

Liverpool John Moores University

Title: Strength and Conditioning for Coaches 2
Status: Definitive
Code: **5465SSLN** (123003)
Version Start Date: 01-08-2021

Owning School/Faculty: Sport and Exercise Sciences
Teaching School/Faculty: Sport and Exercise Sciences

Team	Leader
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Academic Level: FHEQ5 **Credit Value:** 20 **Total Delivered Hours:** 40
Total Learning Hours: 200 **Private Study:** 160

Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	20
Practical	20

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Portfolio	AS 1	Portfolio	100	

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.

Learning Outcomes

After completing the module the student should be able to:

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

Learning Outcomes of Assessments

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

Portfolio	1	2	3
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Outline Syllabus

- *Why is force production so important for sport performance?*
- *In what ways do sports and their performers differ in their training goals?*
- *Can I get someone aerobically fit and strong simultaneously?*
- *How can I increase sport specific conditioning in team sports?*
- *What foundations do I need to build before I see improvements in performance?*
- *How do I know when athletes are overtraining?*
- *How can simple data show me how I am improving?*
- *How does nutrition support training goals?*
- *How does all this stuff fit into a 6 week training programme?*
- *What considerations are needed when developing a programme for disabled population group?*

Learning Activities

The module will be delivered through lecture based workshops, practical sessions, online tasks, individual/group tasks and tutor support sessions.

Notes

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