

# Applied Placement in Strength and Conditioning

## Module Information

2022.01, Approved

### Summary Information

Module Code	7150SPOSCI
Formal Module Title	Applied Placement in Strength and Conditioning
Owning School	Sport and Exercise Sciences
Career	Postgraduate Taught
Credits	60
Academic level	FHEQ Level 7
Grading Schema	50

### Teaching Responsibility

LJMU Schools involved in Delivery
Sport and Exercise Sciences

### Learning Methods

Learning Method Type	Hours
Placement	128
Seminar	6
Tutorial	30

### Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
SEP-CTY	CTY	September	28 Weeks

### Aims and Outcomes

Aims	The aim of this module is to provide the student with the knowledge and technical skills required to work as an effective strength and conditioning practitioner, while using research to inform their practice. The module will focus on the practical skills required for the assessment and monitoring of athletes/workers before, during and after exercise (and periods of training) for the purpose of improving performance and/or health, and/or reducing injury risk. Accordingly, research methods is an integral part of this module.
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**After completing the module the student should be able to:**

### Learning Outcomes

Code	Number	Description
MLO1	1	Critically appraise the literature in strength and conditioning research.
MLO2	2	Critically appreciate the role and practice of the strength and conditioning practitioner.
MLO3	3	Apply advanced research methods in an applied setting in the development of research led practice.
MLO4	4	Develop a case study approach to athletes/workers using research knowledge and understanding.

### Module Content

Outline Syllabus	The independent study in a strength and conditioning area, as outlined through the learning agreement.
Module Overview	The main aim of this module is to provide you with the opportunity to put your strength and conditioning technical skills and scientific knowledge into practice in a real-world sporting environment. It will focus on the practical skills required for the assessment and monitoring of athletes in the training environment to help improve physical performance and/or reduce injury risk. You will develop your strength and conditioning coaching skills, develop your network within applied strength and conditioning and gain an insight into what it takes to be a strength and conditioning coach in high-end sport.
Additional Information	This module enables the student to apply their theoretical knowledge and practical skills in an applied setting. The student will gain experience of working in an applied environment and will be given the opportunity to further develop their theoretical, research, practical and communication skills.

### Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Report	Case study report	75	0	MLO1, MLO2, MLO3, MLO4
Exam	Viva voce	25	0	MLO1, MLO2, MLO3, MLO4

### Module Contacts

#### Module Leader

Contact Name	Applies to all offerings	Offerings
Rob Erskine	Yes	N/A

**Partner Module Team**

Contact Name	Applies to all offerings	Offerings
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