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Module Code:	SES403
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Module Title:	Introduction to Strength and Conditioning
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Level:	4	Credit Value:	20
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Cost Centre(s):	GASP	JACS3 code:	C600
		HECoS code:	100433

Faculty	SLS	Module Leader:	Jonathan Hughes
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Scheduled learning and teaching hours	36 hrs
Placement tutor support	0hrs
Supervised learning eg practical classes, workshops	36 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
Total contact hours	36 hrs
Placement / work based learning	0
Guided independent study	164 hrs
Module duration (total hours)	200 hrs

Programme(s) in which to be offered (not including exit awards)	Core	Option
BSc (Hons) Applied Sport and Exercise Sciences	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Pre-requisites
N/A

Office use only	
Initial approval: 01/04/2020	Version no: 1
With effect from: 28/09/2020	
Date and details of revision:	Version no:

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 and techniques.
2	Plan and lead a Strength and Conditioning coaching practice.
3	Select appropriate Strength and Conditioning exercises to enhance physical performance.
4	Observe and reflect upon Strength and Conditioning coaching practice.

Employability Skills The Wrexham Glyndŵr Graduate	I = included in module content A = included in module assessment N/A = not applicable
CORE ATTRIBUTES	
Engaged	I
Creative	I
Enterprising	I
Ethical	A
KEY ATTITUDES	
Commitment	I
Curiosity	I
Resilient	I
Confidence	I
Adaptability	A,I
PRACTICAL SKILLSETS	
Digital fluency	I
Organisation	I
Leadership and team working	A
Critical thinking	A
Emotional intelligence	A, I
Communication	A, I

Derogations

N/A

Assessment:

Indicative Assessment Tasks:

Assessment 1: Practical

Students will plan and deliver a 20 minute Group Exercise Session.

Assessment 2: Report

Students will complete a report providing rationale for exercise selection and reflect on coaching practice.

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1,2 & 3	Practical	60%
2	4	Report	40%

Learning and Teaching Strategies:

The learning and teaching strategies will include lectures, seminars, practical's, peer-led discussion, workshops, tutorials, online based tasks.

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

Syllabus outline:

Circuit training methods

Reflective practice

Indicative Bibliography:**Essential reading**

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.

Other indicative reading

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.