

SPOR H8016: Strength and Conditioning

Module Details	
Module Code:	SPOR H8016
Full Title:	Strength and Conditioning APPROVED
Valid From::	Semester 1 - 2016/17 (September 2016)
Language of Instruction:	English
Duration:	1 Semester
Credits::	5
Module Owner::	Michael McCorry
Departments:	Unknown
Module Description:	This module aims to develop students' understanding of the key principles and practical techniques associated with the Strength and Conditioning specialism. Students will gain a advanced knowledge of some of the practical and theoretical concepts used to optimise physical performance in a sports performance environment.

Module Learning Outcome	
On successful completion of this module the learner will be able to:	
#	Module Learning Outcome Description
MLO1	Design and discuss warm-up and cool down procedures for a range of performance-based team sports and individual activities.
MLO2	Evaluate and correct postural and movement deficits in sports training and Olympic weightlifting techniques.
MLO3	Apply a scientific approach to the design, delivery and evaluation of periodised strength and conditioning programme plans.
MLO4	Analyse and evaluate aerobic and anaerobic conditioning techniques for a range of clients
MLO5	Demonstrate competence in the delivery of a range of practical competencies evident within the field of strength and conditioning
Pre-requisite learning	
Module Recommendations <i>This is prior learning (or a practical skill) that is strongly recommended before enrolment in this module. You may enrol in this module if you have not acquired the recommended learning but you will have considerable difficulty in passing (i.e. achieving the learning outcomes of) the module. While the prior learning is expressed as named DkIT module(s) it also allows for learning (in another module or modules) which is equivalent to the learning specified in the named module(s).</i>	
No recommendations listed	

Module Indicative Content
The Strength and Conditioning Process The need for a separate discipline in Strength and Conditioning. Needs analysis and evaluation of clients' needs. The ethics and application of Strength and Conditioning to various client groups. Facility use, safety, principles of coaching in an S&C environment.
Warm-up, cool-down, posture and movement. Biomechanical and kinematic analysis of functional movement skills. The use of core stability within functional movement skills
Speed, Agility and Plyometrics Development of skills related to linear and multi-directional positive and negative acceleration, speed development, training for agility. Analysis of technical variables and key considerations in training for speed. Key issues in plyometric training and programming. Developing competence in plyometric programme design.
Olympic lifting Techniques Develop competence in basic exercises and derivatives of deadlift, clean, snatch, squats and overhead presses.
Programming for success Use of training 'systems' in Strength and Conditioning. Use of training variation and periodisation for adaptation. Peaking, tapering and use of training phases. Monitoring and evaluation of progress. The role of fatigue, overreaching and overtraining in performance management.

Module Assessment	
Assessment Breakdown	%
Project	100.00%
Module Special Regulation	

Assessments

Full Time On Campus			
No Course Work			
Project			
Assessment Type	Project	% of Total Mark	100
Marks Out Of	100	Pass Mark	40
Timing	End-of-Semester	Learning Outcome	1,2,3,4,5
Duration in minutes	0		
Assessment Description Students will be required to undertake an evaluation of an athlete's needs, qualitatively assess exercise techniques and produce a written report that outlines a periodised training programme appropriate to that athlete's needs			
No Practical			
No Final Examination			

Part Time On Campus			
No Course Work			
Project			
Assessment Type	Project	% of Total Mark	100
Marks Out Of	0	Pass Mark	0
Timing	End-of-Semester	Learning Outcome	1,2,3,4,5
Duration in minutes	0		
Assessment Description Students will be required to undertake an evaluation of an athlete's needs, qualitatively assess exercise techniques and produce a written report that outlines a periodised training programme appropriate to that athlete's needs			
No Practical			
No Final Examination			
Reassessment Requirement			
Reattendance <i>The assessment of this module is inextricably linked to the delivery. Therefore reassessment on this module will require the student to reattend (i.e. retake) the module in its entirety.</i>			
Reassessment Description The reassessment will be similar in nature to the original assessment.			

Module Workload

Workload: Full Time On Campus

Workload Type	Contact Type	Workload Description	Frequency	Average Weekly Learner Workload	Hours
Lecture	Contact	The scientific principles underpinning the discipline of Strength and Conditioning	Every Week	3.00	3
Practical	Contact	Applied concepts in Strength and Conditioning	Every Week	2.00	2
Directed Reading	Non Contact	Programming for Strength and Conditioning	Every Week	2.00	2
Independent Study	Non Contact	Analysis and application of Strength and Conditioning Techniques	Every Week	2.00	2
Total Weekly Learner Workload					9.00
Total Weekly Contact Hours					5.00

Workload: Part Time On Campus

Workload Type	Contact Type	Workload Description	Frequency	Average Weekly Learner Workload	Hours
Lecture	Contact	The scientific principles underpinning the discipline of Strength and Conditioning	Every Week	3.00	3
Practical	Contact	Applied concepts in Strength and Conditioning	Every Week	2.00	2
Directed Reading	Non Contact	Programming for Strength and Conditioning	Every Week	2.00	2
Independent Study	Non Contact	Analysis and application of Strength and Conditioning Techniques	Every Week	2.00	2
Total Weekly Learner Workload					9.00
Total Weekly Contact Hours					5.00

Module Resources
<i>Recommended Book Resources</i>
Haff, G.G. and Triplett, N.T.. (2016), Essentials of Strength Training and Conditioning, 4th. Human Kinetics, Illinois, [ISBN: 978-149250162]. Zatsiorsky, V.M & Kraemer, W.J.. (2006), The Science and Practical of Strength Training, 2nd. Human Kinetics, Illinois, [ISBN: 978-073605628]. Siff, M. & Verkhoshansky, Y.. (2009), Supertraining, 6th. [ISBN: 978-88904038]. Evert, G. A Complete Guide for Athletes & Coaches: Olympic Weightlifting, 2nd. Catalyst Athletics, USA, [ISBN: 13-978-0-9800]. Reiman, M.P., & Manske, R.C. Functional Testing in Human Performance, 1st. Human Kinetics, Illinois, [ISBN: 0-7360-6879-1].
<i>Supplementary Book Resources</i>
Bompa, T. & Buccichelli, C.. (2015), Periodisation Training For Sports, 3rd. Human Kinetics, Illinois, [ISBN: 978-145046943]. Radcliffe, J. & Fearintinos, R. (2015), High Powered Plyometrics, 2nd. Human Kinetics, Illinois, [ISBN: 978-145049813].
<i>This module does not have any article/paper resources</i>
<i>Other Resources</i>
Website, www.nscs.com. Website of the National Strength and Conditioning Association. Website, www.ukscs.co.uk. Website of the UK Strength and Conditioning Association.