



University of the  
West of England

## CORPORATE AND ACADEMIC SERVICES

### MODULE SPECIFICATION

Part 1: Basic data					
Module title	Applied Strength and Conditioning				
Module code	UISXSA-30-2	Level	2	Version	1
Owning faculty	Hartpury	Field	Sport Science		
Contributes towards	BSc (Hons) Sports Conditioning and Injury Management BSc (Hons) Sports Conditioning and Injury Management (SW)				
UWE credit rating	30	ECTS credit rating	15	Module type	Standard
Pre-requisites	Principles of Strength and Conditioning (UISXM3-15-1)	Co-requisites	None		
Excluded combinations	None	Module entry requirements	None		
Valid from	01 September 2014	Valid to	01 September 2020		

<b>CAP approval date</b>	17 February 2014
--------------------------	------------------

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"> <li>1 Demonstrate methods of training that will manipulate the components of fitness (A).</li> <li>2 Provide a rationale and justify the utilisation of different methods of planning of conditioning sessions (A, B).</li> <li>3 Design an effective plan for a sports specific conditioning session (A).</li> <li>4 Apply biomechanical principles in the planning of effective training (A, B).</li> <li>5 Demonstrate the ability to adapt to different coaching environments (A).</li> <li>6 Analyse the impact of current literature in relation to its effectiveness within sports performance (B).</li> </ol>								
Syllabus outline	<ol style="list-style-type: none"> <li>1 Biomechanical principles of resistance training.</li> <li>2 Components of sports-specific conditioning.</li> <li>3 Periodisation and planning of training.</li> <li>4 Holistic nature of sports conditioning.</li> <li>5 Coaching skills within an applied sports conditioning environment.</li> <li>6 Utilisation of scientific equipment and sports software packages.</li> <li>7 Psycho-physiological responses to training.</li> </ol>								
Contact hours	<p>Indicative delivery modes:</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 80%;">Lectures, guided learning, seminars etc</td><td style="text-align: right;">66</td></tr> <tr> <td>Self directed study</td><td style="text-align: right;">6</td></tr> <tr> <td>Independent learning</td><td style="text-align: right;">228</td></tr> <tr> <td><b>TOTAL</b></td><td style="text-align: right;"><b>300</b></td></tr> </table>	Lectures, guided learning, seminars etc	66	Self directed study	6	Independent learning	228	<b>TOTAL</b>	<b>300</b>
Lectures, guided learning, seminars etc	66								
Self directed study	6								
Independent learning	228								
<b>TOTAL</b>	<b>300</b>								

Teaching and learning methods	<p><b>Scheduled learning</b> May include lectures, seminars, tutorials, project supervision, demonstration, practical classes and workshops; and laboratory work.</p> <p><b>Independent learning</b> May include hours engaged with essential reading, case study preparation, assignment preparation and completion etc.</p> <p><b>Virtual learning environment (VLE)</b> 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><b>Key Information Set – Module Data</b></p> <table><tr><td>Number of credits for this module</td><td>30</td></tr></table> <table><tr><td>Hours to be allocated</td><td>Scheduled learning and teaching study hours</td><td>Independent study hours</td><td>Placement study hours</td><td>Allocated Hours</td></tr><tr><td>300</td><td>72</td><td>228</td><td>0</td><td>300</td></tr></table> <p>The table below indicates as a percentage the total assessment of the module which constitutes:</p> <p>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.</p> <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><tr><td>Written exam assessment percentage</td><td>0%</td></tr><tr><td>Coursework assessment percentage</td><td>40%</td></tr><tr><td>Practical exam assessment percentage</td><td>60%</td></tr><tr><td></td><td>100%</td></tr></table>	Number of credits for this module	30	Hours to be allocated	Scheduled learning and teaching study hours	Independent study hours	Placement study hours	Allocated Hours	300	72	228	0	300	Written exam assessment percentage	0%	Coursework assessment percentage	40%	Practical exam assessment percentage	60%		100%
Number of credits for this module	30																				
Hours to be allocated	Scheduled learning and teaching study hours	Independent study hours	Placement study hours	Allocated Hours																	
300	72	228	0	300																	
Written exam assessment percentage	0%																				
Coursework assessment percentage	40%																				
Practical exam assessment percentage	60%																				
	100%																				

Reading strategy	<p><b>Core readings</b></p> <p>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><b>Further readings</b></p> <p>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><b>Access and skills</b></p> <p>Formal opportunities for students to develop their library and information skills are provided within the induction period and study 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"> <li>• Beachle, T. R. and Earle, R. W., eds (Current Edition) <i>Essentials of Strength and Conditioning Second Edition</i>. Leeds: Human Kinetics.</li> <li>• Bompa, T. O. (Current Edition) <i>Periodisation - Theory and Methodology of Training</i>. Leeds: Human Kinetics.</li> <li>• Chandler, T. J. and Brown, L. E., eds. (Current Edition) <i>Conditioning For Strength and Human Performance</i>. Baltimore: Lippincott Williams and Wilkins.</li> <li>• Fleck, S. J, and Kraemer W. J. (Current Edition) <i>Designing Resistance Training Programmes Third Edition</i>. Leeds: Human Kinetics</li> <li>• Foran, B., ed. (Current Edition) <i>High-Performance Sports Conditioning</i>. Leeds: Human Kinetics.</li> <li>• Hamill, J. and Knutzen, K.M. (Current Edition) <i>Biomechanical Basis of Human Movement</i>. Philadelphia: Lippincott, Williams &amp; Wilkins.</li> </ul> <p>Journals:</p> <ul style="list-style-type: none"> <li>• Journal of Strength and Conditioning Research.</li> <li>• Strength and Conditioning Journal.</li> </ul> <p>Websites and databases:</p> <ul style="list-style-type: none"> <li>• The UK Strength and Conditioning Association <a href="http://www.ukzca.org.uk">www.ukzca.org.uk</a>.</li> </ul>

Part 3: Assessment				
Assessment Strategy	The module will be assessed through a practical examination and written assignment.			
	The practical examination is intended to replicate the industry (UK Strength and Conditioning Association) standard assessment format. It is a station-based practical examination assessing the coaching of sports performance training. Formative opportunities to practice the coaching of sports performance training will be made available within the practical sessions within the module.			
	The written assignment is intended to develop students' academic writing skills within the subject discipline of planning and preparation of training. Understanding and communicating the latest developments within the discipline is a key requirement of a successful practitioner. Students will be prepared for this assessment through discussion of current literature and theoretical content within module sessions.			
	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 VLE.			
Identify final assessment component and element		Practical examination.		
% weighting between components A and B (Standard modules only)			A:	B:
			60%	40%
First Sit				
Component A (controlled conditions) Description of each element			Element weighting	
1	Practical examination (30 minutes)		100%	
Component B Description of each element			Element weighting	
1	Written assignment (1,500 words)		100%	
Resit (further attendance at taught classes is not required)				
Component A (controlled conditions) Description of each element			Element weighting	
1	Practical examination (30 minutes)		100%	
Component B Description of each element			Element weighting	
1	Written assignment (1,500 words)		100%	
If a student is permitted an <b>EXCEPTIONAL RETAKE</b> of the module the assessment will be that indicated by the Module Description at the time that retake commences.				