

## Module specification

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

Module Code	SES604
Module Title	Applied Professional Practice in Fitness & Conditioning
Level	6
Credit value	20
Faculty	FSLS
HECoS Code	100433
Cost Code	GASP

## Programmes in which module to be offered

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Programme title	Is the module core or option for this programme
BSc (Hons) Applied Sport and Exercise Sciences	Core
BSc (Hons) Coaching: Sport and Fitness	Core

## Pre-requisites

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N/A

## Breakdown of module hours

Learning and teaching hours	12 hrs
Placement tutor support	2 hrs
Supervised learning e.g., practical classes, workshops	12 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
<b>Total active learning and teaching hours</b>	<b>26 hrs</b>
Placement / work-based learning	10 hrs

Guided independent study	164 hrs
<b>Module duration (total hours)</b>	200 hrs

<b>For office use only</b>	
Initial approval date	08/12/2021
With effect from date	01/09/2022
<b>For office use only</b>	
Date and details of revision	June 2022 – added to newly validated BSc (Hons) Coaching: Sport & Fitness programme
Version number	2

## Module aims

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This module aims to...

- 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

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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: 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 (20 minutes plus 5 minutes Q&A).

### Assessment 2: 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	Weighting (%)
1	1, 2, 3	Presentation	70
2	4	Written Assignment	30

## Derogations

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N/A

## Learning and Teaching Strategies

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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.

## Indicative Syllabus Outline

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- 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:

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

### Essential Reads

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

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

## **Employability skills – the Glyndŵr Graduate**

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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