

## Liverpool John Moores University

Title: Strength and Conditioning  
Status: Definitive  
Code: **4502SSLNGB** (123108)  
Version Start Date: 01-08-2021

Owning School/Faculty: Sport and Exercise Sciences  
Teaching School/Faculty: Greenbank College

Team	Leader
Cath Walker	Y
Mark Palmer	
Victoria Boyd	
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**Academic Level:** FHEQ4      **Credit Value:** 20      **Total Delivered Hours:** 41.5

**Total Learning Hours:** 200      **Private Study:** 158.5

### Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	19
Seminar	20
Tutorial	1

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Portfolio	AS 1	E-Coaching Weekly log book 2500 words (eqv)	60	
Exam	AS 2	Multiple choice exam (1.5 hr)	40	1.5

### 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.*

## **Learning Outcomes**

After completing the module the student should be able to:

- 1 Identify the key physiological principles underpinning programme design
- 2 Evidence knowledge of training practices used to develop specific physical and performance characteristics
- 3 Evidence knowledge of methods used to evaluate underpinning characteristics related to performance

## **Learning Outcomes of Assessments**

The assessment item list is assessed via the learning outcomes listed:

E-Coaching log book 2500 word	1	2	3
Multiple choice exam (1.5 hr)	1	2	3

## **Outline Syllabus**

- *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?*

## **Learning Activities**

The module will be delivered through lecture based workshops, practical sessions, online tasks, individual/group tasks and tutor support sessions.

## **Notes**

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.