

Liverpool John Moores University

Title: FITNESS INSTRUCTION/STRENGTH & CONDITIONING
Status: Definitive
Code: **5005COACH** (103751)
Version Start Date: 01-08-2016

Owning School/Faculty: Sports Studies, Leisure and Nutrition
Teaching School/Faculty: Sports Studies, Leisure and Nutrition

Team	Leader
Victoria Boyd	Y

Academic Level: FHEQ5
Credit Value: 24
Total Delivered Hours: 40
Total Learning Hours: 240
Private Study: 200

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Online	6
Practical	24
Seminar	10

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Portfolio	AS1	Develop a training programme for an athlete with justifications (4500 words)	70	
Portfolio	AS2	Complete a reflection based upon practice and application of theory within the module (1500 words)	30	

Aims

To provide students with the opportunity to apply theory into practice related to sports science concepts and fitness instruction. Students will be expected to explore

fitness components, training programmes and their application to sports coaching. Students will be expected to be able to write training programmes specific to individual athletes, teams or activity groups.

Learning Outcomes

After completing the module the student should be able to:

- 1 Understand and describe fitness components
- 2 Develop a basic fitness programme for an athlete in a given sport
- 3 Explore the concept of periodisation and its' application in the coaching domain
- 4 Analyse the importance of health and safety within a training environment
- 5 Analyse equipment available to supplement sports and activity training
- 6 Evaluate and apply types of training methods relevant to a given scenario

Learning Outcomes of Assessments

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

Training Programme	1	2	3	4	5	6
Reflection	1	6				

Outline Syllabus

*Components of fitness
Training programmes and periodisation
Health and Safety
Equipment knowledge
Types of training*

*Sports specific applications
Fitness components related to sport specific examples
Case study for coaching practices.*

Learning Activities

Many of the elements of this module will be explored in class based lectures, seminars and tutorials. There will also be an element of action based learning as students will be required to undertake group discussion and application tasks related to the training methods, periodisation and fitness components.

Notes

The purpose of this module is provide the students with an opportunity to examine

the practical and scientific elements of sports specific fitness instruction. A Level 2 Fitness Instructors qualification will be delivered throughout the module with the opportunity for students to formalise their certification upon completion of module.