

Advanced Training Programme

Module Information

2022.01, Approved

Summary Information

Module Code	7504SPOSCI
Formal Module Title	Advanced Training Programme
Owning School	Sport and Exercise Sciences
Career	Postgraduate Taught
Credits	20
Academic level	FHEQ Level 7
Grading Schema	50

Teaching Responsibility

LJMU Schools involved in Delivery
LJMU Partner Taught

Partner Teaching Institution

Institution Name
Learning Works Limited

Learning Methods

Learning Method Type	Hours
Online	11
Seminar	6
Workshop	4

Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
SEP-PAR	PAR	September	12 Weeks

Aims and Outcomes

Aims	This module aims to deepen understanding of contemporary scientific theories, principles and methods and their application in the physical development of athletes. Students will explore physical training methods and schedules that help individuals achieve their sporting aims.
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After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Synthesise the key scientific principles underpinning effective training programmes.
MLO2	2	Develop a contextually relevant training programme
MLO3	3	Critically evaluate how scheduling training in different ways can impact training adaption.

Module Content

Outline Syllabus	Understanding the training and competitive needs of the athlete from a physiological perspective Scientific principles of training and adaptation Exercise technique and movement analysis Programme design, goal setting, planning and evaluation Session planning for adaptation Monitoring performance to inform practice Training specialist populations (disability, health considerations, aging) Preparing for elite performance gains Interdisciplinary factors influencing performance such as nutrition and recovery
Module Overview	
Additional Information	This module aims to deepen understanding of contemporary scientific theories, principles and methods and their application in the physical development of athletes.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Presentation	Presentation	100	0	MLO1, MLO2, MLO3

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Nicola Robinson	Yes	N/A

Partner Module Team

Contact Name	Applies to all offerings	Offerings
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