

Module specification

When printed this becomes an uncontrolled document. Please access the **Module Directory** for the most up to date version by clicking on the following link: [Module directory](#)

Module Code	SPT631
Module Title	Applied Professional Practice in Fitness & Conditioning
Level	6
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
BSc (Hons) Sports Coaching and Fitness	Core

Breakdown of module hours

Learning and teaching hours	10 hrs
Placement tutor support hours	2 hrs
Supervised learning hours e.g. practical classes, workshops	12 hrs
Project supervision hours	0 hrs
Active learning and teaching hours total	24 hrs
Placement hours	12 hrs
Guided independent study hours	164 hrs
Module duration (Total hours)	200 hrs

Module aims

- Review contemporary evidence to support and develop holistic practice within selected applied S&C contexts/environments.
- Develop and apply professional and specialist S & C knowledge.
- Critically reflect upon personal S & C practice and development.

Module Learning Outcomes

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

1	Critically appraise applied S & C performance settings using multidisciplinary approaches to make recommendations.
2	Critically review the best available evidence relevant to the practice context/performance setting.
3	Apply enhanced professional and specialist knowledge following critical evaluation of selected S&C practice/context /environment.
4	Critically reflect upon personal practice and advancement of specialist S&C knowledge proposing recommendations for personal development.

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.

Presentation - Students will critically examine an applied S&C performance environment/setting. Drawing on best available evidence, students will report on current practice and using multidisciplinary approaches make recommendations (15 minutes plus 5 minutes Q&A).

Reflective Practice - Students will critically review S&C applied practice and reflect upon advancement of their personal practice and specialist knowledge development (approx. 2,000 words)

Assessment number	Learning Outcomes to be met	Type of assessment	Duration/Word Count	Weighting (%)	Alternative assessment, if applicable
1	1 - 3	Presentation	20 minutes	70	N/A
2	4	Written Assignment	2000 words	30	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.

All students will be expected to participate in workshops and group work. Work based learning support will be provided.

Formative assessment will be incorporated within this module to support the students learning journey, providing a framework and direction for the summative assessments. During WBL opportunities students will be required to complete and keep up to date pre-constructed Work-Based Learning Portfolios, details of these will be provided at the commencement of the module.

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

- Applied S&C Practice
- Advanced Training Methods
- S&C for Special Population Groups
- Holistic Approaches to Athlete Development
- Injury Prevention and Rehabilitation
- Periodisation of Training
- Multi Modal Training

Indicative Bibliography

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

Essential Reads:

Jeffries, I. and Moody, J. (eds.) (2016). *Strength and Conditioning for Sports Performance*. Routledge. London.UK

Other indicative reading:

ACSM (2017). *Guidelines for Exercise Testing and Prescription*. 10th Edition. Baltimore: Williams and Wilkins.

Bompa, T. (2015). *Periodisation for Sports*. 3rd Edition. Champaign.IL

Comfort, P., Jones, P.A., McMahon, J.J. (eds.) (2017). *Performance Assessment in Strength and Conditioning*. Routledge, London.UK

Pescatello, L.S. (ed.) (2014), *Guidelines for Exercise Testing and Prescription*. 9th Edition. Philadelphia: Wolters Kluwer/Lippincott Williams & Wilkins Health

Turner, A. Comfort, P. (eds.) (2017.) *Advanced Strength And Conditioning: An Evidence Based Approach*. Routledge. London

Administrative Information

For office use only	
Initial approval date	18/07/2025
With effect from date	08/09/2025
Date and details of revision	
Version number	1.0