

Liverpool John Moores University

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Title: Strength and Conditioning for Coaches
Status: Definitive
Code: **5022COACH** (117301)
Version Start Date: 01-08-2019

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

Team	Leader
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Academic Level: FHEQ5 **Credit Value:** 24 **Total Delivered Hours:** 48
Total Learning Hours: 240 **Private Study:** 192

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	20
Practical	27
Tutorial	1

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Practice	Practical	Practical Assessment of S & C	25	
Report	Individual	Training Programme	50	
Test	Test	In-class test	25	

Aims

To provide students with an understanding of fitness and strength and conditioning to improve or develop performance. They will explore a variety of instructing and training methods to develop their coaching practice. Students will develop a knowledge of the theoretical underpinning related to components of fitness and types of training to underpin their coaching practice. Students will also be encouraged to consider safe and effective programming for performers.

Learning Outcomes

After completing the module the student should be able to:

- 1 Understand and apply fitness components and training principles by implementing and evaluating safe and effective practice
- 2 Analyse the basic fitness requirements of a programme for a performer
- 3 Explore fitness programming and its' capacity to develop participants
- 4 Evaluate underpinning components of strength and conditioning

Learning Outcomes of Assessments

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

Individual S & C Practical	1	
3000 Word Training Programme	2	3
In-class Multiple Choice Test	4	

Outline Syllabus

(1) Application of S & C principles (2) Components of fitness (3) Training programmes and periodisation (4) Health and Safety (5) Equipment knowledge (6) Types of training (7) Sports specific applications (8) Fitness components related to sport specific examples (9) Introduction to Nutrition (10) Option to undertake Level 2 Fitness Instructors qualification via the module

Learning Activities

Students will attend theoretical lectures to underpin their practice that will consider fitness components, programming and health and safety. These concepts will be implemented in practical sessions delivering fitness sessions in different environments and students will also be encouraged to engage in seminars to investigate the practical implementation of theory to sports performers and different populations

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. It also gives students the opportunity to gain an industry recognised fitness instruction qualification.