

Module Code	BMSH4200 / BMSH4200A
Title	Academic Skills (Sport, Health and Outdoor Education)
Date	09/10/2024
Level	4
Credits	10
Pre-Requisites	N/A
DBS Check	May be required ☐ Not required ☒

AIM(S)

- To develop students' skills for independent study and life-long learning, which will form the foundation for successful completion of their programme of study and support future employment opportunities.

LEARNING OUTCOMES

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

- demonstrate the foundational skills required to be a resilient and healthy independent learner;
- practise the principles of learning agility;
- use suitable technology to support and enhance their learning experience within the discipline area.

INDICATIVE CONTENT

- Time management, reading, writing, referencing and plagiarism, searching for and evaluating sources of information, working online.
- Critical thinking: issues concerning knowledge, belief, and doubt.
- Critical writing: Synthesis, paraphrasing and creating an informed argument, avoiding plagiarism.
- Reflection and self-reflection.
- Identity and sense of place; including values, culture and intercultural awareness, heritage, diversity and inclusion and multilingualism.
- Skills for a range of assessment modes, including blogs, vlogs, video, presentations, performances, posters, exams, and written coursework.
- Skills and attitudes which underpin resilience, health, wellbeing and learning agility; the role of spirit, mind, emotions and body.
- Digital Literacy: using appropriate technology; staying safe online, cyber security, digital identity.
- Team working.

Study Time Allocation

The study time for the module is divided as follows:

Activity type	Hours	Percentage
Scheduled learning	22	22%
Independent learning	78	78%
Placement learning	0	0
TOTAL	100	100%

ASSESSMENT

Assessment Component 1 (Tick one)

☐ Written exam ☒ Coursework ☐ Practical

Mode of assessment	Volume	Weighting
E-portfolio	Equivalent to 1500 words	100%

Assessment Summary

Activity type	Percentage
Written exam	0
Coursework	100%
Practical	0
TOTAL	100%

This module is associated with The Society of Sports Therapists accreditation and therefore has pass all assessment components and an 80% attendance requirement (*for BSc Sport & Exercise Therapy students only*).

This module meets some of the core competencies required by the Association for Nutrition as part of the accreditation of the Nutrition, Physical Activity and Health programme.

INDICATIVE READING LIST

Module Code	BMSH4200 / BMSH4200A	
Module Title	Academic Skills (Sport, Health and Outdoor Education)	
Classification	Reading List entry	Electronic*
Essential	Cottrell, S (2019) <i>The Study Skills Handbook</i> . 5th edn. London: Macmillan International Higher Education.	☒
Essential	Library Info Skills Sessions	☐
Essential	Pears, R. and Shields, G.J. (2019) <i>Cite Them Right: the essential referencing guide</i> . 11th edn. London: Macmillan International Higher Education.	☐
Further	Cottrell, S. (2023). <i>Critical thinking skills: effective analysis, argument and reflection</i> (Fourth edition.). Bloomsbury.	☒
Further	Hopkins, D. and Reid, T., (2018) <i>The Academic Skills Handbook: Your Guide to Success in Writing, Thinking and Communicating at University</i> . London: Sage.	☐
Further	Osmond, A., (2016) <i>Academic Writing and Grammar for Students</i> 2nd edn. London: SAGE.	☐