

CORPORATE AND ACADEMIC SERVICES

MODULE SPECIFICATION

Part 1: Basic Data					
Module Title	Principles of Strength and Conditioning				
Module Code	UISXM3-15-1	Level	1	Version	1
Owning Faculty	Hartpury	Field	Sport		
Contributes towards	BSc (Hons) Sports Conditioning and Injury Management				
UWE Credit Rating	15	ECTS Credit Rating	7.5	Module Type	Standard
Pre-requisites	None		Co-requisites	None	
Excluded Combinations	None		Module Entry requirements	None	
Valid From	01 September 2013		Valid to	01 September 2019	

CAP Approval Date	24 June 2013
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Part 2: Learning and Teaching	
Learning Outcomes	<p>On successful completion of this module students will be able to:</p> <ol style="list-style-type: none"> 1 Understand the principles of training and the adaptations of the body systems to training including the muscular, skeletal, endocrine, neural and energy production systems (A). 2 Demonstrate an understanding of the training methods needed to bring about these adaptations (A, B). 3 Utilise practical training methods in a range of environments (A, B). 4 Apply basic programming and periodisation skills to several different populations (B). 5 Demonstrate safe and effective execution of exercise (B). 6 Design and monitor the effects of basic training programmes on different populations (A, B). 7 Review the current body of literature relating to the conditioning of biological systems (A).
Syllabus Outline	<ol style="list-style-type: none"> 1 Principles of training and their application to relevant training needs. 2 Components of fitness and application of relevant training modalities specific to those components. 3 Screening and testing. 4 Responses of the body systems to demands of exercise and specific training. 5 Short and long term adaptations of the body and factors that affect this. 6 Designing and monitoring basic training programmes using adequate needs analysis and applying knowledge of above syllabus criteria. 7 This module has been benchmarked against the gym instruction professional qualification.

Contact Hours	<p>Indicative delivery modes:</p> <table border="0"> <tr> <td>Lectures, guided learning, seminars etc</td> <td style="text-align: right;">33</td> </tr> <tr> <td>Self directed study</td> <td style="text-align: right;">3</td> </tr> <tr> <td>Independent learning</td> <td style="text-align: right;">114</td> </tr> <tr> <td>TOTAL</td> <td style="text-align: right;">150</td> </tr> </table>	Lectures, guided learning, seminars etc	33	Self directed study	3	Independent learning	114	TOTAL	150				
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Teaching and Learning Methods	<p>Contact time will be divided through a combination of lectures, practical and seminars and sessions. It is expected that students will spend a minimum of 114 hours on independent learning as this is an essential component of modules at undergraduate level. Students will not be able to complete the module successfully without undertaking the required amount of independent learning. This independent learning will include a combination of lone study and individual, pair and group work. The virtual learning environment (VLE), email and phone calls will be used to keep in touch with students between scheduled sessions.</p> <p>Scheduled Learning May include lectures, practical sessions, case studies, tutorials and workshops.</p> <p>Independent Learning May include hours engaged with essential reading, case study preparation, assignment preparation and completion, etc. These sessions constitute an average time per level as indicated in the table below. Scheduled sessions may vary slightly depending on the module choices you make.</p> <p>Virtual Learning Environment (VLE) This specification is supported by a VLE where students will be able to find all necessary module information. Direct links to information sources will also be provided from within the VLE.</p>												
Key Information Sets Information	<p>Key Information Sets (KIS) are produced at programme level for all programmes that this module contributes to, which is a requirement set by HESA/HEFCE. KIS are comparable sets of standardised information about undergraduate courses allowing prospective students to compare and contrast between programmes they are interested in applying for.</p> <p>Key Information Set – Module Data</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 70%;">Number of credits for this module</td> <td style="width: 30%; text-align: center;">15</td> </tr> </table> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <thead> <tr> <th style="width: 15%;">Hours to be allocated</th> <th style="width: 25%;">Scheduled learning and teaching study hours</th> <th style="width: 20%;">Independent study hours</th> <th style="width: 20%;">Placement study hours</th> <th style="width: 20%;">Allocated Hours</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">150</td> <td style="text-align: center;">36</td> <td style="text-align: center;">114</td> <td style="text-align: center;">0</td> <td style="text-align: center;">150</td> </tr> </tbody> </table> <p>The table below indicates as a percentage the total assessment of the module which constitutes a:</p> <ol style="list-style-type: none"> 1 <i>Written Exam:</i> Unseen written exam, open book written exam, in-class test. 2 <i>Coursework:</i> Written assignment or essay, report, dissertation, portfolio, project. 3 <i>Practical Exam:</i> Oral Assessment and/or presentation, practical skills assessment, practical exam. 	Number of credits for this module	15	Hours to be allocated	Scheduled learning and teaching study hours	Independent study hours	Placement study hours	Allocated Hours	150	36	114	0	150
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	<p>Please note that this is the total of various types of assessment and will not necessarily reflect the component and module weightings in the Assessment section of this module description:</p> <p>Total assessment of the module:</p> <table border="1" data-bbox="927 344 1058 483"> <tr> <td>Written exam assessment percentage</td> <td>50%</td> </tr> <tr> <td>Coursework assessment percentage</td> <td>0%</td> </tr> <tr> <td>Practical exam assessment percentage</td> <td>50%</td> </tr> <tr> <td></td> <td>100%</td> </tr> </table>	Written exam assessment percentage	50%	Coursework assessment percentage	0%	Practical exam assessment percentage	50%		100%
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Reading Strategy	<p>Core Readings Any essential reading will be indicated clearly, along with the method for accessing it, e.g. students may be required to purchase a set text, be given a print study pack or be referred to texts that are available electronically or in the Library. Module guides will also reflect the range of reading to be carried out.</p> <p>Further Readings Further reading will be required to supplement the set text and other printed readings. Students are expected to identify all other reading relevant to their chosen topic for themselves. They will be required to read widely using the library search, a variety of bibliographic and full text databases, and Internet resources. Many resources can be accessed remotely. The purpose of this further reading is to ensure students are familiar with current research, classic works and material specific to their interests from the academic literature.</p> <p>Access and Skills Formal opportunities for students to develop their library and information skills are provided within the induction period and student skills sessions. Additional support is available through online resources. This includes interactive tutorials on finding books and journals, evaluation information and referencing. Sign up workshops are also offered.</p>								
Indicative Reading List	<p>The following list is offered to provide validation panels/accrediting bodies with an indication of the type and level of information students may be expected to consult. As such, its currency may wane during the life span of the module specification. However, as indicated above, CURRENT advice on readings will be available via other more frequently updated mechanisms, including the module guide.</p> <ul style="list-style-type: none"> • Beachle, T.R. and Earle, R.W. eds (Current Edition) <i>Essentials of Strength and Conditioning</i>. Champaign, IL: Human Kinetics. • Bompa, T. and Haff, G. (Current Edition) <i>Periodization: Theory and methodology of training</i>. Champaign, IL: Human Kinetics. • Coburn, J.W., and Malek, M.H. (Current Edition) <i>NSCA's essentials of personal training</i>. Champaign, IL: Human Kinetics. • Fleck, S.J. and Kraemer, W.J. (Current Edition) <i>Designing Resistance Training Programmes</i>. Champaign, IL: Human Kinetics. • Foran, B. ed (Current Edition) <i>High Performance Sports Conditioning</i>. Champaign, IL: Human Kinetics. • NSCA (Current Edition) <i>Exercise technique manual for resistance training</i>. Champaign, IL: Human Kinetics. • Stone, M.H., Stone, M. and Sands, M. (Current Edition) <i>Principles and practice of resistance training</i>. Champaign, IL: Human Kinetics. 								

Part 3: Assessment			
Assessment Strategy	<p>The module is assessed via a written examination and a practical examination. The written examination allows the students the opportunity to demonstrate that they have gained sufficient understanding of the underpinning theoretical knowledge of the module content. Component B's assessment offers students an opportunity to articulate their applied understanding of the application of this knowledge in a practical setting.</p> <p>In line with the College's commitment to facilitating equal opportunities, a student may apply for alternative means of assessment if appropriate. Each application will be considered on an individual basis taking into account learning and assessment needs. For further information regarding this please refer to the VLE.</p>		
Identify final assessment component and element	Written Examination.		
% weighting between components A and B (Standard modules only)		A:	B:
		50%	50%
First Sit			
Component A (controlled conditions) Description of each element		Element weighting	
1	Written Examination (1 hour)	100%	
Component B Description of each element		Element weighting	
1	Practical Examination (20 minutes)	100%	
Resit (further attendance at taught classes is not required)			
Component A (controlled conditions) Description of each element		Element weighting	
1	Written Examination (1 hour)	100%	
Component B Description of each element		Element weighting	
1	Practical Examination (20 minutes)	100%	
If a student is permitted an EXCEPTIONAL RETAKE of the module the assessment will be that indicated by the Module Description at the time that retake commences.			