

Liverpool John Moores University

Title: Advanced Training Programme
Status: Definitive
Code: **7404SSLN** (124722)
Version Start Date: 01-08-2021

Owning School/Faculty: Sport and Exercise Sciences
Teaching School/Faculty: Sport and Exercise Sciences

Team	Leader
Kevin Enright	Y
Tabo Huntley	

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

Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Online	15
Workshop	6

Grading Basis: 50 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	AS1	4,500 Words	100	

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	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.