



# MCAST

Malta College of Arts, Science & Technology

MQF Level 3

CS3-04-19

Diploma in Sport

Course Specification

## **Course Description**

This course is intended for those who wish to qualify as sport professionals and would like to work in the sport and fitness industry. The course consists of theoretical and practical knowledge which covers all the basics of anatomy and physiology of sport and exercise, fitness testing, fitness and exercise instruction and mainstream sports. Moreover, the course provides the student with quality work experience in fitness gym centres where the student will be expected to carry out a range of assigned tasks, with an emphasis on the learning aspects of the experience. Prospective students should preferably have a background participation in sport or physical activity.

Students will be given the opportunity to develop basic vocational skills required to further their studies in sport and fitness, as well as the opportunity to strengthen their key skills: English, Maltese, Mathematics, Science, Information and Technology, and Personal Development.

The student is required to purchase the summer and winter sports gear for MCAST practical sessions and sport events.

## **Programme Learning Outcomes**

At the end of the programme the students are able to -

- 1. Identify the structure and function of the main body systems and understand the short and long term effects of exercise on the body systems;*
- 2. Describe the wide range of testing procedures identifying the reasons behind testing (health and fitness, performance enhancement, designing training programmes);*
- 3. Design a training programme based on the needs of customers and conduct fitness sessions;*
- 4. Identify mainstream sports in Malta and acquire knowledge of basic rules and regulations, as well as basic techniques and tactics.*

## **Entry Requirements**

- MCAST Foundation Certificate; or
- 2 SEC/O-Level passes/SSC&P (Level 3) passes
- Preferred: English, Biology, Physical Education

- A full “Secondary School Certificate and Profile” (SSC&P) at Level 2 will be accepted in lieu of one (1) O-Level pass.

## **Other Entry Requirements**

- Medical clearance certificate (Form supplied by MCAST)
- Obtain a Pass in the Physical Fitness Test conducted by MCAST staff which includes: 35 metre sprint, Sit and reach, Vertical jump, Beep test, Agility test.
- Applicants are required to sign a consent form prior to the Fitness Test. Parental consent is required if the student is under the age of 18. (It is recommended that the applicant prepares for this test physically over the summer period.)

## **Current Approved Programme Structure**

<b>Unit Code</b>	<b>Unit Title</b>	<b>ECVET</b>
CSPHY-306-2001	Anatomy and Physiology in Sport	6
CSSPT-306-2004	Employment and Sport	6
CSSPT-306-2005	Fitness Testing	6
CSSPT-306-2006	Fitness Instruction	6
CSSPT-306-2007	Fundamental Methodology of Physical Activity and Sport	6
CSSPT-306-2008	Theory and Practice of Mainstream Sports	6
CDKSK-304-1922	English	4
CDKSK-304-1921	Mathematics	4
CDKSK-304-1923	Malti	4
CDKSK-304-1924	Information Technology	4
CDKSK-304-1913	Individual and Social Responsibility	4
CDKSK-304-1925	Science	4
<b>Total ECVET</b>		<b>60</b>

## Unit: CSPHY-306-2001 Anatomy and Physiology in Sport

Unit level (MQF): 3

Credits : 6

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### Unit description

With the sports and fitness industries currently in a state of growth, there exists a higher demand for well-educated and adequately prepared professional employees. The science of human performance for a multitude of performance and health-related goals hinges on, among others, a sound understanding of fundamental principles of anatomy and physiology. Further knowledge and application of research findings in the fields of human performance can only be facilitated in the presence of a strong foundation of early exposure to anatomical and physiological principles.

Professionals who are well-versed in the structure and function of a range of body systems have a decided advantage for progression within the sports and fitness industries, and this unit is intended to equip learners with a vital knowledge base early in their sports and exercise education development pathway. Learners will grasp the essential components of fundamental human movements and understand the specific involvement of associated bones, joints and muscles in those movements.

Learners will apply their knowledge of human body systems structure and function to the functional demands of physical activity as they investigate the short and long term effects of exercise and physical activity on the body in theory and practice.

An understanding of the fundamental concepts of human anatomy and physiology also allow learners to contextualise responses by the body to a wide range of physical activities encountered throughout the remainder of the course units, and provide an essential knowledge base for prospective graduates of the course wishing to progress to the level 4 programme and other courses of sports and fitness related further education.

The knowledge and skills acquired by the prospective sports or fitness professional in this unit also serve to benefit future athletes and clients with individual needs and goals, requiring coaches, instructors and trainers with a deeper understanding of the functioning of the human body to produce safe and effective exercise prescriptions.

## Learning Outcomes

On completion of this unit learners should be able to:

1. *Understand the structure and functions of the muscular and skeletal systems;*
2. *Understand the structure and functions of the cardiovascular and respiratory systems;*
3. *Understand the processes and functions of the energy systems;*
4. *Explain the short and long-term effects of exercise on the body systems.*

MCMASTER

## Unit: CSSPT-306-2004 Employment and Sport

Unit level (MQF): 3

Credits : 6

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### Unit description

In the local sports and physical activity sectors exist a large number of private, as well as public and voluntary organisations. These all serve the needs of sports and physical activities organised and managed locally and in doing so, function in a number of distinct ways. The mechanisms by which they operate must be understood by prospective sports and fitness professionals in order to gain the insider knowledge those professionals in their respective industries are required to possess.

The preparation of learners to enter industry as competent practitioners should go beyond specialist content knowledge, and this unit serves to address the awareness learners must have regarding the nature and structure of the industries they aspire to enter, and the process of finding, applying for, and ultimately successfully obtaining gainful employment within these structures.

Skills such as drafting covering letters and curriculum vitae, as well as preparing for and performing well at a job interview serve as methods for learners to get ahead of the competition in the competitive employment market.

Learners will gain the most intimate and practical understanding of the workplace when attending their own work placements, during which they are encouraged to investigate the inner workings of the organisation to which they are assigned, by undertaking an investigative project.

This unit ties together all elements of the course, as whichever specialisation learners eventually desire to pursue, the ability to find and obtain employment in their respective areas is the vital first step towards further career development.

## Learning Outcomes

On completion of this unit learners should be able to:

1. *Know a range of organisations and occupations in the sports and fitness industries;*
2. *Use relevant documentation and skills for organising a work experience in the fitness industry;*
3. *Undertake a work placement in the fitness industry;*
4. *Carry out a work-based project in the fitness industry.*

MCASST

## Unit: CSSPT-306-2005 Fitness Testing

Unit level (MQF): 3

Credits : 6

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### Unit description

In the sports and fitness industries, participants strive for specific and measurable results. In order to set such effective goals, a starting point for participants must be established, and short, medium to long term goals based on that starting point established that are achievable and realistic. For the sports related industries to continue to grow and establish further credibility professionals employed on the front line to assist and support participants must reinforce their professional status by being accountable and performing quantifiable and measurable work.

To achieve this, learners must become well-versed in the science of fitness testing. Obtaining accurate and reliable data about the participant, recording and evaluating it, comparing it to established norms, and communicating their meaning effectively, should become the hallmarks of a successful sport or fitness professional. Learners are encouraged to adopt a scientific approach to their work, and master the techniques associated with obtaining the relevant data.

Fitness testing knowledge and skills will assist the learners in understanding the basic components and principles of training and programming covered in other units of the course. Fitness and anthropometric testing of body composition may be found in the coaching or fitness professions whether they are conducting in the context of competitive sport or as the precursor to gym-based exercise programmes for health-related fitness goals

Measurable goals expressed through the performance of fitness and anthropometric testing at the beginning of an exercise or conditioning programme, and repeated at regular intervals throughout its performance, assist professionals in analysing the effectiveness of their exercise prescriptions, and make the necessary modifications to benefit of the respective participants. They also empower coaches and instructors to progress professionally by identifying, planning and implementing the necessary professional development activities.



## Learning Outcomes

On completion of this unit learners should be able to:

1. *Understand fundamental principles and procedures of laboratory and field-based fitness testing;*
2. *Understand the purpose and process of a range of lab-based fitness tests;*
3. *Carry out a range of field-based fitness tests;*
4. *Interpret the results of a range of field-based fitness tests.*

MCASST

## Unit: CSSPT-306-2006 Fitness Instruction

Unit level (MQF): 3

Credits : 6

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### Unit description

In the developed world almost one in five adults belongs to a fitness centre. The international fitness industry at large is a growth industry, and in the local context popularity of this sector is set to increase along the same lines. While local participation in fitness is significantly lower than this developed world average, and obesity and inactivity rates are among the worst in Europe, it is a fair prediction that the local industry is set to grow at an accelerated rate.

In response to this growth, professionals are required who possess the knowledge, skills and competences to be employed in the area of fitness instruction and personal training in fitness centres and studios. The aim of this unit is to introduce learners to the concepts of gym-based exercise, with a view to being able to teach and instruct.

The ability to instruct first and foremost hinges on the ability of learners to practice gym-based exercise competently as participants, exhibiting safe and effective technique and a sound knowledge of programming principles and health and safety. During the course of this unit learners will acquire these essential skills in the safety of the MCAST fitness centre under close supervision of the unit lecturer and fitness centre staff.

Confidence in the gym-based exercise environment will also assist learners interested in pursuing coaching careers, to reflect the growing spheres of physical training and strength and conditioning for sport. Gym-based exercise will also help learners to grasp in a practical context content knowledge covered elsewhere in the course, including anatomy and physiology, and principles of training and programming.

### Learning Outcomes

On completion of this unit learners should be able to:

1. *Understand the key components of fitness, and the principles of training and programming;*
2. *Understand fundamental principles of improving health and fitness;*
3. *Demonstrate safe and effective gym-based exercise performance technique;*
4. *Practice the development of personal health and fitness.*

## **Unit: CSSPT-306-2007 Fundamental Methodologies of Physical Activity and Sport**

**Unit level (MQF):** 3

**Credits :** 6

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### **Unit description**

The sports, wellness and fitness industries share a crucial component in which professionals employed in these industries must be well-versed; the ability to teach. Coaches, fitness instructors, personal trainers and PE teachers all require a strong foundation in pedagogy and andragogy. Learners must begin to explore and develop the skills required to teach and facilitate learning in others.

Sports and fitness professionals face the additional challenge of assisting practitioners of all ages and genders, and in a wide range of environments and contexts. The ability to do this successfully hinges on the effective preparation of learners early on in their development, to explore the concepts of transference of knowledge and skills to others.

While the various other units tackled throughout the course investigate various specialist areas, they are all tied together in their requirement to ultimately teach others. Coaches must teach athletes and students skills, tactics and techniques for the development of optimal sporting performance, teachers must do the same in some cases, with the addition of educating in a holistic and entirely inclusive and differentiated manner, while fitness instructors and personal trainers must teach a range of techniques for the safe and effective performance of simple and complex skills and movements.

They must do all this while remaining up-to-date with their scope of practice in an ever-evolving educational context that emphasizes holistic, formative, and student-centred learning. Understanding key concepts and fundamental methodologies will prove an invaluable advantage for learners as they embark on their careers and professional development journeys. Learners with a strong foundational knowledge in the key concepts supporting the pedagogical and andragogical considerations associated with achieving learning outcomes safely and effectively will enjoy a decided advantage in the sports and fitness employment markets.

## Learning Outcomes

On completion of this unit learners should be able to:

1. *Understand the distinctive considerations for children and young people practicing physical activity and sport;*
2. *Apply key methodologies for instructing physical activities;*
3. *Plan to assist in leading a safe and effective physical activity session;*
4. *Assist in leading a safe and effective physical activity session and review own performance.*

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## **Unit: CSSPT-306-2008 Theory and Practice of Mainstream Sports**

**Unit level (MQF):** 3

**Credits :** 6

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### **Unit description**

During major international sporting events, it is difficult to deny the profound and influential role of sport in society. The theory of mainstream sports represents an area of enquiry into which the sports professional must become well-versed, and this portion of the unit serves primarily to facilitate a paradigm shift in learners, developing their insights into sports from those of a participant or observer, to those of a sports professional employed and serving a productive and beneficial role in the industry.

As sports professionals, learners will need to possess and communicate educated and valuable insights into mainstream sports that in turn educate others and serve to promote the values and benefits of sport further within the community.

Learners will investigate the effects that several mainstream sports have had on society through history, as well as the history of those sports themselves. They will reflect on the economic considerations of professional and amateur sports as well as the philosophies and core values upon which they are built, and how these affect society and populations at large.

They will gain knowledge about the organisational structures of sports organisations, as well as the roles and responsibilities of those individuals who form part of such organisations, with a view to actually assisting a sports organisation practically as per the assessment criteria.

Over and above the theoretical aspects of mainstream sports, learners will have the opportunity throughout the course of this unit to practice and develop their own skills and techniques in relation to those sports.

## Learning Outcomes

On completion of this unit learners should be able to:

1. *Develop valid historical, political, philosophical and socio-economic insights in relation to mainstream sports;*
2. *Apply knowledge of organisational structures to assist in the administration of mainstream sports;*
3. *Apply rules and regulations to assist in officiating mainstream sports;*
4. *Apply skills, tactics and techniques in mainstream sports.*

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