

<b>Module Title:</b>	Sport and Exercise Biomechanics 2
<b>Language of Instruction:</b>	English
<b>Credits:</b>	5
<b>NFQ Level:</b>	8
<b>Module Delivered In</b>	<a href="#">2 programme(s)</a>
<b>Teaching &amp; Learning Strategies:</b>	This module will be delivered in two one-hour lectures and one two-hour laboratory class per week. Any course-related issues or questions that may arise will be discussed in lectures. Course lecture summaries, course calendar, announcements and other course-related material will be available on Blackboard, a virtual learning environment. Students can contact the lecturer outside of class hours to discuss formative feedback given on written reports and group project work.
<b>Module Aim:</b>	To develop the students' knowledge and understanding of biomechanical concepts so that they can be applied to sport and exercise. To provide the student with the skills required to conduct a qualitative analysis. To enable students to become familiar with equipment and protocols in quantitative and qualitative analysis.
<b>Learning Outcomes</b>	
<i>On successful completion of this module the learner should be able to:</i>	
LO1	Develop the student's knowledge of the application of biomechanical concepts in relation to sport and exercise.
LO2	Collect, analyse and interpret biomechanical data of a sporting or functional movement and present a report.
LO3	Explain the processes involved in undertaking a qualitative analysis in sport and exercise.
<b>Pre-requisite learning</b>	
<b>Module Recommendations</b>	
<i>This is prior learning (or a practical skill) that is recommended before enrolment in this module.</i>	
No recommendations listed	
<b>Incompatible Modules</b>	
<i>These are modules which have learning outcomes that are too similar to the learning outcomes of this module.</i>	
No incompatible modules listed	
<b>Co-requisite Modules</b>	
No Co-requisite modules listed	
<b>Requirements</b>	
<i>This is prior learning (or a practical skill) that is mandatory before enrolment in this module is allowed.</i>	
Successful completion of year 2 or equivalent	

## Module Content & Assessment

### Indicative Content

#### Theory

The theoretical component will explore levers; qualitative analysis of selected human movements; fluid mechanics; muscle-tendon complex and the biomechanical assessment of various human movements.

#### Practical

Develop the student's ability to undertake qualitative analysis in sport and exercise. Expose the student to a variety of biomechanical devices in order to learn how to analyze human movement in sport and exercise.

Assessment Breakdown	%
Continuous Assessment	20.00%
Practical	40.00%
End of Module Formal Examination	40.00%

### Continuous Assessment

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Examination	A written examination held during lecture time on topics covered in the lectures and practical classes.	1	20.00	Week 9

No Project

### Practical

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Practical/Skills Evaluation	Conduct a qualitative analysis of a skill and present the analysis using a powerpoint presentation and respective software to the lecturer.	2,3	40.00	Week 5

### End of Module Formal Examination

Assessment Type	Assessment Description	Outcome addressed	% of total	Assessment Date
Formal Exam	A 2 hour written examination.	1,3	40.00	End-of-Semester

SETU Carlow Campus reserves the right to alter the nature and timings of assessment

**Module Workload**

<b>Workload: Full Time</b>		
<i>Workload Type</i>	<i>Frequency</i>	<i>Average Weekly Learner Workload</i>
Lecture	12 Weeks per Stage	2.00
Practicals	12 Weeks per Stage	2.00
Estimated Learner Hours	15 Weeks per Stage	5.13
Total Hours		125.00

**Module Delivered In**

Programme Code	Programme	Semester	Delivery
CW_SASPS_B	<a href="#">Bachelor of Science (Honours) in Sport and Exercise Science</a>	5	Mandatory
CW_SASAC_B	<a href="#">Bachelor of Science (Honours) in Strength and Conditioning</a>	5	Mandatory