

Strength and Conditioning for Coaches

Module Information

2022.01, Approved

Summary Information

Module Code	5403SPS
Formal Module Title	Strength and Conditioning for Coaches
Owning School	Sport and Exercise Sciences
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 5
Grading Schema	40

Teaching Responsibility

LJMU Schools involved in Delivery
Sport and Exercise Sciences

Learning Methods

Learning Method Type	Hours
Lecture	16
Practical	20
Workshop	4

Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
SEP-CTY	CTY	September	12 Weeks

Aims and Outcomes

Aims	Building on the foundations of Exercise Physiology and Human Movement modules in year one, this Strength and Conditioning module will provide sport coaching students with the opportunity to learn and understand the principles and concepts needed to improve the physical performance of a participant or team and make recommendations for programme design. Specifically, students will develop the knowledge and skills needed to, design and perform a needs analysis of a sport and athlete, analyse testing data against theoretical and empirical norms and to recommend an appropriate training intervention. Importantly, students will also gain the knowledge needed to create and work in a safe coaching environment.
------	--

After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Design, justify and perform a needs analysis of a sport and athlete.
MLO2	2	Analyse needs analysis data against norms found within academic literature.
MLO3	3	Provide training recommendations underpinned by physiological and biomechanical determinants of performance.

Module Content

Outline Syllabus	Needs analysis: Design a needs analysis for a sport and athlete by identifying empirically informed performance norms, methods of testing and recommendations for programme design. Time-motion analysis: Identify the key performance characteristics of a sport and explain the physiological determinants of performance Warm up: Identify the scientific principles of designing and delivering a warm up Endurance performance: Identify and deliver applied endurance tests and compare data against published norms Anaerobic performance: Identify and deliver applied anaerobic endurance tests and compare data against published norms Speed and change of direction: Identify and deliver tests of speed and change of direction and compare data against published norms Strength and power: Identify and deliver applied tests of strength and power and compare data against published norms Recovery strategies: Identify and deliver scientifically underpinned recovery strategies
Module Overview	
Additional Information	CIMSPA mapped.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Centralised Exam	MCQ & Essay Question	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
--------------	--------------------------	-----------