Liverpool John Moores University

Title:	APPLIED PRACTICE IN SPORT AND EXERCISE PHYSIOLOGY
Status:	Definitive
Code:	**7038** (121074)
Version Start Date:	01-08-2015
Owning School/Faculty:	Sport and Exercise Sciences
Teaching School/Faculty:	Sport and Exercise Sciences

Team	Leader
Dominic Doran	Y

Academic Level:	FHEQ7	**Credit Value:**	20.00	**Total Delivered Hours:**	36.50
Total Learning Hours:	200	**Private Study:**	163		

Delivery Options
Course typically offered: Semester 2

Component	Contact Hours
Lecture	12.000
Practical	24.000

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	Essay	Needs analysis for their chosen case study athlete	50.0	
Exam	Viva	Oral presentation (10 min) and discussion (20 min) of their sports training case study	50.0	0.50

Aims

The aim of this module is to provide practical training in constructing and delivering exercise programmes for competitive athletes. Sessions typically begin with a lead-lecture or demonstration covering essential theoretical underpinnings followed by practical training. Student engagement is essential, it is expected that all students

will contribute at some level in both exercise prescription and training. Students are given the opportunity to learn and master practical skills associated with safe and effective exercise testing and training. While accreditation is not an objective of this module per se, the programme of work is designed inline with the United Kingdom Strength and Conditioning Association syllabus, in order to assist motivated students in their preparations for accreditation. In this scenario, it is usual that the student is also engaged in assisting delivery of strength and conditioning training within the University's Sport Scholarship scheme.

Learning Outcomes

After completing the module the student should be able to:

1	Assess the reliability of objective measures of physical capacity
2	Evaluate and choose appropriate methods to prescribe, quantify and monitor exercise training intensity
3	Apply scientific principles to devise and deliver a periodised sport-specific training programme
4	Convey scientific principles underpinning training programme design and implementation

Learning Outcomes of Assessments

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

Needs Analysis (4x A4 pages)	1	2	4	
Presentation & discussion	1	2	3	4

Outline Syllabus

Anthropometry
Monitoring and evaluating training programmes
Aerobic conditioning (e.g. Lactate training, High-intensity Interval Training)
Strength development (e.g. fundamental lifts)
Training for power (e.g. Olympic lifts)
Developing speed and agility (e.g. plyometrics)
Environmental influences on performance

Learning Activities

This module is timetabled in sessions of 3 h per week during weeks 1-9 of semester 2. Typically, these taught sessions begin with a lecture or demonstration covering the essential theoretical underpinnings of the topic followed by practical training. Student engagement is essential, it is expected that students will take part in both coaching and performing the exercise tests or training techniques. Open sessions are also provided during the semester to enable students to complete the module coursework, which involves designing and executing a short mesocycle focused on a

specific training objective.

Notes

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