C1NS Interpreting Performance Data

**COURSE DETAILS**

**Course Code:** C11NS  
**Full Course Title:** Interpreting Performance Data  
**SCQF Level:** 11  
**SCAF Credits:** 15  
**Available as Elective:** No

**DELIVERY LEVEL**

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**Additional Information:**

**COURSE AIMS**

The objective of this course is to introduce students to objective methods in the analysis of performance metrics commonly used across a range of sports at the high performance level. Students will be introduced to methods of using objective data to plan training programmes and assess the efficacy of their interventions utilising a range of variables. Theoretical issues surrounding the usefulness of performance metrics will be introduced along with issues surrounding the development of valid performance indicators and acknowledging the known unknowns.

**LEARNING OUTCOMES – SUBJECT MASTERY**

On completion of the course the student will be able to:

- Discuss and critically evaluate the theory and practice of interpreting performance data in sport.

- Analyse, review and improve performance measurement systems across a range of sports.

- Design performance measurement systems that are in line with the objectives of sports and understand the role their data plays in the overall objective’s set.

On completion of the course the student will be able to:

- Show clear understanding and knowledge of the technical aspects associated with interpreting performance data in sport and how to communicate data effectively.

- Have a clear understanding of the accuracy and validity surrounding different performance measures and their appropriateness to different populations.

- Critically evaluate how performance data can aid the coaching process and develop skills in the collection,
dissemination and communication to key stakeholder groups including athletes and coaches.

**LEARNING OUTCOMES – PERSONAL ABILITIES**

On completion of the course the student will be able to critically analyse different methods of analysing performance data from a variety of sports. They will understand the importance of validity and reliability whilst being able to use this information to inform the coaching process.

On completion of the course the student will be able use their knowledge of performance metrics to influence athletes, coaches and their peers; they will be able to use their knowledge to objectively and subjectively interpret progression toward agreed goals and targets in line with stakeholder requirements.

On completion of the course the student will be able to design feedback using a range of communication mediums that are cognisant of the audience they are intended for.

**SYLLABUS**

The syllabus will cover a range of issues concerning the course topic. An indicative syllabus is as follows:

- Identifying the performance question – what is the problem we are faced with?
- A review of different forms of performance data across sports including team and individual disciplines.
- The technical perspective:
  - What are we measuring?
  - What is the accuracy and validity of the variables we have chosen?
  - Reporting of measures to different audiences – use of terminology.
  - Efficacy of different types of data collection
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- Long term versus short term outcomes.
- Report writing and communication of findings.

- The social perspective:
- Issues surrounding metrics which are important but cannot be measured – the intangibles.
- Considerations surrounding what the data means from a social perspective – did we expect a change?
- Communicating the messages to athletes, coaches and peers
- Understanding the performance environment and the place of subjective and objective data sources
- The placebo effect

COURSE RELATIONSHIPS
N/A

LOCATION AND ASSESSMENT METHODS

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