-SQA-SCOTTISH QUALIFICATIONS AUTHORITY

Hanover House
24 Douglas Street
GLASGOW G2 7NQ

NATIONAL CERTIFICATE MODULE DESCRIPTOR

-Module Number- **0080005** **-Session-1988-89**

-Superclass- **MA**

-Title- **MOVEMENT OBSERVATION AND ANALYSIS 1**

-DESCRIPTION-

Purpose

This module is designed for students with an interest in any area of physical activity where coaching, selection or diagnosis of faulty technique is done by an observer. The student develops his/her skills in systematic observation and analysis. It may be of interest to student nurses (pre-training), nursery nurses, care staff working with clients with special needs, teachers, physiotherapists as well as coaches and sports leaders.

Preferred Entry Level

No formal entry requirements

Learning Outcomes

The student should:

1. understand the principles affecting human movement;

2. analyse the movement in a performance by systematic observation.

Content/ Context

<u>Corresponding to Learning Outcomes 1-2:</u>

1. Movement patterns may be categorised as follows: stepping; running; skipping; jumping; hopping; leaping; turning; twisting; rotating; pushing; pulling; striking; kicking; throwing; balancing; sliding; swinging; rocking; extending; contracting.

   These movement patterns may be drawn from sport, recreation, work and play.

   The following biomechanical or movement principles should be taken into account: forces of gravity and buoyancy; levers; factors of speed, strength and direction.

2. Observation of a range of activities may be simplified under the following headings: movement patterns; forces; dynamics.

Suggested Learning and Teaching Approaches

A practical approach is suggested for this module. The contexts for observation are adaptable to the main interests of the group, their experience and practical ability.

Observation of movement may be undertaken in practical workshops and through use of video materials or specialist demonstrations.

Students should be given the opportunity to observe their own work, to work with a partner and to work in groups.

Knowledge of principles affecting movement may be presented as follows: lecture/demonstration; workshop; group discussion; individual practical investigation; personal study; worksheets; video.

Students should have the opportunity to:

work in pairs; become involved in a variety of activities; select from a variety of procedures for observation.

Assessment Procedures

Acceptable performance in the module will be satisfactory achievement of all the performance criteria specified for each Learning Outcome.

The following abbreviations are used below:

LO Learning Outcome
IA Instrument of Assessment
PC Performance Criteria

LO1 UNDERSTAND THE PRINCIPLES AFFECTING HUMAN MOVEMENT

PC The student:

(a) describes the main human movement patterns;
(b) names movement patterns involved in given physical skills;
(c) distinguishes the biomechanical and movement principles affecting human movement.

IA Restricted Response Questions

The student will be presented with 10 examples of demonstrations of physical skills, either in graphical, physical or video tape form, along with a questionnaire of 3 items, each item modelled on a different performance criterion. The student will be required to name all the

movement patterns and describe 4. He or she will then be asked to give 5 examples of the principles of movement underlying these movements and to classify these under given headings of “biomechanical principles” and “movement principles”.

Satisfactory performance will be that the student correctly names 7 patterns, adequately describes 4 patterns, and categorises the principles of movement with no more than one misclassified.

LO2 ANALYSE THE MOVEMENT IN A PERFORMANCE BY SYSTEMATIC OBSERVATION

PC The student:

(a) prepares a framework for systematic observation;
(b) recognises the movement patterns and principles involved in a given performance;
(c) describes the analysed performance;
(d) evaluates the performance with respect to a given model;
(e) suggests sources of faulty technique on a performance.

IA Assignment

The student chooses an activity to be performed on three occasions by the same individual. The activity should involve different movement patterns, forces and dynamics. The student is required to demonstrate the activity to the performer on one occasion.

The student is presented with a brief, modelled closely on the performance criteria and is required to analyse the performances according to the brief.

Satisfactory performance will be that student prepares a framework of 3 sections, recognises 2 movement patterns, forces and dynamics, describes adequately the performance, compares 2 aspects of the performance with the model and suggests 2 sources of discrepancy between model and performance.