

Summary Information

Module Code	7152SPOSCI
Formal Module Title	Fundamental Strength and Conditioning Applied Practices Part 1
Owning School	Sport and Exercise Sciences
Career	Postgraduate Taught
Credits	20
Academic level	FHEQ Level 7
Grading Schema	50

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Carl Langan-Evans	Yes	N/A

Module Team Member

Contact Name	Applies to all offerings	Offerings
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Partner Module Team

Contact Name	Applies to all offerings	Offerings
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Teaching Responsibility

LJMU Schools involved in Delivery
Sport and Exercise Sciences

Learning Methods

Learning Method Type	Hours
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Lecture	11
Practical	22

Module Offering(s)

Offering Code	Location	Start Month	Duration
SEP-CTY	CTY	September	12 Weeks

Aims and Outcomes

Aims	To develop the students' knowledge, understanding and practical experience of appropriate strength and conditioning techniques.
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Learning Outcomes

After completing the module the student should be able to:

Code	Description
MLO1	Critically appraise current literature on the appropriate use of specific strength and conditioning exercises and training strategies for optimising physical performance.
MLO2	Critically appraise how developments in technology have improved our ability to assess human physical performance in applied practice.
MLO3	Critically evaluate the impact of different strength and conditioning exercises on human physical performance.

Module Content

Outline Syllabus
• Fundamental lifting • Snatch lifting • Clean & jerk lifting • Stability/plyometric/speed/agility training methodologies

Module Overview
This module provides students with fundamental applied strength and conditioning practices through lectures and practical participation. It encourages critical understanding of the science underpinning applied strength and conditioning practices, specifically the use of strength and conditioning exercises and training strategies for optimising physical performance. The module will provide the opportunity to demonstrate a critical analysis of strength, power and speed continuum as an established principle in strength and conditioning. You will receive three hours direct contact per week and stimulus lectures on the topics concerned.

Additional Information

This module is designed to increase the students' knowledge, understanding and practical experience of appropriate strength and conditioning techniques.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Learning Outcome Mapping
Presentation	2,500 word essay	50	0	MLO2, MLO3, MLO1
Practice	Technical skills	50	0	MLO3, MLO1