

Module Information

2022.01, Approved

Summary Information

Module Code	6462SSLN
Formal Module Title	Interdisciplinary Considerations for Programme Design
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	25
Practical	15

Module Offering(s)

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

Aims and Outcomes

Aims	This module seeks to integrate the principles of S&C to produce an annual training plan. Students will need to demonstrate the ability to critically evaluate the key concepts and challenges of programme design and delivery and how the interdisciplinary team work together to provide bespoke performance solutions. In particular, students will develop an understanding of how programme design is challenged by different population groups (age and level of maturity), injury status and sporting contexts. 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	Critically appraise and apply key concepts within the design of an annual training programme
MLO2	2	Evaluate how an applied practitioner may create performance solutions for various participants along the sporting pathway

Module Content

Outline Syllabus	1. Critically appraise and apply key concepts within the design of an annual training programme- periodisation theories including adaption and recovery insights into the design of both macro and at a micro level. - knowing the determinants of performance for the sport / position selected 2. Evaluate how an applied practitioner may create performance solutions for various participants along the sporting pathway. - identifying a case studies strengths and weaknesses to the develop performance solutions in line with the determinants of performance model- be able to understand and track progression by outline testing/tracking methods.
Module Overview	This module seeks to integrate the principles of strength and conditioning (S&C) to produce an annual training plan. You will develop an understanding of how programme design is challenged by different population groups (age and level of maturity), injury status and sporting contexts.
Additional Information	This module seeks to integrate the principles of S&C to produce an annual training plan. Students will need to demonstrate the ability to critically evaluate the key concepts and challenges of programme design and delivery. In particular, students will develop an understanding of how programme design is challenged by different population groups (age and level of maturity), injury status and sporting contexts. 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

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Nicola Robinson	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings
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