

## Liverpool John Moores University

Title: Advanced Training Programme  
Status: Definitive  
Code: **7004MCOACH** (120923)  
Version Start Date: 01-08-2016

Owning School/Faculty: Sports Studies, Leisure and Nutrition  
Teaching School/Faculty: Sports Studies, Leisure and Nutrition

Team	Leader
Tabo Huntley	Y

**Academic Level:** FHEQ7      **Credit Value:** 20      **Total Delivered Hours:** 21  
**Total Learning Hours:** 200      **Private Study:** 179

### Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Online	15
Workshop	6

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	AS1	4,000 Words	80	
Reflection	AS2	1,000 Words	20	

### Aims

*This module aims to deepen understanding of contemporary scientific theories, principles and methods and their application in the physical development of athletes.*

### Learning Outcomes

After completing the module the student should be able to:

- 1 Synthesise the key scientific principles underpinning effective training programmes.
- 2 Examine and provide an evidence based rationale for evaluating and monitoring athlete performance.
- 3 Develop and critically evaluate a long term training programmes and its implication on practice.

### **Learning Outcomes of Assessments**

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

AS1	1	2
AS2	1	3

### **Outline Syllabus**

*Scientific principles of training and adaptation*  
*Exercise technique and movement analysis*  
*Programme design, planning and evaluation*  
*Training specialist populations (disability, health considerations, aging)*  
*Nutritional considerations to support training*  
*Preparing for elite performance*

### **Learning Activities**

The module will engage in problem-based learning through the systematic review of literature. Students will be required to critically reflect on the challenges and opportunities of applying scientific theory in practice.

### **Notes**

This module aims to deepen understanding of contemporary scientific theories, principles and methods and their application in the physical development of athletes.