

# Access to H.E. National Programme Unit



Unit Title:	Developing Sport Skills		
Graded Unit Code:	GA33SPO06	Ungraded Unit Code:	UA33SPO06
Pathway(s):	Health Hospitality, Leisure and Tourism		
Module(s):	Sport and Exercise		
Level:	3	Credit Value:	3
Valid from:	1 <sup>st</sup> August 2014	Valid to:	31 <sup>st</sup> July 2024

**The following QAA grade descriptors must be applied if you are delivering the graded version of this unit:**

1	Understanding of the subject
2	Application of knowledge
3	Application of skills
7	Quality

LEARNING OUTCOMES	ASSESSMENT CRITERIA
<b>The learner will:</b>	<b>The learner can:</b>
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

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LEARNING OUTCOMES	ASSESSMENT CRITERIA
<b>The learner will:</b>	<b>The learner can:</b>
	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
	3.3 Evaluate the extent to which participation in sport can contribute to the general development of children