

Module Information

2022.01, Approved

Summary Information

Module Code	4465SSLN
Formal Module Title	Strength and Conditioning for Coaches
Owning School	Sport and Exercise Sciences
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 4
Grading Schema	40

Teaching Responsibility

LJMU Schools involved in Delivery
Sport and Exercise Sciences

Learning Methods

Learning Method Type	Hours
Lecture	20
Practical	20

Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
JAN-CTY	CTY	January	12 Weeks

Aims and Outcomes

Aims	This module introduces students to the applied field of strength and conditioning (S&C). S&C is an evolving discipline that focuses on developing and maximising the physical and performance characteristics of sports participants along the sports pathway. In order to do so, students will be exposed to the application scientific principles (e.g. anatomy & physiology, biomechanics and training theory) underpinning human movement and performance. The module will be delivered in classrooms and practical spaces.
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After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Illustrate the key physiological principles underpinning programme design
MLO2	2	Demonstrate knowledge of training practices used to developing specific physical and performance characteristics
MLO3	3	Demonstrate knowledge of methods used to evaluate underpinning characteristics related to performance

Module Content

Outline Syllabus	<ul style="list-style-type: none"> • How does the body produce movement? • Why do I need to know about energy systems? • Why is understanding movement in sport so important to coaches? • Why do I need to do a warm up and cool down? • How do different movements impact my ability to produce force? • How can I get faster, quicker and more agile? • How can I get stronger and more powerful? • How can I improve my ability to perform repeated sprints? • How can simple data show me how I am improving my performances? • How do different impairments impact performance and training goals?
Module Overview	This module introduces you to the applied field of strength and conditioning (S&C). You will be exposed to the application scientific principles (e.g. anatomy and physiology, biomechanics and training theory) underpinning human movement and performance.
Additional Information	This module introduces students to the applied field of strength and conditioning (S&C). S&C is an evolving discipline that focuses on developing and maximising the physical and performance characteristics of sports participants along the sports pathway. In order to do so, students will be exposed to the application scientific principles (e.g. anatomy & physiology, biomechanics and training theory) underpinning human movement and performance. The module will be delivered in classrooms and practical spaces.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Centralised Exam	Exam	100	3	MLO1, MLO2, MLO3

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Tabo Huntley	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings
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