

Module Specification

Module Summary Information

1	Module Title	Injury Prevention and Conditioning in Sport
2	Module Credits	20
3	Module Level	6
4	Module Code	SPT6000

5	Module Overview
<p>The aim of this module is to allow you to acquire a theoretical and practical understanding of strength and conditioning in relation to optimising exercise and sports performance. You will gain an insight into musculoskeletal screening and you will develop a theoretical and practical understanding of the process of programme design in terms of periodisation. You will be able to examine contemporary training theories and successfully apply the principles into a periodised training plan. As with all modules, you will examine and critique the scientific basis supporting the inclusion of specific exercises within training programmes.</p> <p>This module will help to promote the interdisciplinary nature of working within a sports environment. You will be required to consider how the wide-ranging disciplines that you have studied to date (physiology, nutrition, biomechanics, and anatomy) combine to facilitate the development of optimal athletic performance.</p> <p>The skills you develop will transfer to a range of athletes and populations; which will prepare you for working within a variety of Sports Therapy settings.</p> <p>You will be taught via lectures, where you will develop your underpinning knowledge of the fundamentals of strength and conditioning within Sports Therapy. You will then have the opportunity to apply the knowledge you have gained within practical sessions.</p>	

6	Indicative Content
<p>This module will provide you with the opportunity to:</p> <ul style="list-style-type: none"> • Examine training theories and principles • Utilise knowledge gained from previous disciplines e.g. biomechanics, nutrition, physiology, anatomy • Analyse and critique case scenarios • Generate appropriate injury prevention strategies for specific case scenarios • Develop coaching ability of various strength and conditioning protocols • Explore the use of various equipment that can be used to assess performance and injuries • Develop practical application of Olympic weightlifting, Functional Movement Screening, force plate testing, occlusion training, isokinetic dynamometer etc. 	

7	Module Learning Outcomes	
	On successful completion of the module, students will be able to:	
	1	Critique emerging themes in the strength and conditioning literature regarding their practical application to the delivery of effective programmes and sessions.
	2	Extract and synthesize critical information from case scenarios to design injury prevention strategies.

8	Module Assessment		
Learning Outcome			
	Coursework	Exam	In-Person
1-2	X		

9	Breakdown Learning and Teaching Activities	
Learning Activities	Hours	
Scheduled Learning (SL) includes lectures, practical classes and workshops, peer group learning, Graduate+, as specified in timetable	44	
Directed Learning (DL) includes placements, work-based learning, external visits, on-line activity, Graduate+, peer learning, as directed on VLE	55	
Private Study (PS) includes preparation for exams	101	
Total Study Hours:	200	