



Higher National Unit specification: general information

Unit title: Research in Sport and Fitness: An Introduction

Unit code: FW5W 34

Superclass: MD

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Unit purpose

This Unit is designed to develop the candidate's ability to access and analyse information on a sport or fitness related topic. This includes accessing both primary and secondary sources and presenting the findings of the research investigation in an appropriate form.

On completion of the Unit the candidate should be able to:

- 1 Investigate methods and processes involved in research and plan a research investigation on a sport or fitness related topic.
- 2 Access and analyse information from a range of primary and secondary sources.
- 3 Present the findings of a research investigation on a sport or fitness related topic in an appropriate form.

Recommended prior knowledge and skills

Access to this Unit is at the discretion of the centre. It would be beneficial if the candidate had competence in communication and information technology, as well as an overview of sports and fitness related issues.

Credit points and level

1 Higher National Unit credits at SCQF level 7: (8 SCQF credit points at SCQF level 7*)

**SCQF credit points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of SCQF credit points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to Doctorates.*

General information (cont)

Core Skills

There are opportunities to develop the Core Skills of *Numeracy, Information and Communication Technology (ICT)* and *Communication* at Higher in this Unit, although there is no automatic certification of Core Skills or Core Skills components.

Context for delivery

If this Unit is delivered as part of a Group Award, it is recommended that it should be taught and assessed within the subject area of the Group Award to which it contributes.

Assessment

An Assessment Exemplar pack for this Unit has been produced to indicate the national standard of achievement required at SCQF level 7.

Higher National Unit specification: statement of standards

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The sections of the Unit stating the Outcomes, Knowledge and/or Skills, and Evidence Requirements are mandatory.

Where evidence for Outcomes is assessed on a sample basis, the whole of the content listed in the Knowledge and/or Skills section must be taught and available for assessment. Candidates should not know in advance the items on which they will be assessed and different items should be sampled on each assessment occasion.

Outcome 1

Investigate methods and processes involved in research and plan a research investigation on a sport or fitness related topic.

Knowledge and/or Skills

- ◆ Research techniques.
- ◆ Referencing system.
- ◆ Formulation of research objectives.
- ◆ Identification and selection of relevant sources.
- ◆ Personal and project management skills.

Evidence Requirements

Candidates will need to provide evidence to demonstrate their Knowledge and/or Skills by showing that they can:

- ◆ define an objective for a research investigation on a sport or fitness related topic
- ◆ outline research approaches
- ◆ identify Primary and Secondary sources of information
- ◆ demonstrate time management skills through setting realistic goals and targets

Assessment Guidelines

Candidates should examine a range of topics and approaches to research within the Sport and Fitness industry. Group discussion of aspects of underpinning knowledge, including case studies and current events, and personal interview with assessors may provide assessment opportunities. Candidates will be required to complete a planning stage document and it is anticipated that the assessment will be in the region of 300 words.

Higher National Unit specification: statement of standards (cont)

Unit title: Research in Sport and Fitness: An Introduction

Outcome 2

Access and analyse information from a range of primary and secondary sources.

Knowledge and/or Skills

- ◆ Literature/background review of research topic.
- ◆ Primary data collection methods.
- ◆ Data handling techniques.
- ◆ Analysis of quantitative and qualitative data.

Evidence Requirements

The candidate should produce a record of research activity and materials demonstrating that they have accessed a range of relevant sources.

The candidates should produce a literature/background review by accessing relevant secondary sources of information relevant to the research topic.

Assessment Guidelines

Assessment evidence for this Outcome should be a portfolio or other record of the materials and information completed by the candidate, which will underpin and support the presentation for Outcome 3. Candidates must also produce a literature/background review of the research topic which should be in the region of 300 words or oral equivalent.

Outcome 3

Present the findings of a research investigation on a sport or fitness related topic in an appropriate form.

Knowledge and/or Skills

- ◆ Analytical and evaluative skills.
- ◆ Selection of relevant and accurate information.
- ◆ Effective organisation of information and ideas.
- ◆ Acknowledging sources.
- ◆ Use of presentation software.
- ◆ Effective communication of research results and information.

Higher National Unit specification: statement of standards (cont)

Unit title: Research in Sport and Fitness: An Introduction

Evidence Requirements

The candidate should present their research findings in a poster or another appropriate form where they:

- ◆ present an introduction to the research topic (literature/background review)
- ◆ detail the methodology of research
- ◆ present the results of primary data collected
- ◆ present an accurate conclusion
- ◆ acknowledge all sources

Assessment Guidelines

A detailed observation checklist for the presentation should be completed for each candidate by the assessor. The observation checklist should accompany the evidence generated by the candidate.

Higher National Unit specification: support notes

Unit title: Research in Sport and Fitness: An Introduction

This part of the Unit specification is offered as guidance. The support notes are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 40 hours.

Guidance on the content and context for this Unit

Generally this Unit will be delivered in the first year of a HND Coaching and Developing Sport programme, although it may be delivered as a stand-alone Unit for candidates who have knowledge and/or experience of any sport or fitness related industries and who wish to develop skills in research.

Throughout the Unit there will be some whole class-based delivery of Knowledge and Skills, but a less structured approach may be more appropriate as the Unit develops where tutorials with individuals may provide a useful opportunity to discuss and evaluate candidate progress.

Guidance on the delivery and assessment of this Unit

Outcome 1

This Outcome involves introducing the practicalities of undertaking a research project and the candidate should develop an understanding of the need to set objectives for a research proposal. These objectives should be measurable and appropriate to existing resources.

Delivery of this Outcome could involve group work throughout the initial planning stage which would encourage discussion and formulation of objectives within a Sport or Fitness related topic. Each group member should then focus research on one objective and plan research independently.

Candidates should complete a record of the planning stage through a log which should detail the following:

- ◆ objectives
- ◆ timescales
- ◆ primary sources
- ◆ secondary sources

Higher National Unit specification: support notes (cont)

Unit title: Research in Sport and Fitness: An Introduction

Outcome 2

Candidates should be provided with a clear definition of primary and secondary sources appropriate to their investigation and it should be emphasised that they must access both types throughout the research project.

On completion of the planning log candidates should be encouraged to identify secondary sources of information relevant to the topic area. Candidates should be able to access electronic information sources and use library classification systems to complete a literature/background review of their chosen topic. It is suggested that 300 words should be sufficient to complete this task however centres may use their discretion on the word count as long as the candidate has met the criteria of the Outcome.

Primary information could be generated through the use of a survey, observation, interviews or experimental results. Candidates should be introduced to questionnaire design, sampling design and interview skills. The amount and type of primary information collected should be relevant to the set objective.

Candidates should be introduced to data handling and basic analysis using appropriate software so that they can produce a graphical representation, histogram, bar chart or similar of primary data.

Throughout this stage candidates should be encouraged to develop systems of recording and storing information for ease of reference such as a research diary which will be used as evidence.

Outcome 3

The focus of Outcome 3 is on presentation of research findings, an essential skill in the sport and fitness industry and candidates should be encouraged to use presentation software.

It is recommended that the presentation of research findings should be in the format of a poster presentation which should contain the following sections:

- ◆ title and objective/s
- ◆ introduction — literature/background review
- ◆ methodology
- ◆ results
- ◆ conclusions
- ◆ references and bibliography

These posters could then be displayed and candidates should be encouraged to discuss findings with peers.

Although all candidates may not have access to sophisticated computer software, and should not be penalised for using basic software, a professional standard of presentation should be expected.

Higher National Unit specification: support notes (cont)

Unit title: Research in Sport and Fitness: An Introduction

Open learning

As this Unit involves individual research it is suitable for delivery by some form of open or online learning in conditions where arrangements have been put in place to be satisfied of the authenticity of the candidate's work.

Opportunities for the use of e-assessment

E-assessment may be appropriate for some assessments in this Unit. By e-assessment we mean assessment which is supported by Information and Communication Technology (ICT), such as e-testing or the use of e-portfolios or e-checklists. Centres which wish to use e-assessment must ensure that the national standard is applied to all candidate evidence and that conditions of assessment as specified in the Evidence Requirements are met, regardless of the mode of gathering evidence. Further advice is available in *SQA Guidelines on Online Assessment for Further Education (AA1641, March 2003)*, *SQA Guidelines on e-assessment for Schools (BD2625, June 2005)*.

Opportunities for developing Core Skills

Candidates using the internet to carry out research will be able to develop skills in *Information and Communication Technology (ICT)* and *Numeracy* where relevant.

In addition it may be possible to develop *Communication* skills in reading and writing. The acquisitions of skills in *Problem Solving* are also likely within the Unit.

Disabled candidates and/or those with additional support needs

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments, or considering whether any reasonable adjustments may be required. Further advice can be found on our website www.sqa.org.uk/assessmentarrangements

History of changes to Unit

Version	Description of change	Date

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General information for candidates

Unit title: Research in Sport and Fitness: An Introduction

This Unit is designed to introduce and develop the basic skills required to successfully undertake a research project.

Research plays a significant role in the future of sport and fitness as an academic subject and this Unit emphasises the importance research has in developing subject knowledge. You will be encouraged to both review previous research, and more importantly carry out your own research on a sport or fitness related topic.

Throughout the Unit you will gain experience in all aspects of the research process and have the opportunity to:

- ◆ decide on a research topic relevant to the sport and fitness industry
- ◆ discuss your project plan with your assessor
- ◆ access and analyse information from written and electronic secondary sources
- ◆ formulate and collect primary data
- ◆ analyse the data you have collected
- ◆ discuss your conclusions with your assessor
- ◆ present your findings to others

Assessment Evidence

You will be required to plan and conduct a research investigation on a sport or fitness related topic. You will organise and analyse the information you gather and present your findings in poster or another appropriate form.

On completion of the Unit you should be able to:

- 1 Plan a research investigation on a sport or fitness related topic.
- 2 Access and analyse information from a range of primary and secondary sources.
- 3 Present the findings of a research investigation on a sport or fitness related topic in an appropriate form.