

When printed this becomes an uncontrolled document. Please access the Module Directory for the most up to date version by clicking [here](#).

<b>Module Code:</b>	SES602
---------------------	--------

<b>Module Title:</b>	Applied Professional Practice in Strength and Conditioning
----------------------	--

<b>Level:</b>	6	<b>Credit Value:</b>	20
---------------	---	----------------------	----

<b>Cost Centre(s):</b>	GASP	<b>JACS3 code:</b>	C600
		<b>HECoS code:</b>	100433

<b>Faculty</b>	FSLS	<b>Module Leader:</b>	Jonathan Hughes
----------------	------	-----------------------	-----------------

Scheduled learning and teaching hours	26 hrs
Placement tutor support	0hrs
Supervised learning eg practical classes, workshops	26 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
<b>Total contact hours</b>	<b>26 hrs</b>
Placement / work based learning	<b>0</b>
Guided independent study	174 hrs
<b>Module duration (total hours)</b>	<b>200 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>
N/A

<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**

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.

<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
Critical thinking	A

<b>Employability Skills</b> <b>The Wrexham Glyndŵr Graduate</b>	<b>I = included in module content</b> <b>A = included in module assessment</b> <b>N/A = not applicable</b>
Emotional intelligence	A. I
Communication	A. I

<b>Derogations</b>
None

<b>Assessment:</b>			
Indicative Assessment Tasks:			
Assessment 1: 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.			
Assessment 2: Reflective Practice			
Students will critically review S & C applied practice and reflect upon advancement of their personal practice and specialist knowledge development.			
Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1,2,3	Presentation	70%
2	4	Reflective Practice	30%

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

**Syllabus outline:**

Exercise Prescription & Guidelines

Injury Prevention and Rehabilitation

Periodisation of Training

Advanced Endurance Training

Advanced Strength Training

Advanced Circuit Training

Sprint and Power Training

Functional Training

**Indicative Bibliography:****Essential reading**

Bompa, T. (2015). Periodisation for Sports. 3<sup>rd</sup> Edition. Champaign.IL

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

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

**Other indicative reading**

ACSM (2006). Guidelines for Exercise Testing and Prescription. 7th Edition. Baltimore: Williams and Wilkins.

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.UK