

## Access to Higher Education Unit

This unit forms part of an Access to HE Diploma. If delivering the graded version of this unit, please refer to the Provider Handbook for details on grading descriptors and the application of these across units within your programme.

**Unit Title:** Developing Sport Skills

**Graded Unit Reference Number:** GA33SPO06

**Ungraded Unit Reference Number:** UA33SPO06

**Module:** Sport and Exercise

**Level:** Three (3)

**Credit Value:** Three (3)

**Minimum Guided Learning Hours:** 30

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand the classifications of ability and skills and the principles of skills development	1.1 Distinguish between ability and skill
	1.2 Describe the classification of human abilities
	1.3 For a range of human abilities identify which could be developed as specific sporting skills
	1.4 For a range of human abilities show how the abilities could be developed for a specified sport
2. Understand how theories of information processing can be applied to sport	2.1 Describe one information processing model that can be applied to development of sporting skills and explain the importance of feedback
	2.2 Explain the effect of sports training on the nervous system and how this improves performance
	2.3 Identify and explain factors that affect reaction time
3. Understand how theories of learning can be applied to sport	3.1 Outline three theories of learning

3.2 Apply learning theories to practical sporting situations

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3.3 Evaluate the extent to which participation in sport can contribute to the general development of children