

## Strength and Conditioning for Coaches 2

### Module Information

2022.01, Approved

### Summary Information

Module Code	5465SSLN
Formal Module Title	Strength and Conditioning for Coaches 2
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	20
Practical	20

### Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
JAN-CTY	CTY	January	12 Weeks

### Aims and Outcomes

Aims	Students will learn how to implement strength and conditioning concepts and principles in the applied sporting environment. Specifically, students will develop knowledge of programme design through an improved awareness of 'periodisation' and 'programme delivery'. Students will gain the opportunity to practice and explore the correct ways to administer safe and effective training-interventions. Students will also gain an awareness of how to 'monitor and evaluate' the needs of individual participants from a range of applied environments. The module will be delivered in classrooms and practical spaces.
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**After completing the module the student should be able to:**

**Learning Outcomes**

Code	Number	Description
MLO1	1	Design and implement safe and effective training strategies for specific sporting contexts
MLO2	2	Analyse the physical, physiological and performance requirements for a participant in relation to a performance goal
MLO3	3	Apply strength and conditioning principles in programme design to augment identified performance outcomes

**Module Content**

Outline Syllabus	<ul style="list-style-type: none"> <li>• Why is force production so important for sport performance?</li> <li>• In what ways do sports and their performers differ in their training goals?</li> <li>• Can I get someone aerobically fit and strong simultaneously?</li> <li>• How can I increase sport specific conditioning in team sports?</li> <li>• What foundations do I need to build before I see improvements in performance?</li> <li>• How do I know when athletes are overtraining?</li> <li>• How can simple data show me how I am improving?</li> <li>• How does nutrition support training goals?</li> <li>• How does all this stuff fit into a 6 week training programme?</li> <li>• What considerations are needed when developing a programme for disabled population group?</li> </ul>
Module Overview	You will learn how to implement strength and conditioning concepts and principles in the applied sporting environment. You will gain the opportunity to practice and explore the correct ways to administer safe and effective training-interventions and also gain an awareness of how to 'monitor and evaluate' the needs of individual participants from a range of applied environments.
Additional Information	Students will learn how to implement strength and conditioning concepts and principles in the applied sporting environment. Specifically, students will develop knowledge of programme design through an improved awareness of 'periodisation' and 'programme delivery'. Students will gain the opportunity to practice and explore the correct ways to administer safe and effective training-interventions. Students will also gain an awareness of how to 'monitor and evaluate' the needs of individual participants from a range of applied environments. The module will be delivered in classrooms and practical spaces.

**Assessments**

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Portfolio	Portfolio	100	0	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
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