>
<td>Hours</td>
</tr>
<tr>
<td>------------------------------</td>
<td>-----------------------------------------------------------------------------</td>
<td>--------------------</td>
<td>-------</td>
</tr>
<tr>
<td>Lecture</td>
<td>To provide content related knowledge and a starting point/summary of key issues from which students are motivated to explore further.</td>
<td>Scheduled and non-contact (recorded)</td>
<td>30</td>
</tr>
<tr>
<td>Guided Independent Study</td>
<td>To develop skills of independent enquiry and becoming an independent/autonomous learner as associated with undertaking a substantial piece of independent work.</td>
<td>Non-Contact</td>
<td>260</td>
</tr>
</tbody>
</table>

### Indicative Content

The content of the module is updated and revised each year but students can expect to cover topics such as:

- Doping and the WADA Banned List
- Practical Ultrasound Scanning
- Environmental Medicine including Diving
- Injection Theory and Workshop
- Exercise Induced Asthma
- Exercise for Health (Obesity, Diabetes, cancer, cardiovascular)
- Exercise for Health Prescription (Workshop)
- Taping for Sports Injuries
- Rheumatological Conditions in SEM
- Injury Prevention (Workshop)
- Cardiac Screening and SCD
- Bone Health
- Workload Management and Athlete Monitoring

### Recommended Reading & Required Reading

**Required Reading:**

**Recommended Reading:**

Reiman, M (2016) *Orthopedic Clinical Examination*, Human Kinetics


**JOURNALS**
- British Journal of Sports Medicine
- American Journal of Sports Medicine
- Clinical Journal of Sports Medicine
- Journal of Science and Medicine in Sport
- Physical Therapy in Sport
- Medicine and Science in Sport And Exercise
- Clinics in Sports Medicine
- Journal of Orthopaedic and Sports Physical Therapy

**INTERNET**
- British Association of Sport and Exercise Medicine
- Association of Chartered Physiotherapists in Sports Medicine
- American College of Sports Medicine
- World Anti-doping Agency
- UK Sport Drug Information Database
  (http://www.uksport.gov.uk/did)
- 100% ME website

**Access to Specialist Requirements**

Students will be offered support that reflects their needs and this might include tutorials using skype / FaceTime and Webinar options.
Module Title | Module Number | JACS Subject Code(s) and % of each subject | ASC Category(ies)
---|---|---|---
Fundamentals of Sport and Exercise Science for health professionals | SSP7054 | C600 | 1

<table>
<thead>
<tr>
<th>Level 4-7</th>
<th>Credits</th>
<th>ECTS Credit</th>
<th>Module Value</th>
<th>% Taught in Welsh</th>
<th>Module Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>20</td>
<td>10</td>
<td>2.0</td>
<td>0</td>
<td>Standard Taught Module</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Teaching Period</th>
<th>Pre-requisites</th>
</tr>
</thead>
<tbody>
<tr>
<td>November</td>
<td>NA</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Module Leader</th>
<th>School(s)</th>
<th>Campus</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr Izzy Moore</td>
<td>CSS</td>
<td>Cyncoed</td>
</tr>
</tbody>
</table>

Assessment Methods
- **Assessment Type**: WRIT1 – Essay, PRES1 – Viva Voce Examination
- **Duration/Length of Assessment**: 3,000 words, 20 minutes (~2000 words equivalency)
- **Weighting of Assessment**: 70%, 30%
- **Date of Submission**: January, April

Rationale for Assessment and Opportunity for Feedback
WRIT1 will be a written essay requiring critical appraisal of relevant literature. This will require students to demonstrate their understanding of the role that Sport and Exercise Science has within the field of Sport and Exercise Medicine, through the use of empirical-based arguments.

PRES1 will be a viva assessment of the students’ Sport and Exercise Science knowledge. Students will undertake a short viva assessment either in person with two programme staff or through video methods (e.g. Skype). This will give students the opportunity to apply the theoretical knowledge gained from each sub-discipline and demonstrate an understanding of wider implications.

**Aim(s)**
The aim of this module is to introduce students to the fundamentals of Sport and Exercise Science: biomechanics, physiology, psychology, nutrition and strength and conditioning. It will develop the students’ knowledge of these areas by applying it to: the prevention of injury, the recovery from injury and sports performance.

**Learning Outcomes**
After completing this module students should be able to:
1. Critically evaluate the fundamental principles associated with the sub-disciplines of biomechanics, physiology, psychology, nutrition and strength and conditioning;
2. Identify the role Sport and Exercise Science might play within the field of Sport and Exercise Medicine, and appreciate the need for a multi-/interdisciplinary approach to athlete support;
3. Use a biomechanics perspective to understand underlying mechanisms associated with musculoskeletal injury risk and inform clinical rehabilitation
4. Demonstrate knowledge and understanding of the physiological systems that effect the response to sport and exercise
5. Understand the psychology of sports injury and how psychological interventions can help an injured athlete
6. Describe the key concepts associated with needs analysis and apply these to a range of sporting activities.
7. Understand the applied use of performance nutrition principles and strategies that impact upon athletic performance
8. Work both as an individual and a member of a coherent team to collect, analyse, interpret and implement raw (case study) data using practical (laboratory-based) skills within the disciplines of biomechanics, physiology and strength and conditioning;
9. Identify, source and critically evaluate a body of existing evidence.

### Learning and Teaching Methods: Range of learning methods (including directed study) and expected scheduled contact time on each:

<table>
<thead>
<tr>
<th>Learning Method</th>
<th>Rationale</th>
<th>Type of contact (scheduled/non contact)</th>
<th>Total hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taught lectures</td>
<td>To appraise the fundamentals of each sub-discipline and introduce how fundamental concepts can be applied to injury and performance in a sporting context.</td>
<td>Scheduled</td>
<td>7.5</td>
</tr>
<tr>
<td>Practical classes and workshops</td>
<td>To provide laboratory and applied experience in sport and exercise science data collection, processing and analysis approaches.</td>
<td>Scheduled</td>
<td>7.5</td>
</tr>
<tr>
<td>Online tasks/e-learning</td>
<td>Online activities and directed tasks with accompanying supportive video; To describe the fundamentals of each sport and exercise science sub-discipline.</td>
<td>Non contact</td>
<td>15</td>
</tr>
<tr>
<td>Independent study (including directed reading, guided revision)</td>
<td>To facilitate the development of background knowledge for scheduled lectures, and assessments; To develop experience in independently appraising research in a student’s own area of interest within sport and exercise; To promote opportunities for further learning of the primary module skills and knowledge through individual study.</td>
<td>Non contact</td>
<td>170</td>
</tr>
</tbody>
</table>
### Indicative Content

The topics listed below are the indicative content for this module, and will be covered on Moodle and formal teaching during the November residential course.

- An overview of Sport and Exercise Science and the role of the Sports Scientist within Sport and Exercise Medicine
- Integrated practice of multi-disciplinary SEM and SES teams
- An introduction to fundamental principles of biomechanics, physiology, psychology, nutrition, and strength and conditioning
- The application of biomechanics in the prevention of injury
- Biomechanical clinical rehabilitation
- Physiological adaptation and training
- Physiological demands of sport and performance
- Psychological intervention strategies
- The psychology of sports injury and the management of injured athletes
- Key concepts of needs analysis
- Training modalities for strength and conditioning
- Sports nutrition principles and strategies
- Nutrition, fluid replenishment and ergogenic aids

### Recommended Reading

#### Required:

#### Recommended:

**Biomechanics**

**Psychology**


**Exercise Physiology**


**Nutrition**


**Strength and Conditioning**

**Journals**
Medicine and Science in Sports and Exercise
Sports Medicine
Journal of Applied Biomechanics
Sports Biomechanics
Journal of Applied Physiology
European Journal of Applied Physiology
Journal of Science and Medicine in Sport
Journal of Applied Sport Psychology
Journal of Sport and Exercise Psychology
Journal of Strength and Conditioning Research

**Internet**
Sports Dieticians UK  [www.sportsdietitians.org.uk](http://www.sportsdietitians.org.uk)
BDA website [www.bda.uk.com](http://www.bda.uk.com)

**Access to Specialist Requirements**
Biomechanics laboratory, associated equipment and software
Physiology laboratory, associated equipment and software
SCRAM gym and sports facilities
Sport and Exercise Medicine II
SSP7055
C900
1

Level 4-7
Credits
ECTS Credit
Module Value
% Taught in Welsh
Module Type

20
10
Full
0
Compulsory

Teaching Period
Pre-requisites
April
NA

Module Leader
School(s)
Campus
Dr Mark Ridgewell
CSS
Cyncoed

Assessment Methods

<table>
<thead>
<tr>
<th>Assessment Type</th>
<th>Duration/Length of Assessment Type</th>
<th>Weighting of Assessment</th>
<th>Date of Submission</th>
</tr>
</thead>
<tbody>
<tr>
<td>PRES1</td>
<td></td>
<td>10%</td>
<td>May</td>
</tr>
<tr>
<td>CRITIQUE</td>
<td></td>
<td>40%</td>
<td>June</td>
</tr>
<tr>
<td>RESEARCH PROPOSAL</td>
<td></td>
<td>50%</td>
<td></td>
</tr>
</tbody>
</table>

Aim(s)
The aim of this module is to develop understanding and improve awareness of the risks and benefits of exercise in chronic diseases and special groups (the elderly, children and the disabled). Knowledge of sports specific injuries and more advanced radiological interpretation will be developed.

Learning Outcomes

On completion of the module a student should be able to:

- Acknowledge the risks of under activity and the benefits of exercise to the population as a whole and to advise and prescribe, if necessary, appropriate exercise to special groups and sufferers of common chronic diseases, with awareness of the relative risks and benefits.
- Assess and critically discuss treatment options for chronic fatigue/unexplained underperformance syndrome.
- Manage the risks of infection in sport and of working with, and travelling abroad with, sports teams.
- Appreciate and discuss some of the legal and ethical issues commonly seen in Sport and Exercise Medicine.
- Demonstrate an awareness of the neuropsychology and importance of adequate assessment of head injuries.
- Apply knowledge and understanding of the nature of working with disabled athletes

**Learning and Teaching Delivery Methods**
This module is delivered via a range of lectures, workshops and practical demonstrations. It is delivered during residential courses and is supported via material provided on Blackboard.

**Indicative Content**
The topics listed below are the indicative content for this module, and will be covered predominantly during the April residential course. Whilst the majority of sessions will be provided in a formal teaching situation supported by practical sessions, some topics may be covered using Blackboard only.
- Exercise and Chronic Disease / Cancer / Elderly
- Exercise in Special Populations
- Exercise and Osteoporosis
- Sport and the Disabled
- Legal and Ethical Issues
- Skin Diseases and Infection in Sport
- Unexplained Underperformance Syndrome
- Travelling in Sport
- Neurophysiology and Dry Needling
- Sport-specific injuries
- Radiology and Imaging in Sports Medicine II
- Advanced Taping / Injections / Pharmacology / Exercise Therapy

**Recommended Reading & Required Reading**

**Required**

**Recommended Additional Reading**

**JOURNALS**
British Journal of Sports Medicine ([www.bjsm.bmjournals.com](http://www.bjsm.bmjournals.com))
Sportex ([www.sportex-medicine.com](http://www.sportex-medicine.com))
Sports Medicine
ACSM Journals ([www.acsm.org](http://www.acsm.org))
  - Medicine & Science in Sports & Exercise
  - Exercise and Sport Sciences Reviews
  - Current Sports Medicine Reports
  - ACSM’s Health & Fitness Journal

**INTERNET**
Exercise is Medicine (www.exerciseismedicine.org)
UK Association of Doctors In Sport (www.ukadis.org)
British Association of Sport and Exercise Medicine (www.basem.co.uk)
Oslo Sports Trauma Research Centre (http://www.ostrc.no/congress2005/)
Australian Sports Injury website (http://www.injuryupdate.com.au/)

Access to Specialist Requirements
N/A

<table>
<thead>
<tr>
<th>Module Title</th>
<th>Module Number</th>
<th>JACS Subject Code(s) and % of each subject</th>
<th>ASC Category(ies)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Research Methods in Sport and Exercise Medicine</td>
<td>SSP7056</td>
<td>C900</td>
<td>1</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Level 4-7</th>
<th>Credits</th>
<th>ECTS Credit</th>
<th>Module Value</th>
<th>% Taught in Welsh</th>
<th>Module Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>20</td>
<td>10</td>
<td>2.0</td>
<td>0</td>
<td>Standard Taught Module</td>
</tr>
</tbody>
</table>

Teaching Period | Pre-requisites
November and April | NA

Module Leader | School(s) | Campus
Dr Izzy Moore | CSS | Cyncoed

Assessment Methods

<table>
<thead>
<tr>
<th>Assessment Type</th>
<th>Duration/Length of Assessment Type</th>
<th>Weighting of Assessment</th>
<th>Approximate Date of Submission</th>
</tr>
</thead>
<tbody>
<tr>
<td>WRIT1 – Essay (Literature review)</td>
<td>2000 words</td>
<td>40%</td>
<td>February</td>
</tr>
<tr>
<td>PRES1 – Presentation (oral presentation)</td>
<td>15 min (~1500 words equivalency)</td>
<td>30%</td>
<td>April</td>
</tr>
<tr>
<td>WRIT 2 – Essay (Study Design)</td>
<td>1500 words</td>
<td>30%</td>
<td>May</td>
</tr>
</tbody>
</table>

Rationale for Assessment and Opportunity for Feedback

WRIT 1 will provide students with the opportunity to demonstrate critical writing skills and the application of the knowledge gained throughout the module when considering their chosen research area and question. Making contact with a supervisor forms part of the completion of this assessment.

WRIT 2 will provide students with the opportunity to demonstrate the application of the knowledge gained throughout the module when considering their chosen research design. This will require
students to justify their chosen design and consider the ethical implications of undertaking the research, as an ethics application forms a completion requirement of this assessment.

PRES1 will provide students with the opportunity to demonstrate an understanding of their chosen research area, an ability to synthesise and critique relevant literature and form a research question. This will require students to clearly articulate their thoughts, a necessary skill when presenting as well as providing a powerpoint presentation that clearly supports communication of these thoughts. Students will be required to engage with potential supervisor/s prior to the completion of this task.

**Aim(s)**

The aim of the module is to provide students with the insight to make informed decisions and to design and plan a piece of independent research. The focus is for students to gain an advanced understanding and appreciation of the research process as an evolving phenomenon from a quantitative approach.

**Learning Outcomes**

After studying this module you should be able to:

- Identify the core assumptions, practices and limitations of particular approaches;
- Critique and conduct appropriate forms of analysis and representation congruent with your approach;
- Conduct research design and planning based upon a critical review in a chosen area;
- Demonstrate an awareness of ethical issues in research;
- Write in an academic, scientific manner
- Develop and structure a research proposal
- Deliver a literature critique and research question effectively to an academic audience via visual and oral communication;
- Respond to questions about your critique and research question with confidence and give informed answers.

**Learning and Teaching Methods: Range of learning methods (including directed study) and expected scheduled contact time on each:**

<table>
<thead>
<tr>
<th>Learning Method</th>
<th>Rationale</th>
<th>Type of contact (scheduled/non contact)</th>
<th>Total hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taught lectures</td>
<td>To introduce the research process; To critique research designs and approaches.</td>
<td>Scheduled</td>
<td>10</td>
</tr>
<tr>
<td>Online tasks/e-learning</td>
<td>Online activities and directed tasks with accompanying supportive video</td>
<td>Scheduled</td>
<td>30</td>
</tr>
<tr>
<td>Independent study</td>
<td>To develop independent study skills</td>
<td>Non contact</td>
<td>160</td>
</tr>
<tr>
<td>(directed reading and</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>research)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Indicative Content
The topics listed below are the indicative content for this module, and will be covered on Moodle and formal teaching during the November residential course.

- Writing in research
- Critiquing literature
- Generating and justifying a research question
- Method construction
- Epidemiology analysis
- Developing a research proposal
- Ethical issues in research

Recommended Reading

Required Reading:

Recommended Reading:


Access to Specialist Requirements
Access to Learning Resource Centre and Moodle
Access to Essay and Writing Support Officer
Careers Service
Access to IT suite for SPSS sessions
<table>
<thead>
<tr>
<th>Module Title</th>
<th>Module Number</th>
<th>JACS Subject Code(s) and % of each subject</th>
<th>ASC Category(ies)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dissertation Project in Sport and Exercise Medicine</td>
<td>SSP7059</td>
<td>C600</td>
<td>3</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Level (3 to 8)</th>
<th>Credits</th>
<th>ECTS Credit</th>
<th>Module Value</th>
<th>% Taught in Welsh</th>
<th>Module Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 7</td>
<td>60</td>
<td>30</td>
<td>6.0</td>
<td>0%</td>
<td>Standard taught module</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Teaching Period</th>
<th>Pre-requisites</th>
</tr>
</thead>
<tbody>
<tr>
<td>Block 1, 2, 3</td>
<td>NA</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Module Leader</th>
<th>School(s)</th>
<th>Campus</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr Izzy Moore</td>
<td>Cardiff School of Sport</td>
<td>Cyncoed</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Assessment Methods</th>
<th>Duration/Length of Assessment Type</th>
<th>Weighting of Assessment</th>
<th>Approximate Date of Submission</th>
</tr>
</thead>
<tbody>
<tr>
<td>WRIT1 – Dissertation Coursework</td>
<td>12000 words (equivalence)</td>
<td>80%</td>
<td>March/May</td>
</tr>
<tr>
<td>PREST1 – Presentation viva voce</td>
<td>18-30 mins</td>
<td>20%</td>
<td>April</td>
</tr>
</tbody>
</table>

**Rationale for Assessment and Opportunity for Feedback**

Journal Paper format representation of the work will be orientated towards:

- Students will be required to submit their dissertation project in accordance with the submission guidelines of an internationally recognised peer review publication within their field of study (i.e., it is consistent with the publication guidelines of that specific journal);
- Students are required to append the submission guidelines of the journal the work could be submitted to with their submission. The submission guidelines will be used as the assessment criteria for aspects related to formatting and adherence to scientific writing principles (e.g., referencing procedures);
- In consultation with their Supervisor, and to facilitate the assessment process students will be required to submit within an appendix material that might be central to the assessment of the quality and rigour of the project, but consistent with published papers should not be included in the main body of the text (e.g., interview guides, data screening).

As the focus of the module expects students to work independently it is important that it also reflects the diverse nature of students studying across the module. The use of journal paper format allows the module to capture a range of disciplines within Sport and Exercise Medicine.

The underlying scholarly requirements for this module are premised on undertaking SSP7056. Indicative content on the module and a portion of the assessment for SSP7056 (e.g., WRIT2) assist students with preparing for the Dissertation Project module (around areas of planning, proposing a line of research, critical writing skills, potential methods, potential analysis and representation approaches and research ethics).
Students will have the option of receiving formative feedback on each section of their submission as determined by the format adopted. Additionally, a named dissertation project supervisor will support the student throughout the completion of the module. Students will be allocated to a tutor following completion of SSP7056 WRIT2.

The second assessment method for the module will be in the form of a viva assessment. Students will undertake a short viva assessment either in person with a panel of programme staff or through video methods (e.g. Skype).

WRIT_1 (Dissertation Coursework) is a non-compensatable element (i.e., students’ must obtain a pass mark or greater within the WRIT_1 element).

---

**Aim(s)**

The aim of this module is to provide the student with the opportunity to work independently in an area of specific interest related to their programme of study. Aligned and in a progression to the aims of SSP7056, the Dissertation Project module enables a students to select, rationalise, conduct and appropriately present and represent a supervised research project in an academic style.

**Learning Outcomes**

After studying this module you should be able to:

- Plan and carry out an original, sustained piece of academic work in a systematic fashion adhering to ethical principles within research;
- Appropriately handle, manage and interpret the findings of the project;
- Demonstrate critical thinking and reflective skills;
- Interact with, and alongside, an appointed supervisor.

**Learning and Teaching Methods: Range of learning methods (including directed study) and expected scheduled contact time on each:**

<table>
<thead>
<tr>
<th>Learning Method</th>
<th>Rationale</th>
<th>Type of contact (scheduled/non-contact)</th>
<th>Total hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Project (tutor) supervision.</td>
<td>To support and guide the students independent study.</td>
<td>Scheduled</td>
<td>30</td>
</tr>
<tr>
<td>Guided Independent Study</td>
<td>To develop skills of independent enquiry and becoming an independent/autonomous learner as associated with undertaking a substantial piece of independent work.</td>
<td>Non-contact</td>
<td>570</td>
</tr>
</tbody>
</table>
### Indicative Content
The indicative content of the module is bespoke to the students' needs related to their specific dissertation project.

### Recommended Reading & Required Reading

**Required Reading:**


**Recommended Reading:**


**Journals:**
Journals related to areas of subject specialism

### Access to Specialist Requirements
As required by the nature of students’ individual project.