



**Prifysgol Cymru**  
Y Drindod Dewi Sant  
**University of Wales**  
Trinity Saint David

## **MODULE DIRECTORY**

**Master of Science Sport and Exercise Nutrition**

**Postgraduate Diploma Sport and Exercise  
Nutrition**

**Postgraduate Certificate Sport and Exercise  
Nutrition**

## **LEVEL 7**

**ACADEMIC DISCIPLINE: Sport and Healthy  
Living**

**INSTITUTE OF MANAGEMENT AND  
HEALTH**

**2023-2024**

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## **INTRODUCTION**

This Module Directory includes all the modules for Level 7 within the MSc Sport and Exercise Nutrition programme in the academic year 2023-2024.

This directory accompanies the Programme of Study Handbook, which will provide you with details of which modules you will be studying for your programme this year in the 'Programme of Study' section. This directory may include modules that are running on other programmes of study within your Academic Discipline/Institute. If you require assistance in identifying the modules for your programme of study, please contact the Programme Manager (whose name and contact details are provided in the accompanying Programme of Study Handbook), or the relevant Institute Office.

The University has made every effort to make the information as full and as accurate as possible, but you should note that minor changes in the organisation of modules between the planning stage and the actual teaching are inevitable. We shall try to keep any such changes to a minimum, and you will receive plenty of advance warning in the event of any alteration. We would also be grateful if you would let us know about any changes that you think might be helpful if introduced into future handbooks.

## MODULES

|                       |                                           |
|-----------------------|-------------------------------------------|
| <b>Module Code</b>    | <b>BMSN7000</b>                           |
| <b>Title</b>          | <b>Advanced Sports Nutrition Practice</b> |
| <b>Date</b>           | <b>04/03/2020</b>                         |
| <b>Level</b>          | <b>7</b>                                  |
| <b>Credits</b>        | <b>30</b>                                 |
| <b>Pre-Requisites</b> |                                           |

### **AIM(S)**

- The module aims to further develop the skills to critically evaluate, assess and deliver different dietary practices needed by individuals and those with special needs such as athletes with a disability, older people and children.

### **LEARNING OUTCOMES**

Upon the successful completion of this module, the student should be able to:

- Demonstrate a systematic, extensive and comparative knowledge and understanding of the role of sport and exercise nutrition in sports performance as a whole and its links to specialist aspects.
- Demonstrate a systematic understanding of the role of sport and exercise nutrition in special groups and populations such as Paralympic athletes, athletes with a disability, children and older athletes.
- Develop a critical awareness of the role of weight management in weight category sports such as boxing, judo, horse riding etc.

### **INDICATIVE CONTENT**

- The skills required for dietary analysis and its use in individual requirements.
- Nutritional content of foods with reference to protein and carbohydrate values.
- The Nutritional requirements of older adults who take part in sport and physical activity.
- Weight management with reference to weight category sports.
- The nutritional requirements of children and young adults who take part in sport.
- Sports Nutrition requirements for special groups such as athletes with a disability and Paralympic athletes.
- Cultural and ethnic requirements of individuals.
- Psychological support of athletes to include ambitions, beliefs and motivation.
- The role of Nutrition in endurance sports such as Marathon, Triathlon and events such as Iron Man.
- Further discussion on the use of supplements in sport, including the use of novel foods and food interactions.
- The role of catering, cooking and food hygiene for individuals and in the workplace, including the optional completion of a food hygiene qualification - completion of this certificate is not mandatory or part of the learning outcomes..

- The development of business skills, use of social media and the practitioner role in informed consent and duties related to the Data Protection Act.

### Study Time Allocation

The study time for the module is divided as follows:

| Activity type        | Hours      | Percentage  |
|----------------------|------------|-------------|
| Scheduled learning   | 45         | 15%         |
| Independent learning | 255        | 85%         |
| Placement learning   | 0          | 0%          |
| <b>TOTAL</b>         | <b>300</b> | <b>100%</b> |

### ASSESSMENT

#### Assessment Component 1

(Tick one)

☐ Written exam      ☒ Coursework      ☐ Practical

| Mode of assessment | Volume     | Weighting |
|--------------------|------------|-----------|
| Essay              | 4500 words | 50%       |

#### Assessment Component 2

(Tick one)

☐ Written exam      ☒ Coursework      ☐ Practical

| Mode of assessment | Volume     | Weighting |
|--------------------|------------|-----------|
| Portfolio          | 4500 words | 50%       |

#### Assessment Summary

| Activity type | Percentage  |
|---------------|-------------|
| Written exam  | 0%          |
| Coursework    | 100%        |
| Practical     | 0%          |
| <b>TOTAL</b>  | <b>100%</b> |

This module meets some of the core competencies required by the Sport and Exercise Nutrition Register (SENr) as part of the accreditation of the programme.

### INDICATIVE READING LIST

| Module Code    | <b>BMSN7000</b>                                                                                           |                                     |
|----------------|-----------------------------------------------------------------------------------------------------------|-------------------------------------|
| Module Title   | <b>Advanced Sports Nutrition Practice</b>                                                                 |                                     |
| Classification | Reading List entry                                                                                        | Electronic*                         |
| Essential      | Board, E. (2019) <i>Nutrition for Paralympic Athletes</i> . 2 <sup>nd</sup> Ed. Florida: CRC Press        | <input type="checkbox"/>            |
| Essential      | Burke, L. & Deakin, V. (2015) <i>Clinical Sports Nutrition 5<sup>th</sup></i> Ed. Australia: McGraw Hill. | <input type="checkbox"/>            |
| Essential      | Department of Health (1991) <i>Dietary Reference Values for Food Energy and Nutrients for the UK:</i>     | <input checked="" type="checkbox"/> |

|                       |                                                                                                                                                                                                                                                                                                                                              |                                     |
|-----------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|
| <b>Module Code</b>    | <b>BMSN7000</b>                                                                                                                                                                                                                                                                                                                              |                                     |
| <b>Module Title</b>   | <b>Advanced Sports Nutrition Practice</b>                                                                                                                                                                                                                                                                                                    |                                     |
| <b>Classification</b> | <b>Reading List entry</b>                                                                                                                                                                                                                                                                                                                    | <b>Electronic*</b>                  |
|                       | <i>Report of the Panel on Dietary Reference Values of the Committee on Medical Aspects of Food Policy.</i> Twentieth Impression. Richmond, Surrey: The Stationary Office                                                                                                                                                                     |                                     |
| Essential             | Jeukendrup, A. and Gleeson, M. (2018) <i>Sport Nutrition - An Introduction to Energy Production and Performance</i> 2 <sup>nd</sup> Ed. Champaign, IL: Human Kinetics.                                                                                                                                                                       | <input checked="" type="checkbox"/> |
| Essential             | Maughan, R.J., Burke, L.M., Dvorak, J., Larson-Meyer, D.E., Peeling, P., Phillips, S.M., Rawson, E.S., Walsh, N.P., Garthe, I., Geyer, H. and Meeusen, R., 2018. IOC consensus statement: dietary supplements and the high-performance athlete. <i>International journal of sport nutrition and exercise metabolism</i> , 28(2), pp.104-125. | <input checked="" type="checkbox"/> |
| Essential             | Mountjoy, M., Sundgot-Borgen, J., Burke, L., Carter, S., Constantini, N., Lebrun, C., Meyer, N., Sherman, R., Steffen, K., Budgett, R. and Ljungqvist, A., 2015. Authors' 2015 additions to the IOC consensus statement: Relative Energy Deficiency in Sport (RED-S)                                                                         | <input checked="" type="checkbox"/> |
| Further               | Cheyette, C. & Balolia, Y. (2016) <i>Carbs and Cals</i> . 6th Ed. London: Chello Publishing Ltd.                                                                                                                                                                                                                                             | <input type="checkbox"/>            |
| Further               | Journal of Sport and Exercise Nutrition                                                                                                                                                                                                                                                                                                      | <input checked="" type="checkbox"/> |

|                       |                                 |
|-----------------------|---------------------------------|
| <b>Module Code</b>    | <b>BMSN7001</b>                 |
| <b>Title</b>          | <b>Applied Sports Nutrition</b> |
| <b>Date</b>           | <b>04/03/2020</b>               |
| <b>Level</b>          | <b>7</b>                        |
| <b>Credits</b>        | <b>30</b>                       |
| <b>Pre-Requisites</b> |                                 |

### **AIM(S)**

- The module aims to equip students with the theoretical understanding of current sport and exercise nutrition, along with the applied skills to assess, design and deliver nutrition strategies to support those competing at all levels, whether in elite or recreational sport.

### **LEARNING OUTCOMES**

Upon the successful completion of this module, the student should be able to:

- Critically evaluate the effectiveness of specific dietary strategies used to enhance athletic performance and aid recovery from exercise, including the appropriate use of supplements.
- Demonstrate a systematic, extensive and comparative knowledge and understanding of the role of dietary assessment when working with individuals and groups and the professional requirements of a sports nutrition practitioner / sports nutritionist.
- Conduct an in-depth nutritional assessment using appropriate nutritional analysis software and advise athletes using individual requirements on eating for sport and exercise.
- Plan an appropriate dietary strategy for athletes.

### **INDICATIVE CONTENT**

- The sports specific guidelines for athletes including the role of protein, carbohydrate, fat and micronutrients.
- Nutrient analysis: calculating nutrient contents of foods and diets of an individual, justifying the choice of dietary assessment methods for a specific stated purpose.
- Dietary assessment using appropriate nutritional analysis software.
- Planning nutrition strategies for individual athletes and groups
- The potential dietary implications of participation in sport and physical activity including hydration, dehydration and subsequent thermal stress in performance and training.
- Effective dietary strategies to promote subcutaneous and visceral fat loss.

- Dietary strategies used to promote the development of lean tissue including but not limited to; muscle and bone.
- Menu planning for individuals and team sports
- Provision of written dietary information for athletes – meal plan, recipes etc
- Ethical concerns related to the use of dietary strategies and manipulations for training, performance and research.
- The use of dietary supplements and strategies used to potentially enhance performance and aid recovery including but not limited to; vitamins, minerals, post-exercise meals and mid-competition snacks. This will include the role of the World Anti-Doping Agency and UK based anti-doping agencies.
- Complete a UK Anti-Doping Advisors qualification.
- The extent and limitations of advice that can be provided and appropriate onward referral.
- Develop an understanding of the Nutrition Industry and the role of the Sport and Exercise Nutrition Register and the Association for Nutrition in particular.
- Understand the role of a Sports Nutrition Practitioner / Sports Nutritionist and the importance of standards of ethics, conduct and performance.
- Ability to obtain, record, collate, analyse, interpret and report nutrition related data using appropriate qualitative and quantitative research and statistical methods.

### Study Time Allocation

The study time for the module is divided as follows:

| Activity type        | Hours      | Percentage  |
|----------------------|------------|-------------|
| Scheduled learning   | 45         | 15%         |
| Independent learning | 255        | 85%         |
| Placement learning   | 0          | 0%          |
| <b>TOTAL</b>         | <b>300</b> | <b>100%</b> |

### ASSESSMENT

#### Assessment Component 1

(Tick one)

☐ Written exam      ☒ Coursework      ☐ Practical

| Mode of assessment | Volume     | Weighting |
|--------------------|------------|-----------|
| Essay              | 4500 words | 50%       |

#### Assessment Component 2

(Tick one)

☐ Written exam      ☒ Coursework      ☐ Practical

| Mode of assessment | Volume     | Weighting |
|--------------------|------------|-----------|
| Case Study         | 4500 words | 50%       |

### Assessment Summary

| Activity type | Percentage  |
|---------------|-------------|
| Written exam  | 0%          |
| Coursework    | 100%        |
| Practical     | 0%          |
| <b>TOTAL</b>  | <b>100%</b> |

This module meets some of the core competencies required by the Sport and Exercise Nutrition Register (SENr) as part of the accreditation of the programme.

### INDICATIVE READING LIST

| Module Code    | BMSN7001                                                                                                                                                                                                                                                                                                                                    |                                     |
|----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|
| Module Title   | Applied Sports Nutrition                                                                                                                                                                                                                                                                                                                    |                                     |
| Classification | Reading List entry                                                                                                                                                                                                                                                                                                                          | Electronic*                         |
| Essential      | American College of Sports Medicine (2017) <i>ACSM Guidelines for Exercise Testing and Prescription</i> . 10 <sup>th</sup> Ed. Philadelphia: Lippincott, Williams and Wilson.                                                                                                                                                               | <input type="checkbox"/>            |
| Essential      | Burke, L. & Deakin, V. (2015) <i>Clinical Sports Nutrition</i> 5 <sup>th</sup> Ed. Australia: McGraw Hill.                                                                                                                                                                                                                                  | <input type="checkbox"/>            |
| Essential      | Jeukendrup, A. and Gleeson, M. (2018) <i>Sport Nutrition - An Introduction to Energy Production and Performance</i> 2 <sup>nd</sup> Ed. Champaign, IL: Human Kinetics.                                                                                                                                                                      | <input checked="" type="checkbox"/> |
| Essential      | Lee, R. & Nieman, D.C. (2012) <i>Nutritional Assessment</i> 6 <sup>th</sup> Ed. London: McGraw Hill.                                                                                                                                                                                                                                        | <input type="checkbox"/>            |
| Essential      | Maughan, R.J., Burke, L.M., Dvorak, J., Larson-Meyer, D.E., Peeling, P., Phillips, S.M., Rawson, E.S., Walsh, N.P., Garthe, I., Geyer, H. and Meeusen, R., 2018. IOC consensus statement: dietary supplements and the high-performance athlete. <i>International journal of sport nutrition and exercise metabolism</i> , 28(2), pp.104-125 | <input checked="" type="checkbox"/> |
| Essential      | McArdle, W.D., Katch, F.I., & Katch, V. (2019) <i>Sports and Exercise Nutrition</i> . 4 <sup>th</sup> Ed. Philadelphia: Lippincott Williams and Wilkins.                                                                                                                                                                                    | <input checked="" type="checkbox"/> |
| Further        | Cheyette, C. & Balolia, Y. (2016) <i>Carbs and Cals</i> . 6 <sup>th</sup> Ed. London: Chello Publishing Ltd.                                                                                                                                                                                                                                | <input type="checkbox"/>            |
| Further        | Public Health England (2014) <i>McCance and Widdowson's The Composition of Foods: Seventh Summary Edition</i> . Cambridge: Royal Society of Chemistry                                                                                                                                                                                       | <input type="checkbox"/>            |
| Further        | Journal of the International Society of Sports Nutrition                                                                                                                                                                                                                                                                                    | <input checked="" type="checkbox"/> |

|                       |                                                    |
|-----------------------|----------------------------------------------------|
| <b>Module Code</b>    | <b>BMSN7002</b>                                    |
| <b>Title</b>          | <b>Sport and Exercise Nutrition and Metabolism</b> |
| <b>Date</b>           | <b>04/03/2020</b>                                  |
| <b>Level</b>          | <b>7</b>                                           |
| <b>Credits</b>        | <b>30</b>                                          |
| <b>Pre-Requisites</b> |                                                    |

### **AIM(S)**

- The module aims to develop the students understanding of Human Nutrition, Human Body Function and Exercise Metabolism, including body composition.
- To ensure that students are competent in all aspects of Human Nutrition, Human Body Function and Exercise Metabolism, including body composition.

### **LEARNING OUTCOMES**

Upon the successful completion of this module, the student should be able to:

- Demonstrate a systematic, extensive and comparative knowledge and understanding of Dietary Reference Values, nutritional requirements and dietary guidelines for all age groups and apply nutritional requirements to sports participants whether elite or recreational.
- Demonstrate a systematic, extensive and comparative knowledge and understanding of the physiological effects of sport and exercise on human metabolism.
- Critically evaluate the role of body composition.

### **INDICATIVE CONTENT**

#### **Core Components of the module completed by all students**

- The role of the macronutrients; carbohydrate, protein and fat in the diet and the non-nutrient alcohol, outlining the optimal intakes in the maintenance of health and in the prevention or causation of disease
- Scientific basis for the measurement and estimation of nutritional requirements/ dietary reference values for the general population and individuals
- Energy balance and the role of diet and physical activity in maintaining a healthy weight. The importance of a healthy diet in disease prevention/management and gain familiarity with current evidence based dietary guidelines for physical activity.
- The roles of vitamins and minerals in the diet, outlining the optimal intakes in the maintenance of health and in the prevention or causation of disease.
- The importance of a healthy diet in disease prevention/management and gain familiarity with current evidence based dietary guidelines.

- Human Body Functions – to include the digestion, absorption and excretion, cardiovascular system, endocrine system, muscular skeletal system, immunity and thermo regulation.
- Evaluation and measurement to include anthropometric, biochemical physiological and functional methods of assessment.
- Physiological assessments using recognised protocols, including but not limited to body composition, strength, speed acceleration, maximal and sub-maximal aerobic capacity, blood lactate, heart rate, ventilation and power.
- Physiological assessments using recognised protocols, including but not limited to body composition, strength, speed acceleration, maximal and sub-maximal aerobic capacity, blood lactate, heart rate, ventilation and power.

### **Physiology and Metabolism**

- The nature of homeostasis.
- The anaerobic and aerobic processes involved in synthesis of adenosine triphosphate, glycolysis, Krebs's cycle, electron transfer, beta oxidation.
- The effect of short-term exercise on the cardiovascular, respiratory and muscular systems.
- The use of measurement techniques to determine against 'norm' data the functional capacities of the muscular, cardiovascular, respiratory, integumentary and nervous systems.
- The physical and physiological responses to training, recovery and detraining.
- Interpretation of information using 'norm' data and contemporary research.

### **Body composition and Fitness**

- Define sports in terms of their components of fitness.
- The physical and physiological responses to training, recovery and detraining. Analysis and presentation of data collected using recognised and appropriate formats.
- Using a physiology laboratory, including but not limited to issues relating to hygiene, health and safety, non-maleficent, maintenance of testing equipment and confidentiality of data.
- The use of measurement techniques to determine against 'norm' data the functional capacities of the muscular, cardiovascular, respiratory, integumentary and nervous systems

*NOTE: some of these components will be delivered via online learning between the taught weekends*

### **Study Time Allocation**

The study time for the module is divided as follows:

| Activity type        | Hours      | Percentage  |
|----------------------|------------|-------------|
| Scheduled learning   | 45         | 15%         |
| Independent learning | 255        | 85%         |
| Placement learning   | 0          | 0%          |
| <b>TOTAL</b>         | <b>300</b> | <b>100%</b> |

## ASSESSMENT

### Assessment Component 1

(Tick one)

☐ Written exam      ☒ Coursework      ☐ Practical

| Mode of assessment | Volume | Weighting |
|--------------------|--------|-----------|
| Essay              | 4500   | 50%       |

### Assessment Component 2

(Tick one)

☐ Written exam      ☒ Coursework      ☐ Practical

| Mode of assessment | Volume | Weighting |
|--------------------|--------|-----------|
| Essay              | 4500   | 50%       |

### Assessment Summary

| Activity type | Percentage  |
|---------------|-------------|
| Written exam  | 0%          |
| Coursework    | 100%        |
| Practical     | 0%          |
| <b>TOTAL</b>  | <b>100%</b> |

This module meets some of the core competencies required by the Sport and Exercise Nutrition Register (SENr) as part of the accreditation of the programme.

## INDICATIVE READING LIST

| Module Code    | BMSN7002                                                                                                                                                                                                                                                                  |                                     |
|----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|
| Module Title   | Sport and Exercise Nutrition and Metabolism                                                                                                                                                                                                                               |                                     |
| Classification | Reading List entry                                                                                                                                                                                                                                                        | Electronic*                         |
| Essential      | American College of Sports Medicine (2017) <i>ACSM Guidelines for Exercise Testing and Prescription</i> . 10 <sup>th</sup> Ed. Philadelphia: Lippincott, Williams and Wilson.                                                                                             | <input type="checkbox"/>            |
| Essential      | Department of Health (1991) <i>Dietary reference values for food energy and nutrients for the UK: report of the panel on dietary reference values of the committee on medical aspects of food policy</i> . Twentieth Impression. Richmond, Surrey: The Stationary Office. | <input checked="" type="checkbox"/> |
| Essential      | Department of Health (2012) <i>Manual of nutrition</i> . 12 <sup>th</sup> Ed. London: The Stationary Office.                                                                                                                                                              | <input type="checkbox"/>            |

|                       |                                                                                                                                                                                |                                     |
|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|
| <b>Module Code</b>    | <b>BMSN7002</b>                                                                                                                                                                |                                     |
| <b>Module Title</b>   | <b>Sport and Exercise Nutrition and Metabolism</b>                                                                                                                             |                                     |
| <b>Classification</b> | <b>Reading List entry</b>                                                                                                                                                      | <b>Electronic*</b>                  |
| Essential             | Gibney, M.J. (2009) <i>Introduction to human nutrition</i> 2 <sup>nd</sup> Ed. Chichester: Wiley-Blackwell                                                                     | <input checked="" type="checkbox"/> |
| Essential             | Jeukendrup, A. and Gleeson, M. (2018) <i>Sport Nutrition - An Introduction to Energy Production and Performance</i> 2 <sup>nd</sup> Ed. Champaign, IL: Human Kinetics.         |                                     |
| Further               | Lean, M. & Combet, E. (2016) <i>Barasi's Human Nutrition: A Health Perspective</i> 3 <sup>rd</sup> Ed. London: CRC Press.                                                      | <input checked="" type="checkbox"/> |
| Further               | McArdle, W.D., Katch, F.I., & Katch, V. (2019) <i>Sports and Exercise Nutrition</i> . 4 <sup>th</sup> Ed. Philadelphia: Lippincott Williams and Wilkins.                       | <input checked="" type="checkbox"/> |
| Further               | McArdle, W. D Katch, & F I Katch, V L (2014). <i>Exercise Physiology: Nutrition, Energy and Human Performance</i> . 8th ed. Philadelphia: Lippincott Williams and Wilkins.     | <input type="checkbox"/>            |
| Further               | American College of Sports Medicine (2017) <i>ACSM Guidelines for Exercise Testing and Prescription</i> . 10 <sup>th</sup> Ed. Philadelphia: Lippincott, Williams and Wilkins. | <input type="checkbox"/>            |
| Further               | Journal of the International Society of Sports Nutrition                                                                                                                       | <input checked="" type="checkbox"/> |

|                       |                                                                            |
|-----------------------|----------------------------------------------------------------------------|
| <b>Module Code</b>    | <b>BMOE7014</b>                                                            |
| <b>Title</b>          | <b>Research Methods in Health, Outdoor Education and Physical Literacy</b> |
| <b>Date</b>           | <b>10/08/2023</b>                                                          |
| <b>Level</b>          | <b>7</b>                                                                   |
| <b>Credits</b>        | <b>30</b>                                                                  |
| <b>Pre-Requisites</b> | <b>None</b>                                                                |

### **AIM(S)**

- To enable practitioners to use a range of research methods to critically reflect upon and develop professional practice to support active and healthy lifestyles.

### **LEARNING OUTCOMES**

Upon the successful completion of this module, the student should be able to:

- critically evaluate a range of research methodologies appropriate for active and healthy lifestyles research, paradigm alignment and identified research questions;
- apply robust methodological procedures to undertake a small-scale research project including analysis of data, critical reflection on findings and ethical guidelines;
- critically reflect on all aspects of the research process.

### **INDICATIVE CONTENT**

- Alternative paradigms for research around physical activity and health will be considered in order to highlight the thinking and values that underpin current practice.
- Research alignment will be explored in relation to identifying a research question and the underpinning ontological and epistemological viewpoints that inform methodological choice and research design.
- Critical evaluation of qualitative, quantitative and mixed-methods research methodologies will be undertaken in relation to the methods, instruments and techniques that can be used.
- The analysis of qualitative data and information including (but not limited to) the use of interview, observation, participant-observation and action-research methods.
- The analysis of quantitative data including (but not limited to) nominal, ordinal, interval and ratio data and the use of parametric and non-parametric techniques.
- Ethical considerations relevant to conducting research with a range of outdoor learners will be discussed and standards of good practice identified.

- Research evidence from a range of appropriate physical activity and health studies will be considered in terms of its rigour and trustworthiness.

## Study Time Allocation

The study time for the module is divided as follows:

| Activity type        | Hours      | Percentage  |
|----------------------|------------|-------------|
| Scheduled learning   | 45         | 15%         |
| Independent learning | 255        | 85%         |
| Placement learning   | 0          | 0%          |
| <b>TOTAL</b>         | <b>300</b> | <b>100%</b> |

## ASSESSMENT

### Assessment Component 1

Research proposal and rationale for methodology linked to literature in the field.

☐ Written exam      ☒ Coursework      ☐ Practical

| Mode of assessment | Volume     | Weighting |
|--------------------|------------|-----------|
| Research Proposal  | 1500 words | 20%       |

### Assessment Component 2

☐ Written exam      ☐ Coursework      ☒ Practical

| Mode of assessment                            | Volume                | Weighting |
|-----------------------------------------------|-----------------------|-----------|
| Electronic Poster, detailing project findings | 3000 words equivalent | 40%       |

### Assessment Component 3

☐ Written exam      ☒ Coursework      ☐ Practical

| Mode of assessment      | Volume     | Weighting |
|-------------------------|------------|-----------|
| Research Project Report | 3000 words | 40%       |

**Assessment Summary**

| Activity type | Percentage  |
|---------------|-------------|
| Written exam  | 0%          |
| Coursework    | 60%         |
| Practical     | 40%         |
| <b>TOTAL</b>  | <b>100%</b> |

**INDICATIVE READING LIST**

| Module Code    | BMOE7014                                                                                                                                                 |                                     |
|----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|
| Module Title   | Research Methods in Health, Outdoor Education and Physical Literacy                                                                                      |                                     |
| Classification | Reading List entry                                                                                                                                       | Electronic*                         |
| Essential      | Thomas, J. R. et al (2015) Research Methods in Physical Activity. Champaign, ILL: Human Kinetics.                                                        | <input type="checkbox"/>            |
| Essential      | Humberstone, B. and Prince, H. (Eds.) (2019) Research methods in Outdoor Studies. London: Routledge                                                      | <input checked="" type="checkbox"/> |
| Essential      | Berg, K. E. (2008) Essentials of Research Methods in Health, Physical Education, Exercise Science, and Recreation. London: Lippincott Williams & Wilkins | <input type="checkbox"/>            |
| Essential      | Cohen, L., Manion, L. and Morrison, K. (2011) Research Methods in Education. (7th ed). London: Routledge.                                                | <input checked="" type="checkbox"/> |
| Essential      | Gray, D. E. (2014) Doing Research in the Real world. London: sage.                                                                                       | <input checked="" type="checkbox"/> |
| Further        | Creswell, J.W. (2008) Research Design: Qualitative, Quantitative, and Mixed Methods Approaches. London: Sage.                                            | <input type="checkbox"/>            |
| Further        | Fallowfield, J. L. et al (2005) Using Statistics in Sport and exercise Research. Chichester: Lotus.                                                      | <input type="checkbox"/>            |
| Further        | Costello, P. J. (2011) Effective Action Research: Developing reflective thinking and practice (2 <sup>nd</sup> Ed). London: Continuum.                   | <input type="checkbox"/>            |
| Further        | McNamee, M. (2006) Research Ethics in Exercise, Health & Sport Sciences. London: Routledge.                                                              | <input type="checkbox"/>            |
| Further        | Morgan, W. J. (Ed.) 2018 Ethics in Sport (3 <sup>rd</sup> edition) Champaign, ILL: Human Kinetics.                                                       | <input type="checkbox"/>            |

|                       |                                                                                 |
|-----------------------|---------------------------------------------------------------------------------|
| <b>Module Code</b>    | <b>BMOE7007</b>                                                                 |
| <b>Title</b>          | <b>Master's Dissertation in Health, Outdoor Education and Physical Literacy</b> |
| <b>Date</b>           | <b>08/12/2021</b>                                                               |
| <b>Level</b>          | <b>7</b>                                                                        |
| <b>Credits</b>        | <b>60</b>                                                                       |
| <b>Pre-Requisites</b> | <b>None</b>                                                                     |

### **AIM(S)**

- To provide an opportunity for research and evaluation that engages with issues and debate relevant to a master's level programme.

### **LEARNING OUTCOMES**

Upon the successful completion of this module, the student should be able to:

- Conduct a significant research project reflecting appropriate skills of assimilation, synthesis, argument, communication and written presentation in a chosen field relevant to the degree scheme;
- Establish the present state of knowledge in a defined area and make a significant contribution to that knowledge.

### **INDICATIVE CONTENT**

- Effective management of the research project and communication with the supervisor;
- Research Proposal – identifying a topic/question; research project aims, objectives, alignment and ethical concerns;
- Literature review and critical appraisal;
- Research design, methodology, methods, data generation and analysis;
- Discussion of findings and conclusions;
- Recognition of assumptions and limitations of study;
- Structure, style and presentation;
- Plagiarism.
- In negotiation with an appointed supervisor students will identify a research question and submit an outline Research Proposal and completed ethics form for their study. Once this has been submitted and after feedback from the supervisor the student will be in a position to fully engage with their dissertation research.

### **Study Time Allocation**

The study time for the module is divided as follows:

| Activity type        | Hours      | Percentage  |
|----------------------|------------|-------------|
| Scheduled learning   | 25         | 5%          |
| Independent learning | 575        | 95%         |
| Placement learning   | 0          | 0%          |
| <b>TOTAL</b>         | <b>600</b> | <b>100%</b> |

Typically students receive 10 hours of individual supervision and 15 hours of group support.

## ASSESSMENT

### Assessment Component 1

(Tick one)

☐ Written exam      ☒ Coursework      ☐ Practical

| Mode of assessment | Volume      | Weighting |
|--------------------|-------------|-----------|
| Dissertation       | 15000 words | 100%      |

### Assessment Summary

| Activity type | Percentage  |
|---------------|-------------|
| Written exam  | 0%          |
| Coursework    | 100%        |
| Practical     | 0%          |
| <b>TOTAL</b>  | <b>100%</b> |

## INDICATIVE READING LIST

| Module Code    | BMOE7007                                                                                                                                                 |                                     |
|----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|
| Module Title   | Master's Dissertation in Health, Outdoor Education and Physical Literacy                                                                                 |                                     |
| Classification | Reading List entry                                                                                                                                       | Electronic                          |
| Essential      | Biggam, J. (2008) Succeeding with your Master's Dissertation – a step by step handbook. Berkshire: Open University Press. Hampshire: Palgrave Macmillan. | <input type="checkbox"/><br>??      |
| Essential      | Cottrell, S. (2014) Palgrave Study Skills Guide Dissertation and Project Reports.                                                                        | <input type="checkbox"/>            |
| Essential      | Cottrell, S. (2011) Palgrave Study Skills Guide Critical Thinking Skills (2 <sup>nd</sup> ed). Hampshire: Palgrave Macmillan.                            | <input type="checkbox"/>            |
| Essential      | Fisher, C. and Buglear, J. (2010) Research and Writing a Dissertation (3 <sup>rd</sup> ed). Harlow: Prentice Hall.                                       | <input checked="" type="checkbox"/> |
| Essential      | Creswell, J.W. (2008) Research Design: Qualitative, Quantitative, and Mixed Methods Approaches. London: Sage.                                            | <input type="checkbox"/>            |
| Further        | Drummond, K., and Murphy-Reyes, A. (2018) Nutrition research: concepts and applications. Burlington: Jones and Bartlett Publishing                       | <input type="checkbox"/>            |
| Further        | Cresswell, J. (1998) Qualitative Inquiry and Research Design: Choosing Among Five Traditions. London: Sage Pub.                                          | <input type="checkbox"/>            |

|                       |                                                                                                               |                          |
|-----------------------|---------------------------------------------------------------------------------------------------------------|--------------------------|
| <b>Module Code</b>    | <b>BMOE7007</b>                                                                                               |                          |
| <b>Module Title</b>   | <b>Master's Dissertation in Health, Outdoor Education and Physical Literacy</b>                               |                          |
| <b>Classification</b> | <b>Reading List entry</b>                                                                                     | <b>Electronic</b>        |
| Further               | Mauthner, M.L. and Birch, M.L. (eds). <i>Ethics in Qualitative Research</i> . London: Sage, 2002.             | <input type="checkbox"/> |
| Further               | Wright, D. <i>Understanding Statistics: An Introduction for the Social Sciences</i> . London: Sage Pub. 1996. | <input type="checkbox"/> |

|                    |                                                                                      |
|--------------------|--------------------------------------------------------------------------------------|
| <b>Cod y Modwl</b> | <b>BMOE7007C</b>                                                                     |
| <b>Teitl</b>       | <b>Traethawd Hir Meistr mewn lechyd, Addysg Awyr Agored a Llythrennedd Corfforol</b> |
| <b>Dyddiad</b>     | <b>08/12/2021</b>                                                                    |
| <b>Lefel</b>       | <b>7</b>                                                                             |
| <b>Credydau</b>    | <b>60</b>                                                                            |
| <b>Rhagofynion</b> | <b>Dim</b>                                                                           |

### **AMCAN(ION)**

- Darparu cyfle ar gyfer ymchwil a gwerthuso sy'n mynd i'r afael ag anawsterau a thrafodaeth sy'n berthnasol i raglen ar lefel Meistr.

### **DEILLIANNAU DYSGU**

Ar ôl cwblhau'r modwl hwn yn llwyddiannus, dylai'r myfyriwr allu:

- Cynnal prosiect ymchwil sylweddol sy'n adlewyrchu sgiliau priodol o ran cymathu, cyfosod, dadlau, cyfathrebu a chyflwyno ysgrifenedig, mewn dewis faes sy'n berthnasol i'r cynllun gradd;
- Pennu cyflwr presennol gwybodaeth mewn maes penodol a chyfrannu'n at y wybodaeth honno.

### **CYNNWYS DANGOSOL**

- Rheolaeth effeithiol ar y prosiect ymchwil a chyfathrebu â'r goruchwyliwr;
- Cynnig Ymchwil – dynodi pwnc/cwestiwn; amcanion, nodau, cydweddiad a phryderon moesegol y prosiect ymchwil;
- Adolygu llenyddiaeth ac arfarnu beirniadol;
- Dylunio ymchwil, methodoleg, dulliau, cynhyrchu data a dadansoddi;
- Trafodaeth ynghylch canfyddiadau a chasgliadau;
- Dynodi tybiaethau a chyfyngiadau astudiaeth;
- Strwythur, arddull a chyflwyniad;
- Llên-ladrad.
- Drwy drafodaeth â goruchwyliwr a benodwyd, bydd myfyrwyr yn dynodi cwestiwn ymchwil amlinellol ac yn cyflwyno Cynnig Ymchwil a ffurflen foeseg wedi'i llenwi ar gyfer eu hastudiaeth. Pan fydd hwn wedi'i gyflwyno ac ar ôl adborth gan y goruchwyliwr bydd y myfyriwr mewn sefyllfa i ymgymryd yn llawn â'r ymchwil am ei draethawd hir.

## Dyraniad Amser Astudio

Mae'r amser astudio ar gyfer y modwl wedi ei rannu fel a ganlyn:

| Math o weithgaredd      | Oriau      | Canran      |
|-------------------------|------------|-------------|
| Dysgu wedi'i amserlennu | 25         | 5%          |
| Dysgu'n annibynnol      | 575        | 95%         |
| Dysgu drwy leoliadau    | 0          | 0%          |
| <b>CYFANSWM</b>         | <b>600</b> | <b>100%</b> |

## ASESU

### Elfen Asesu 1

(Ticiwch un)

☐ Arholiad ysgrifenedig
 ☒ Gwaith cwrs
 ☐ Ymarferol

| Dull asesu    | Maint          | Pwysiad |
|---------------|----------------|---------|
| Traethawd Hir | 15000 o eiriau | 100%    |

### Crynodeb o'r Asesiad

| Math o weithgaredd    | Canran      |
|-----------------------|-------------|
| Arholiad ysgrifenedig | 0%          |
| Gwaith cwrs           | 100%        |
| Ymarferol             | 0%          |
| <b>CYFANSWM</b>       | <b>100%</b> |

## RHESTR DDARLLEN DDANGOSOL

| Cod y Modwl   | <b>BMOE7007C</b>                                                                                                                                         |                                     |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|
| Teitl y Modwl | <b>Traethawd Hir Meistr mewn Iechyd, Addysg Awyr Agored a Llythrennedd Corfforol</b>                                                                     |                                     |
| Categori      | Eitemau'r Rhestr Ddarllen                                                                                                                                | Electronig                          |
| Hanfodol      | Biggam, J. (2008) Succeeding with your Master's Dissertation – a step by step handbook. Berkshire: Open University Press. Hampshire: Palgrave Macmillan. | <input checked="" type="checkbox"/> |
| Hanfodol      | Cottrell, S. (2014) Palgrave Study Skills Guide Dissertation and Project Reports.                                                                        | <input checked="" type="checkbox"/> |
| Hanfodol      | Cottrell, S. (2011) Palgrave Study Skills Guide Critical Thinking Skills (2 <sup>nd</sup> ed). Hampshire: Palgrave Macmillan.                            | <input checked="" type="checkbox"/> |
| Hanfodol      | Fisher, C. and Buglear, J. (2010) Research and Writing a Dissertation (3 <sup>rd</sup> ed). Harlow: Prentice Hall.                                       | <input checked="" type="checkbox"/> |
| Hanfodol      | Creswell, J.W. (2008) Research Design: Qualitative, Quantitative, and Mixed Methods Approaches. London: Sage.                                            | <input checked="" type="checkbox"/> |
| Pellach       | Drummond, K., and Murphy-Reyes, A. (2018) Nutrition research: concepts and applications. Burlington: Jones and Bartlett Publishing                       | <input type="checkbox"/>            |
| Pellach       | Cresswell, J. (1998) Qualitative Inquiry and Research Design: Choosing Among Five Traditions. London: Sage Pub.                                          | <input type="checkbox"/>            |

|                      |                                                                                                               |                          |
|----------------------|---------------------------------------------------------------------------------------------------------------|--------------------------|
| <b>Cod y Modwl</b>   | <b>BMOE7007C</b>                                                                                              |                          |
| <b>Teitl y Modwl</b> | <b>Traethawd Hir Meistr mewn Iechyd, Addysg Awyr Agored a Llythrennedd Corfforol</b>                          |                          |
| <b>Categori</b>      | <b>Eitemau'r Rhestr Ddarllen</b>                                                                              | <b>Electronig</b>        |
| Pellach              | Mauthner, M.L. and Birch, M.L. (eds). <i>Ethics in Qualitative Research</i> . London: Sage, 2002.             | <input type="checkbox"/> |
| Pellach              | Wright, D. <i>Understanding Statistics: An Introduction for the Social Sciences</i> . London: Sage Pub. 1996. | <input type="checkbox"/> |