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<b>Module Code:</b>	SES502
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<b>Module Title:</b>	Strength and Conditioning In Practice
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<b>Level:</b>	5	<b>Credit Value:</b>	20
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<b>Cost Centre(s):</b>	GASP	<b>JACS3 code:</b>	600
		<b>HECoS code:</b>	100433

<b>Faculty</b>	FSLs	<b>Module Leader:</b>	Jonathan Hughes
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Scheduled learning and teaching hours	30 hrs
Placement tutor support	0hrs
Supervised learning eg practical classes, workshops	12 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
<b>Total contact hours</b>	<b>42 hrs</b>
Placement / work based learning	<b>0</b>
Online learning	20 hrs
Guided independent study	170 hrs
<b>Module duration (total hours)</b>	<b>232 hrs</b>

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

<b>Pre-requisites</b>

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

## Module Aims

To 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 and leadership skills in strength and conditioning settings, utilising theoretical models to underpin knowledge.
2	Competently demonstrate ability to coach an individual in a gym based setting.
3	Assess and 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.

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

<b>Employability Skills The Wrexham Glyndŵr Graduate</b>	<b>I = included in module content A = included in module assessment N/A = not applicable</b>
Critical thinking	A
Emotional intelligence	A. I
Communication	A. I
<b>Derogations</b>	
<p><i>For the additional award:</i> Students will have one free resit attempt of L 2 Gym Instructors Award. Any further attempts will be need to be self- funded by the student</p>	

<b>Assessment:</b>			
Indicative Assessment Tasks:			
Assessment 1:			
Students will undertake a practical exam (L 2 Gym Instructor Award) coaching an individual through selected strength and conditioning based exercise. Students will be expected to demonstrate the knowledge and skills a gym instructor needs to professionally and safely deliver effective gym based exercise to a range of clients.			
Assessment 2:			
Students will produce a training plan for an athlete in a selected sport/exercise. The training plan 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	Weighting (%)
1	1 & 2	Practical	50%
2	3 & 4	Report	50%

<b>Learning and Teaching Strategies:</b>
The learning and teaching strategies will include lectures, seminars, practicals, peer-led discussion, workshops, tutorials, online based tasks.

**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:****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.

Jeffreys, I. (2020) *Effective Coaching in Strength and Conditioning: Pathways to Superior Performance*. 1<sup>st</sup> Ed. London: Routledge.

**Other indicative reading**

ACSM (2017). *Guidelines for Exercise Testing and Prescription*. 10<sup>th</sup> Edition.

McArdle, W.D., Katch, F.I., and Katch, V.L. (2014). *Exercise Physiology: Energy, Nutrition, and Human Performance*. 8<sup>th</sup> Edition. Baltimore, MD: Williams & Wilkins.

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