

## Module specification

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Module Code	SIR701
Module Title	Placement
Level	7
Credit value	20
Faculty	FSLS
HECoS Code	100098
Cost Code	GACM
Pre-requisite module	N/A

### Programmes in which module to be offered

Programme title	Core/Optional/Standalone
MSc Strength & Conditioning	CORE

### Breakdown of module hours

Learning and teaching hours	6 hrs
Placement tutor support hours	1 hrs
Supervised learning hours e.g. practical classes, workshops	0 hrs
Project supervision hours	0 hrs
<b>Active learning and teaching hours total</b>	<b>7 hrs</b>
Placement hours	150 hrs
Guided independent study hours	43 hrs
<b>Module duration (Total hours)</b>	<b>200 hrs</b>

### Module aims

- Provide students with the opportunity to undertake a strength and conditioning (S&C) placement with an internal or external partner.
- Encourage students to critically reflect on their placement experience, evaluating their professional development and identifying key learning outcomes.
- Enable students to use their placement experience to explore and define their career aspirations within the S&C industry.
- Support students in developing a structured action plan to achieve their career goals, incorporating relevant professional development strategies.
- Position the module as a preparatory pathway for the project module, equipping students with practical insights and experiences that inform their research and future practice.

## Module Learning Outcomes

At the end of this module, students will be able to:

1	Build effective working relationships withing a multidisciplinary team
2	Critically reflect upon your experiences during your placement
3	Critically appraise your skillset and skills gap as an S&C coach
4	Develop an action plan for future career success within S&C
5	Successfully complete 150 hours of placement education

## 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.

The assessment for this module is based on the evaluation of the placement and the student. The portfolio will include sections on the following:

- **Placement Activities:** A detailed reflection on placement duties, the skills utilised, and the knowledge gained (applied/contextual or theoretical).
- **Critical Reflection:** Deep analyses of your experiences, including challenges faced, successes achieved, and the overall impact you as the student had on the placement organisation.
- **Skills Gap Analysis:** An evaluation of your strengths and weaknesses as an S&C coach based on your placement experience.
- **Career Action Plan:** A well-defined plan outlining future career goals in S&C and the specific actions needed to succeed.

This portfolio format allows students to demonstrate and develop practical skills but also critical thinking, self-reflection, and goal-setting abilities, all essential for success in a Strength and Conditioning career.

Assessment number	Learning Outcomes to be met	Type of assessment	Duration/Word Count	Weighting (%)	Alternative assessment, if applicable
1	1 - 5	Portfolio	2000 words equivalent	100%	N/A

## Derogations

N/A

## Learning and Teaching Strategies

The primary focus of the learning and teaching strategy for this module will be self-directed learning through the placement. The student will also have 6 hours of taught hours to understand the rationale for a placement module for this course. This also enables the student to set clear goals to understand the direction and learning outcomes of the placement opportunity.

## Welsh Elements

The programmes will be delivered through the medium of English. Students are entitled to submit assessments in the medium of Welsh. If students wish to converse in Welsh, they will be assigned a Welsh speaking personal tutor. Support can also be made available for Welsh language students via Coleg Cymraeg Cenedlaethol where students can present their research at their conferences through the Welsh Language. Students will be sign posted to relevant opportunities via the VLE and MS Teams page.

## Indicative Syllabus Outline

- Reflection on personal development and action planning
- Multi- and interdisciplinary approaches to client support
- Personal effectiveness knowledge and skill development
- Learning at work
- Risk and conflict management
- Project and data management
- Tools for managing self- and others
- Identifying and securing a placement in an appropriate work-related setting
- Personal & Professional Development Portfolio
- Reflective practices
- Employability skills

## Indicative Bibliography:

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

## Essential Reads

Haff, G., and Triplett, T. (2021), *Essentials of Strength Training & Conditioning*. Champaign, IL: Human Kinetics,

## Other indicative reading

Bompa, T.O. and Buzzichelli, C. (2019), *Periodization: Theory and Methodology of Training*. 6th edition. Champaign: IL, Human Kinetics.

Comfort, P., Jones, P.A. and Mahon, J.J. (2018), *Performance Assessment in Strength and Conditioning*. London: Routledge.

Roy, X., Simona, G., and Pierre, S. (2021), Reflective Practice: Helping Coaches Improve their Coaching. *International Journal of Strength and Conditioning*. Vol.1, No.1, pp. 1-8.

Scott, M. (2019), *Thinking On Your Feet: How Coaches Can Use Reflection-in-Action to Develop their Coaching Craft*. Available from:

<https://www.ukcoaching.org/getattachment/Resources/Topics/Research/Applied-Coaching-Research-Journal-April-2020-V-%281%29/Thinking-on-Your-Feeet-How-Coaches-Can-Use-Reflection-In-Action.pdf?lang=en-GB> . [Accessed 24<sup>th</sup> June 2024].

Turner, A. (2018), *Routledge Handbook of Strength and Conditioning*. London: Routledge.  
UK Strength and Conditioning Association (UKSCA) (2024), *UK Strength and Conditioning Association*. Available from: <https://www.uksca.org.uk/> [Accessed 24th June 2024].

### Administrative Information

<b>For office use only</b>	
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