**Appendix 1**

**Non-BUES Degree - Evidence of Knowledge Template**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Hours Required** | **Undergraduate** | **Postgraduate****(if completed)** | **Hours of additional work required (a learning proposal is required to meet these hours)** |
| **Biomechanics** | 360 | Sports Biomechanics: 15 credit = 150 hrsSport Injury: credit 15 = 150 hrs**Total Hours = 300 hrs** | N/A | 60 hrs(see accompanying Learning Proposal)  |
| **Physiology** | 360 | Human Anatomy & Physiology I: 15 credit = 150 hrsHuman Anatomy & Physiology II: 15 credit = 150 hrsExercise Physiology & Nutrition I: 15 credit = 150 hrsExercise Physiology & Nutrition II: 15 credit = 150 hrsExercise Prescription: 15 credit = 150 hrs**Total Hours = 750 hrs** | N/A | N/A |
| **Psychology** | 360 | Sport & Exercise Psychology I: 15 credit = 150 hrsSport & Exercise Psychology II:15 credit = 150 hrsApplied Sport Pychology:15 credit = 150 hrs**Total Hours = 450 hrs** | Applied Motor Skills: 20 credit = 200 hrsProfessional & Counselling Skills: 20 credit = 200 hrsPsychological Skills I; Theory & Application: 20 credit = 200 hrsPsychological Skills II; Theory & Application: 20 credit = 200 hrsSocial Psychology of Sport; Interpersonal & Group Processes: 20 credit = 200 hrs**Total Hours = 1,000 hrs** | N/A |
| **Inter-disciplinary Studies** | 180 | Science & Practice of Coaching: 15 credit = 150 hrsSport Organisation: 15 credit = 150 hrsSports Analysis: 15 credit = 150 hrsOperations Management in Sports & Leisure: 15 credit = 150 hrsSocio-Cultural Analysis in Sport: 15 credit = 150 hrsSport, Politics & Society: 15 credit = 150 hrsSports Marketing & Sponsorship:15 credit = 150 hrs**Total Hours = 1,050 hrs** |  | N/A |

**Appendix 2**

**Laboratory Experience Template**

*(Total of 150hrs must be acquired over any subject area)*

|  |  |  |  |
| --- | --- | --- | --- |
| **Subject Area** | **Module and Level** | **Topic(s)** | **Hours** |
| Biomechanics | **Undergraduate:**Sports Biomechanics | Maths Revision & Vectors | 3hrs |
| Race Analysis | 3hrs |
| Projectiles | 3hrs |
| Angular Kinetics | 3hrs |
| 2D Analysis | 3hrs |
|  | **15hrs** |
| Physiology | **Undergraduate:**Human Anatomy & Physiology I | Anatomy Practical (Articular System) | 3hrs |
| Anatomy Practical (Muscular System) | 3hrs |
| Physiology 1: Muscle Function | 3hrs |
| Physiology 2: Body Composition | 3hrs |
| **Undergraduate:**Human Anatomy & Physiology II | CV Practical A: Cardiovascular & Respiratory Systems | 3hrs |
| CV Practical B: Cardiovascular & Respiratory Systems | 3hrs |
| CV Practical C: Cardiovascular & Respiratory Systems | 3hrs |
| Anatomy A: Functional Anatomy | 3hrs |
| Anatomy B: Functional Anatomy | 3hrs |
| Anatomy C: Gastrointestinal System | 3hrs |
| **Undergraduate:**Exercise Physiology & Nutrition I | Practical: Nutrition | 3hrs |
| Practical: Energy Transfer | 3hrs |
| Practical: VO2max | 3hrs |
| Practical: Energy Expenditure | 3hrs |
| Practical: Effects of Exercise; Endocrine & Immune Systems | 3hrs |
| Practical: Effects of Exercise; Cardiovascular & Respiratory Systems | 3hrs |
| Practical: Effects of Exercise; Blood Lactate | 3hrs |
| Practical: Fatigue | 3hrs |
| **Undergraduate:**Exercise Physiology & Nutrition II | Lab: Nutrition & Exercise 1 | 2hrs |
| Lab: Nutrition & Exercise 2 | 2hrs |
| Lab: Nutrition & Exercise 3 | 2hrs |
| Lab: Nutrition & Exercise 4 | 2hrs |
| Heat Chamber: Heat & Humidity | 2hrs |
| Heat Chamber: Cold | 2hrs |
| Heat Chamber: Altitude | 2hrs |
| **Undergraduate:**Fitness Assessment & Training Programmes | VO2max | 2hrs |
| Lactate Profiing | 2hrs |
| Anthropometry | 2hrs |
| Anaerobic Capacity | 2hrs |
| Strength & Power | 2hrs |
|  | **78hrs** |
| Psychology | **Undergraduate:**Sport & Exercise Psychology I  | Measuring Personality | 1hr |
| Cognitive Theories of Motivation | 1hr |
| Applying Motivation Theory | 1hr |
| **Undergraduate:**Sport & Exercise Psychology II | RPE | 3hrs |
| Leadership & Cohesion | 3hrs |
| **Undergraduate:** Applied Sports Psychology | Assessment Techniques & Tools | 3hrs |
| Mental Imagery & Mental Practice Scripts | 3hrs |
| **Masters:** Psychological Skills; Theory & Application I | Attention: Quiet Eye | 3hrs |
| **Masters:** Psychological Skills; Theory & Application II | Interviews & Observations | 3hrs |
| Profiling | 3hrs |
| Goal Setting | 3hrs |
| Imagery | 3hrs |
| Self Talk | 3hrs |
| Pre Performance Routines | 3hrs |
| **Masters:**Applied Motor Skills | Feedback | 3hrs |
| Performance Under Pressure | 3hrs |
| Application & Intervention Using Evidence Based Practice | 3hrs |
| Perceptual-Cognitive Skill | 3hrs |
| Enhanced Decision-Making | 3hrs |
|  | **51hrs** |
| **Overall Total:** | **144hrs** |

**BASES Supervised Experience;**

**Learning Proposal: Biomechanics & Laboratory Experience**

|  |  |  |  |
| --- | --- | --- | --- |
| **BASES Supervisee:** |  | **BASES Supervisor:** |  |
| **Laboratory Hrs Required:** | 6 hrs | **Biomechanics Hrs Required:** | 60 hrs |
| **Item** | **Action** | **Taught / Contact Hours =**  | **(+ 4 hrs Personal Study) Total Hrs =**  | **Delivery Date** | **Supervisor Sign-Off** |
| 1. | Attend and assist in the delivery of Level 2 Skill Acquisition Laboratory sessions, and produce a biomechanical synopsis of chosen sport(s) via a Deterministic Model approach; a. Gaze Control & Eye Tracking (2hrs)b. Decision Making Labs (2hrs) | 4 hrs | 20 hrs | Year 1: Sept. 2017 -May. 2018 |  |
| 2. | Attend \*\* University MSc Strength & Conditioning on-site lectures and produce Reflective Diary on experience and key components. | 7 hrs | 35 hrs | Year 1: 5 - 27 June 2017 |  |
| 3. | Attend \*\* University MSc Strength & Conditioning Research Conference/Presentations and produce Reflective Diary on experience and key components. | 7 hrs | 35 hrs | Year 1: 19 June 2017 |  |
| 4. | Assist \*\* University Biomechanics PhD student in the collection of research data and produce Reflective Diary on experience and key components. | 7 hrs | 35 hrs | Years 1 & 2: Jan. - Jul. 2018 |  |
| 5. | Shadowing of Biomechanist/Applied Practitioner in Lab/sporting environment and produce Reflective Diary on experience and key components. | 7 hrs | 35 hrs | Year 2: Sept. 2018 - May 2019 |  |
| **Total:** | **32 hrs** | **160 hrs** |  |

I can confirm that the above Learning Proposal has been produced in collaboration with the Supervisee. Each identified action will be authorised, only when the Supervisee has provided satisfactory evidence of attendance and participation. Upon receiving satisfactory evidence, each action will be authorised to confirm that the Supervisee has met the necessary requirements, and subsequently full completion of, the minimum required hours within Biomechanics and Laboratory Experience.

**Supervisor Signature:**

**Supervisor Name:** **Date:**