

Module specification

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Refer to guidance notes for completion of each section of the specification.

Module Code	SES505
Module Title	Fitness & Conditioning Methods in Practice
Level	5
Credit value	20
Faculty	FSLS
HECoS Code	100433
Cost Code	GASP

Programmes in which module to be offered

Programme title	Is the module core or option for this programme
BSc (Hons) Applied Sport and Exercise Sciences	Core
FdSc Coaching: Sport & Fitness	Core

Pre-requisites

N/A

Breakdown of module hours

Learning and teaching hours	30 hrs
Placement tutor support	0 hrs
Supervised learning e.g. practical classes, workshops	32 hrs*
Project supervision (level 6 projects and dissertation modules only)	0 hrs
Total active learning and teaching hours	62 hrs
Placement / work based learning	0 hrs
Guided independent study	170 hrs
Module duration (total hours)	232 hrs

*An additional 32 hours of study are required in order to pass the practical exam

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Initial approval date	08/12/2021
With effect from date	01/09/2022
Date and details of revision	June 2022 – added to newly validated FdSc Coaching: Sport & Fitness programme 26/05/2022 revised assessment strategy and addition of Derogation
Version number	3

Module aims

The module aims to:

- To introduce students to practical techniques associated with strength and conditioning used in a range of settings.
- To allow students to practice techniques associated with coaching strength and conditioning using a variety of pedagogical models.
- To provide students with coaching and instructing knowledge and skills.
- To apply contemporary research to selected sport/exercise settings.

Module Learning Outcomes - at the end of this module, students will be able to:

1	Demonstrate coaching and leadership skills in strength and conditioning settings, utilising theoretical models to underpin knowledge.
2	Competently demonstrate ability to coach an individual in a gym-based setting.
3	Assess and evaluate suitability of different training modalities for selected exercise settings.
4	Apply contemporary research to develop appropriate training activities to improve an athlete in a sport/exercise setting.

Assessment

Indicative Assessment Tasks:

This section outlines the type of assessment task the student will be expected to complete as part of the module. More details will be made available in the relevant academic year module handbook.

Assessment 1:

Students will undertake a 45-minute practical exam (L 2 Gym Instructor Award) coaching an individual through selected strength and conditioning based exercise. Students will be

expected to demonstrate the knowledge and skills a gym instructor needs to professionally and safely deliver effective gym based exercise to a range of clients.

Assessment 2:

Students will produce a training plan for an athlete in a selected sport/exercise. The training plan (3,000 words) will outline key strength and conditioning requirements in relation to the selected exercise setting and client. Scientific justification will be given for decisions made during the construction of the programme.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1, 2	Practical	PASS/REFER
2	3, 4	Written Assignment	100

Derogations

Both elements of assessment must be passed to proceed to Level 6. .
 The Written Assignment element must be passed at 40%.

Learning and Teaching Strategies

The module will be delivered using blended learning techniques and the universities Active Learning Framework (ALF). This will include in-person sessions, online video conferencing (synchronous content) and student directed online resources (asynchronous content). The use of workshops and practical exercises will allow students to understand the content and use of the processes being taught.

Formative assessment will be incorporated within this module to support the students learning journey, providing a framework and direction for the summative assessments.

Indicative Syllabus Outline

- S &C coaching pedagogy and leadership
- Competency in a gym environment
- Strength and conditioning exercises
- Resistance training & equipment
- Cardiovascular training methods & equipment
- Flexibility and range of motion exercise
- Exercise programme design and planning
- Functional exercise

Indicative Bibliography:

Please note the essential reads and other indicative reading are subject to annual review and update.

Essential Reads

Baechle, T. and Earle, R. (2016). *Essentials of strength training and conditioning*. 1st ed. Leeds: Human Kinetics.

Jeffreys, I. (2020). *Effective Coaching in Strength and Conditioning: Pathways to Superior Performance*. 1st Ed. London: Routledge.

Other indicative reading

ACSM (2017). *Guidelines for Exercise Testing and Prescription*. 10th Edition.

Gamble, P. (2013). *Strength and Conditioning for Team Sports*. 1st ed. New York: Routledge.

McArdle, W.D., Katch, F.I., and Katch, V.L. (2014). *Exercise Physiology: Energy, Nutrition, and Human Performance*. 8th Edition. Baltimore, MD: Williams & Wilkins.

Whyte, G. ed., (2006). *The Physiology of Training*. 1st ed. UK: Elsevier Limited. Baltimore: Williams and Wilkins.

Employability skills – the Glyndŵr Graduate

Each module and programme is designed to cover core Glyndŵr Graduate Attributes with the aim that each Graduate will leave Glyndŵr having achieved key employability skills as part of their study. The following attributes will be covered within this module either through the content or as part of the assessment. The programme is designed to cover all attributes and each module may cover different areas.

Core Attributes

Engaged
Enterprising
Creative
Ethical

Key Attitudes

Commitment
Curiosity
Resilience
Confidence
Adaptability

Practical Skillsets

Digital Fluency
Organisation
Leadership and Team working
Critical Thinking

