

## Module Specification

### Module Summary Information

<b>1</b>	<b>Module Title</b>	Strength & Conditioning
<b>2</b>	<b>Module Credits</b>	20
<b>3</b>	<b>Module Level</b>	6
<b>4</b>	<b>Module Code</b>	SPX6005

<b>5</b>	<b>Module Overview</b>
<p>This module aims to develop the skills required to coach and evaluate training methods in strength and conditioning. You will examine contemporary training theories and successfully apply the principles when coaching athletes. You will also critically review contemporary issues in strength and conditioning including emerging concepts surrounding various training activities, organisation of training and application of techniques to specific populations of athletes. Finally you will also develop a critical understanding of the important role of periodisation and monitoring of training. This module is underpinned by prior study of Anatomy, Biomechanics, Sport and Exercise Physiology, and Performance Analysis modules. This module will draw on aspects of these modules and considers the practical application of concepts within the field of Strength and Conditioning. Practical teaching and assessment standards are in line with the professional competencies outlined by the United Kingdom Strength and Conditioning Association (UKSCA).</p> <p>Keynote lectures will provide the core knowledge base and will be supported by practical sessions throughout the module. Practical space will be available for you to practice coaching the skills taught in sessions during your independent study time. Online resources provided via Moodle will also complement the lecture and practical content and help you prepare for the assessment.</p>	

<b>6</b>	<b>Indicative Content</b>
<p>This module will cover the following content:</p> <ul style="list-style-type: none"> <li>• General resistance training</li> <li>• Weightlifting</li> <li>• Explosive strength training</li> <li>• Plyometric training</li> <li>• Speed and agility training</li> <li>• Bodyweight conditioning</li> <li>• Metabolic conditioning</li> <li>• Tissue conditioning</li> <li>• Planning and programming</li> <li>• Monitoring training load and response</li> </ul>	

<b>7</b>	<b>Module Learning Outcomes</b>	
	<b>On successful completion of the module, students will be able to:</b>	
	<b>1</b>	Design and critically evaluate appropriate strength and conditioning training practices for all levels of athlete.
	<b>2</b>	Critically examine and coach a range a training techniques to athletes.
	<b>3</b>	Critique emerging themes in the strength and conditioning literature regarding their practical application to the delivery of effective programmes and sessions.

<b>8</b>	<b>Module Assessment</b>		
<b>Learning Outcome</b>			
	<b>Coursework</b>	<b>Exam</b>	<b>In-Person</b>
<b>1, 2</b>	X		X
<b>3</b>	X		

<b>9</b>	<b>Breakdown Learning and Teaching Activities</b>	
<b>Learning Activities</b>	<b>Hours</b>	
<b>Scheduled Learning (SL)</b> includes lectures, practical classes and workshops, peer group learning, Graduate+, as specified in timetable	36	
<b>Directed Learning (DL)</b> includes placements, work-based learning, external visits, on-line activity, Graduate+, peer learning, as directed on VLE	68	
<b>Private Study (PS)</b> includes preparation for exams	96	
<b>Total Study Hours:</b>	200	