

Liverpool John Moores University

Title: SPORTS TRAINING PROGRAMMES
Status: Definitive
Code: **5009SPOSCI** (114245)
Version Start Date: 01-08-2011

Owning School/Faculty: Sports Sciences
Teaching School/Faculty: Sports Sciences

Team	Leader
Jatin Burniston	Y

Academic Level: FHEQ5
Credit Value: 24.00
Total Delivered Hours: 55.00
Total Learning Hours: 240
Private Study: 185

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	35.000
Practical	14.000
Tutorial	4.000

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Report	AS1	Training Programme Design	50.0	
Exam	AS2	Essay style	50.0	2.00

Aims

The module aims to develop the students knowledge and understanding and the practical skills associated with exercise training.

Develop the student's theoretical knowledge and understanding of factors that contribute to effective training programme design

Learning Outcomes

After completing the module the student should be able to:

- 1 Evaluate the theory of training programme design and the basic principles of training.
- 2 Examine the process of pre-participation screening and assess contraindications to exercise
- 3 Examine the training principles relating to a range of bio-motor abilities
- 4 Examine the application of training programme principles to specific populations
- 5 Develop and evaluate the practical skills associated with safe and effective exercise training
- 6 Evaluate from a multi-disciplinary perspective a range of factors that impact on the effectiveness of training programmes

Learning Outcomes of Assessments

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

Training Programme Design	1	2	3	4	5	6
Essay style	1	2	3	4	5	6

Outline Syllabus

1. *Module Introduction*
2. *Training Programme Design I (Periodisation)*
3. *Training Programme Design II (Training Principles)*
4. *Defining Exercise Intensity*
5. *Resistance Training*
6. *Endurance Training*
7. *Anaerobic Training*
8. *Flexibility Training*
9. *Special Group: Intermittent Exercise Athletes*
10. *Monitoring Training Programmes*
11. *Recovery and Overtraining (Psychological Perspective)*
12. *Injury Prevention & Rehabilitation (Psycho-Psychological Perspective)*
13. *Tapering (Psycho-Psychological Perspective)*
14. *Assignment Plan*
15. *Tutorial*
16. *Guest Speaker*
17. *Lifestyle Issues and Training Programme Design*
18. *Nutritional Requirements in Exercise*

- Training*
19. *Training Programme Design in Pediatric Populations*
20. *Exercise Prescription in Clinical Settings*
21. *Module Review/Exam preparation*
22. *Tutorial*

Learning Activities

Students are expected to attend time-tabled sessions and are encouraged to utilise the available directed learning/tutorial time to get advice from module staff, conduct essential reading and/or complete the support activities. Some of the teaching sessions will contain key note lectures to deliver essential course material with practical based sessions occurring in the strength and conditioning facility located within the Schools Centre for Excellence in Teaching and Learning (CETL). Some sessions will incorporate input from external professionals with experience of working in a consultancy capacity. Students will be required to evidence the successful completion of these activities in the production of their coursework.

References

Course Material	Book
Author	Bompa, T.O.
Publishing Year	1999
Title	Periodization: Theory and Methodology of Training
Subtitle	
Edition	
Publisher	Human Kinetics
ISBN	0880118512

Course Material	Book
Author	Baechle, T.R. and Earle, R.W.
Publishing Year	2000
Title	Essentials of Strength Training and Conditioning
Subtitle	
Edition	
Publisher	Human Kinetics
ISBN	0736000895

Course Material	Book
Author	Kreider, R.B., Fry, A.C. and O'Toole, M.L.
Publishing Year	1998
Title	Overtraining in Sport
Subtitle	

Edition	
Publisher	Human Kinetics
ISBN	0880115637

Course Material	Book
Author	Skinner, J.S.
Publishing Year	2005
Title	Exercise Testing and Exercise Prescription for Special Cases
Subtitle	
Edition	
Publisher	Williams and Wilkins
ISBN	0781741130

Course Material	Book
Author	Williams, M.H.
Publishing Year	2002
Title	Nutrition for Health, Fitness and Sport
Subtitle	
Edition	6th
Publisher	McGraw-Hill
ISBN	0071122885

Course Material	Book
Author	Zatsiorsky, V.
Publishing Year	2000
Title	Biomechanics in Sport: Performance Enhancement and Injury Prevention
Subtitle	
Edition	
Publisher	Blackwell Science
ISBN	0632053925

Course Material	Book
Author	Cox, R.
Publishing Year	2004
Title	Sport Psychology: Concepts and Applications
Subtitle	
Edition	5th ed.
Publisher	McGraw-Hill
ISBN	

Course Material	Book
Author	Whyte, G
Publishing Year	2006
Title	The Physiology of Training
Subtitle	

Edition	
Publisher	Churchill Livingstone Elsevier
ISBN	0443101175

Notes

The module aims to develop the student's knowledge and understanding of the theory underpinning effective training programme design. A number of key factors and practical skills that contribute to effective training programme design are also considered.