

Module specification

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

Module Code	SES405
Module Title	Fitness & Conditioning for Sport
Level	4
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 and Fitness	Core

Pre-requisites

N/A

Breakdown of module hours

Learning and teaching hours	36 hrs
Placement tutor support	0 hrs
Supervised learning e.g. practical classes, workshops	0 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
Total active learning and teaching hours	36 hrs
Placement / work based learning	0 hrs
Guided independent study	164 hrs
Module duration (total hours)	200 hrs

For office use only	
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
Version number	2

Module aims

This module aims to...

- 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.

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: Practical

Students will plan and deliver a 20-minute (equivalent to 3,000 words) Group Exercise Session.

Assessment 2: Report

Students will complete a report (1,000 words) 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	Written Assignment	40

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.

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.

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.

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
Emotional Intelligence
Communication