

Summary Information

Module Code	6093SPS
Formal Module Title	Strength and Conditioning
Owning School	Sport and Exercise Sciences
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 6
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
SEP-CTY	CTY	September	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 the knowledge and skills needed to perform a needs analysis of an athlete, analyse data against theoretical norms and programme design. Students will gain the opportunity to practise and explore the correct ways to administer safe and effective training-interventions.
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After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Complete an athlete needs analysis and analyse the data against norms found within academic literature.
MLO2	2	Design an athlete training programme in consideration of athlete needs analysis and the scientific determinants of performance.
MLO3	3	Design and deliver safe and effective coaching sessions to athletes.

Module Content

Outline Syllabus	Needs analysis (of a sport and athlete); programme design; programme monitoring and impact on performance. Principles of periodisation. Programme design, monitoring and delivery; strength and power development; acceleration, deceleration, speed and change of direction; endurance performance (aerobic and anaerobic); special populations.
Module Overview	
Additional Information	BUES mapped.

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
Carl Langan-Evans	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings
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