

Module code: MOD005678	Version: 4 Date Amended: 14/Jan/2020
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1. Module Title
Advanced Strength and Conditioning

2a. Module Leader
Michael Ferrandino

2b. School
School of Psychology, Sport and Sensory Sciences

2c. Faculty
Faculty of Science and Engineering

3a. Level
6

3b. Module Type
Standard (fine graded)

4a. Credits
15

4b. Study Hours
150

5. Restrictions			
Type	Module Code	Module Name	Condition
Co-requisites:	None		
Exclusions:	None		
Courses to which this module is restricted:	BSc (Hons) Sport and Exercise Science BSc (Hons) Sports Coaching and Physical Education BSc (Hons) Sport and Exercise Therapy BSc (Hons) Strength and Conditioning with Rehabilitation		

6a. Module Description

This module provides the opportunity to build on wider exercise science and previous learning to investigate the latest evidence-based practice in Strength and Conditioning (S&C). You will learn, experience and analyse free weight lifting techniques with specific focus on more complex lifts and the derivatives associated with them. You will learn to apply this knowledge when coaching performers through this process and also consider the value of these exercises within the training cycle. Through observation of performers, you will identify and understand the coaching cues required to correct ineffective movement patterns. You will also develop a high level of knowledge to enable you to practically suggest and present appropriate interventions for performers of varying ability. Drawing upon your digital literacy skills you will investigate the use of technology/micro technology for monitoring performance and you will critically evaluate the methods of data collection for the exercise and conditioning professional. You will investigate how training may change when working with different performers with varying abilities and from different populations (e.g. youth/veteran athletes and disability athletes). Being able to change your professional practice relative to the specific population you are working with is a critical skill for the conditioning coach. Learning about the needs and issues to consider when training special populations will permit you to be a more proficient in the area. Through a combination of lectures and practical's, split one third and two thirds respectively, you will be challenged to apply your underlying sports science and coaching knowledge, to effectively communicate this to athletes and to evaluate performance as you observe it. These are key skills required for people wishing to work as an S&C coach as well as in other coaching and sports science roles from community clubs through to professional teams.

6b. Outline Content

- Advanced free weight lifting technique: complex lifts and derivatives
- Identification and correction of ineffective movement patterns
- Advanced coaching methods to enhance athlete performance
- Understanding how micro-technology is used to monitor performance
- Training and conditioning practices for special or different populations

6c. Key Texts/Literature

The reading list to support this module is available at: <https://readinglists.aru.ac.uk/>

6d. Specialist Learning Resources

Cambridge Centre for Sport and Exercise Sciences, Multi-purpose labs,

7. Learning Outcomes (threshold standards)		
No.	Type	On successful completion of this module the student will be expected to be able to:
1	Knowledge and Understanding	Critically evaluate current practice in strength and conditioning
2	Knowledge and Understanding	Evaluate the use training and conditioning practice for a specific population
3	Intellectual, practical, affective and transferrable skills	Present advanced evidence based strength and conditioning skills and competencies to a wider audience

8a. Module Occurrence to which this MDF Refers				
Year	Occurrence	Period	Location	Mode of Delivery
2026/7	ZZF	Template For Face To Face Learning Delivery		Face to Face

8b. Learning Activities for the above Module Occurrence			
Learning Activities	Hours	Learning Outcomes	Details of Duration, frequency and other comments
Lectures	12	1-3	1 Hour lecture per week
Other teacher managed learning	24	1-3	2 Hour Practicals per week
Student managed learning	114	1-3	Completion of weekly readings, tasks and preparation for assessments
TOTAL:	150		

9. Assessment for the above Module Occurrence					
Assessment No.	Assessment Method	Learning Outcomes	Weighting (%)	Fine Grade or Pass/Fail	Qualifying Mark (%)
010	Coursework	1-2	50 (%)	Fine Grade	30 (%)
Report on training/conditioning strategies for a specific population (1500 word)					
Assessment No.	Assessment Method	Learning Outcomes	Weighting (%)	Fine Grade or Pass/Fail	Qualifying Mark (%)
011	Practical	1-3	50 (%)	Fine Grade	30 (%)
Present information on Strength and Conditioning Skills and Competencies (1500 word equiv.)					
In order to pass this module, students are required to achieve an overall mark of 40% (for modules at levels 3, 4, 5 and 6) or 50% (for modules at level 7*). In addition, students are required to: (a) achieve the qualifying mark for each element of fine graded assessment as specified above (b) pass any pass/fail elements [* the pass mark of 50% applies for all module occurrences from the academic year 2024/25 – see Section 3a of this MDF to check the level of the module and Section 8a of this MDF to check the academic year]					