

Prifysgol Wreccsam Wrexham University

Module specification

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Module Code	SPT445
Module Title	Fitness and Conditioning for Sport
Level	4
Credit value	20
Faculty	FSLS
HECoS Code	100433
Cost Code	GASP
Pre-requisite module	N/A

Programmes in which module to be offered

Programme title	Core/Optional/Standalone
BSc (Hons) Sport and Exercise Science	Core
FdSc Sports Coaching and Fitness	Core

Breakdown of module hours

Learning and teaching hours	18 hrs
Placement tutor support hours	0 hrs
Supervised learning hours e.g. practical classes, workshops	18 hrs
Project supervision hours	0 hrs
Active learning and teaching hours total	36 hrs
Placement hours	0 hrs
Guided independent study hours	164 hrs
Module duration (Total hours)	200 hrs

Module aims

- Introduce students to a range of S&C knowledge and coaching skills.
- Identify key roles and responsibilities of the S&C coach.
- Provide students with the opportunity to develop their pedagogical and leadership skills through applied practice and observation.
- Introduce students to the concept of S&C coaches as reflective practitioners.



Module Learning Outcomes

At the end of this module, students will be able to:

1	Demonstrate knowledge of Strength and Conditioning methods
2	Design Strength and Conditioning coaching practices
3	Select appropriate Strength and Conditioning exercises to enhance physical performance
4	Reflect upon Strength and Conditioning coaching practice.

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.

Practical - Students will design a 30-minute Group Exercise session and construct a detailed session plan.

Written Assignment - Students will complete a report (1,000 words) providing rationale for exercise selection and reflect on S&C coaching practice.

Assessment number	Learning Outcomes to be met	Type of assessment	Duration/Word Count	Weighting (%)	Alternative assessment, if applicable
1	1 – 2	Practical	30 minutes	50	N/A
2	3 - 4	Written Assignment	1000 words	50	N/A

Derogations

N/A

Learning and Teaching Strategies

The module will be delivered using blended learning techniques and the university's 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.

Welsh Elements

The programmes will be delivered through the medium of English. Students are entitled to submit assessments in the medium of Welsh. If students wish to converse in Welsh, they will be assigned a Welsh speaking personal tutor. Students will be sign posted to relevant opportunities via the VLE and MS Teams page.

Indicative Syllabus Outline

- Introduction to S & C coaching
- Coaching pedagogy
- Leadership skills
- Health and safety
- Fitness conditioning for sport and exercise
- Training principles
- Introduction to resistance training
- Introduction to calisthenics & body weight exercises
- Circuit training methods
- Reflective practice

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.

Other indicative reading

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

McArdle, W.D., Katch, F.I., and Katch, V.L. (2023). *Exercise Physiology: Energy, Nutrition, and Human Performance*. 9th Edition. Philadelphia. Wolters Kluwer Health/ Lippincott Williams & Wilkins.

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

Administrative Information

For office use only	
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