Liverpool John Moores University

Title:	Principles of Strength & Conditioning
Status:	Definitive
Code:	**5503SSLNBF** (124737)
Version Start Date:	01-08-2018
Owning School/Faculty:	Sports Studies, Leisure and Nutrition
Teaching School/Faculty:	Blackpool & Fylde College

Team	Leader
Victoria Boyd	Y

Academic Level:	FHEQ5	**Credit Value:**	20	**Total Delivered Hours:**	48
Total Learning Hours:	200	**Private Study:**	152		

Delivery Options
Course typically offered: Semester 1

Component	Contact Hours
Lecture	16
Practical	15
Seminar	8
Workshop	9

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	Essay	Magazine Article 2000 Words	40	
Practice	Practical	Practical Micro-teach 20mins	60	

Aims

This module builds in the knowledge gained of exercise physiology in the 'Fundamentals of Anatomy & Physiology' to assess and monitor the body's physiologic response to varying exercise modalities. Students will be expected to undertake a range of fitness and performance testing protocols and justify their use.

Learning Outcomes

After completing the module the student should be able to:

1	Practically demonstrate, coach and analyse selected conditioning exercises in a safe and effective manner.
2	Critically evaluate research on the effectiveness of contemporary training strategies.
3	Appraise an athletes needs, interpret data and construct appropriate training sessions to meet these aims.

Learning Outcomes of Assessments

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

Magazine Article	1	2	3
Practical micro-teach	1	2	3

Outline Syllabus

Training Theory;
Anatomical basics and terminology; An introduction to Strength and Conditioning and athlete needs analysis.
Strength training anatomy; Movement screening and the importance of the core
Anabolic steroids and ergogenic aids; Sport specific testing and the use of data
Physiological responses to resistance/anaerobic training; Planning and periodisation in the real world
SAQ training; Speed/Agility
Plyometric training; Weightlifting techniques isolation vs integration
Overtraining/Olympic lifting
Novel Training Methods
Age and sex related differences in resistance and speed training
Resistance training programme design

Learning Activities

Study Skills techniques
Lecture based workshops and seminars
Presenting information in practical environments
Peer and Self-reflection
Laboratory Sessions
Self Directed Experiential Sessions
Online resources
VLE Forums online
Performance analysis tools

Notes

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