

## Module specification

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Module Code	SPT547
Module Title	Fitness & Conditioning Methods in Practice
Level	5
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	15 hrs
Placement tutor support hours	0 hrs
Supervised learning hours e.g. practical classes, workshops	15 hrs
Project supervision hours	0 hrs
<b>Active learning and teaching hours total</b>	<b>30 hrs</b>
Placement hours	0 hrs
Guided independent study hours	170 hrs
<b>Module duration (Total hours)</b>	<b>200 hrs</b>

### Module aims

- 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 skills in strength and conditioning settings
2	Competently deliver a practical demonstration of strength and conditioning exercises in a safe effective manner
3	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.
5	Create an instructional video to support exercise tuition.

## 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 undertake a practical demonstration of selected training activities, constructing a short instructional video to explain and demonstrate the selected exercises.

**Written Assignment** - 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	Duration/Word Count	Weighting (%)	Alternative assessment, if applicable
1	1 - 2	Practical	15 minutes	50	N/A
2	3 - 4	Written Assignment	3000 words	50	N/A

## Derogations

N/A

## 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.

## Welsh Elements

### 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

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.

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

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

<b>For office use only</b>	
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