Module Definition Form (MDF)

Module code: MOD005697	**Version:** 4 **Date Amended:** 14/Sep/2020

1. Module Title
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
5

3b. Module Type
Standard (fine graded)

4a. Credits
15

4b. Study Hours
150

5. Restrictions			
Type	**Module Code**	**Module Name**	**Condition**
Pre-requisites:	None		
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		

LEARNING, TEACHING AND ASSESSMENT INFORMATION

6a. Module Description

This role of the applied strength and conditioning (S&C) coach at all levels of sport has progressed in recent years and is now a fundamental role within the sport science support team. This module will provide an in-depth exploration of safe and effective S&C practice. You will develop an evidence based applied rationale for the role of S&C work in relation to different athletes. You will be introduced to the fundamental techniques and principles of athlete assessment, evaluation and training prescription in order to critically evaluate the individual's or team's needs. These applied modes will be discussed in the context of applying and disseminating your underlying scientific knowledge to optimise the athletes training considering the wide range of individuals you will encounter, the positive benefits this role can have as well as the social and professional responsibilities which are associated with S&C roles. Although the generic term "S&C" is applied to this training domain you will address the wider implications in relation the components of fitness: endurance, speed, strength, agility (or equiv areas). You will also explore the rationale for approaches used in relation to training programme design which will be under-scored by the issues of physiological and anatomical adaptation. As well as the module specific principles aligned to the UKSCA assessment process (required to become an accredited S&C Coach) you will also further enhance your key employability skills of communicating, presenting and interpreting scientific data.

6b. Outline Content

• Needs analysis and movement screening for performers in different sports

• Free weight lifting technique inc. Squats, deadlifts and derivatives of each

• Training techniques inc. coaching of performers in key movement patterns linked to different components of fitness

• Fundamentals of training programme design

• Practically demonstrating and leading (coaching) athlete development sessions

• Observing, analysing and feeding back to "athletes" on technique and performance

6c. Key Texts/Literature

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

6d. Specialist Learning Resources
Labs (inc. S&C lifting platforms)

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	Explain strength and conditioning training techniques for performers in different sports
2	Intellectual, practical, affective and transferrable skills	Demonstrate safe and effective strength and conditioning skills and competencies in relation to movement patterns and mechanics
3	Intellectual, practical, affective and transferrable skills	Analyse movement patterns of athletes providing evidence based coaching advice to improve performance

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	1-3	30 (%)	Fine Grade	30 (%)
Multiple in-class assessment based on lecture content and reading set week-to-week (equivalent to 1000 words)					

Assessment components for Element 010			
Component No.	**Assessment Title**	**Submission Method**	**Components needed for Mark Calculation?**
010/1	Computer Based Assessment 1	Scheduled Activity: Timetabled assessment task	Best 3 out of 4. All components used in calculation are equally weighted
010/2	Computer Based Assessment 2	Scheduled Activity: Timetabled assessment task	
010/3	Computer Based Assessment 3	Scheduled Activity: Timetabled assessment task	
010/4	Computer Based Assessment 4	Scheduled Activity: Timetabled assessment task	

Assessment No.	Assessment Method	Learning Outcomes	Weighting (%)	Fine Grade or Pass/Fail	Qualifying Mark (%)
011	Practical	1	70 (%)	Fine Grade	30 (%)
Practical assessment involving demonstration, coaching and Q&A. Additional submission of technique sheets. (equivalent to 2000 words).					

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]