

Summary Information

Module Code	7153SPOSCI
Formal Module Title	Fundamental Strength and Conditioning Applied Practices Part 2
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
Stephen McQuilliam	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 student's knowledge, understanding and practical experience of different methods of developing strength and conditioning aims as part of the process of strength and conditioning programme design. This will include methods of communicating, assessing, implementing and reviewing strength and conditioning aims.
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Learning Outcomes

After completing the module the student should be able to:

Code	Description
MLO1	Critically evaluate the current literature on the appropriate use of different athlete assessment and gap analysis methods for the development of strength and conditioning training aims.
MLO2	Critically evaluate the different methods of incorporating assessment data in the development of strength and conditioning aims and an effective periodised strength and conditioning programme.
MLO3	Critically evaluate the different methods of implementing a periodised strength and conditioning programme and monitoring progress against the established strength and conditioning training aims.

Module Content

Outline Syllabus
Lectures, Practical workshops, Self-directed learning

Module Overview
This module provides 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: athlete and sport assessment to determine training aims; programme design and periodisation; implementation and monitoring of programmes and programme considerations for different genders and age. The module will develop the capacity to critically analyse the application of these skills and supporting scientific evidence. 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 different methods of developing strength and conditioning aims as part of the process of strength and conditioning programme design. This will include methods of communicating, assessing, implementing and reviewing strength and conditioning aims.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Learning Outcome Mapping
Essay	2,500 word literature review	50	0	MLO3, MLO2, MLO1
Presentation	Needs analysis poster	50	0	MLO3, MLO2, MLO1