

Module code: MOD010871	Version: 1 Date Amended: 07/Mar/2025
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1. Module Title
Strength and Conditioning

2a. Module Leader
Laura Northeast

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:			

LEARNING, TEACHING AND ASSESSMENT INFORMATION

6a. Module Description

This module will place a strong emphasis on learning to coach the fundamental foundation movements safely and effectively to a range of participants, within a professional strength and conditioning environment. You'll gain a detailed understanding of the physiological and biomechanical components underpinning specific movements and exercises which are essential for delivering effective training sessions to elicit desired outcomes. Additionally, you'll demonstrate the importance of developing and reflecting upon our own coaching skills and strategies to continuously improve as practitioners. Module content will align with the principles of the UK Strength & Conditioning Level 3 Trainer's Award.

6b. Outline Content

Indicative content will include:

- Needs analysis for performers with different sport and exercise goals
- Learning key foundation movements and developing competence in teaching them
- Learning free weightlifting technique (e.g., squats, high pulls and competence in teaching them).
- Practically demonstrating and leading (coaching) specific warm-up sessions
- Safe effective practice when using or working with people in the strength and conditioning/gym facility
- Critically reflecting and evaluating coaching skills

6c. Key Texts/Literature

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

6d. Specialist Learning Resources

Labs and S&C suite

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 reflect and evaluate your coaching skills and ability to deliver strength and conditioning based exercise sessions
2	Knowledge and Understanding	Demonstrate the knowledge and understanding of a wide range of strength and conditioning exercises and practices, including their effective use.
3	Intellectual, practical, affective and transferrable skills	Demonstrate competence in coaching foundation movements across a range of individual profiles
4	Intellectual, practical, affective and transferrable skills	Demonstrate safe, effective practice in the strength and conditioning facility/gym across a range of individual needs and competencies

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	30	1-4	3-hour lecture per week
Other teacher managed learning	10	1-4	Individual and small group seminars, and peer discussion/collaboration opportunities
Student managed learning	110	1-4	Additional reading, tasks, synthesis and assessment preparation
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	40 (%)	Fine Grade	30 (%)
Students are to critically reflect and evaluate their assessed session - 1000 words					
Assessment No.	Assessment Method	Learning Outcomes	Weighting (%)	Fine Grade or Pass/Fail	Qualifying Mark (%)
011	Practical	2-4	60 (%)	Fine Grade	30 (%)
Practical assessment of the student leading a warm-up and teaching foundational movement skills - 30 minutes					

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]