University of the West of England
BRISTOL

ACADEMIC SERVICES

MODULE SPECIFICATION

Part 1: Basic Data						
Module Title	Practical Techniques in Strength and Conditioning					
Module Code	UISV64-15-M		Level	M	Version	1
UWE Credit Rating	15	ECTS Credit Rating	7.5	WBL module?	No	
Owning Faculty	Hartpury		Field	Sport Science		
Department	Sport		Module Type	Standard		
Contributes towards	MSc Applied Strength and Conditioning Postgraduate Diploma Applied Strength and Conditioning Postgraduate Certificate Applied Strength and Conditioning Postgraduate Diploma Sports Studies Postgraduate Certificate Sports Studies					
Pre-requisites	None		Co- requisites	None		
Excluded Combinations	None		Module Entry requirements	None		
First CAP Approval Date	20 January 2016		Valid from	01 September 2016		
Revision CAP Approval Date			Revised with effect from			

Review Date	01 September 2022

Part 2: Learning and Teaching	
Learning Outcomes	On successful completion of this module students will be able to: 1. Compose specifically devised systematic profiling to appraise the athletic capacities and capabilities of an athlete. (A) 2. Display mastery of basic and advanced assessments for a range of athletic qualities. (A) 3. Demonstrate a deep strategic understanding of instruction methods when assessing athletic capacities and capabilities in an athlete. (A) 4. Demonstrate technical mastery of athletic qualities within the systematic profiling of an athlete. (A) 5. Demonstrate advanced knowledge of the theoretical basis for selection of strength and conditioning activities. (B)

	6. Critically analyse and effectively disseminate findings derived from physiological and biomechanical assessments of an athlete. (B)
Syllabus Outline	Students will be provided with the opportunity to develop advanced knowledge and understanding of a variety of training techniques. Key topics that this module will cover include; • Critical examination of movement screening, • Biomechanical assessments of movement, • Assessment of jumping, landing and running mechanics, • Technical competency of upper and lower body training techniques, • Advanced assessments of a range of strength qualities, aerobic and anaerobic power, change of direction and agility capabilities.
Contact Hours	Indicative delivery modes: Lectures, guided learning, seminars etc. 36 Self-directed study 64 Independent learning 50 **TOTAL** **150**
Teaching and Learning Methods	**Scheduled learning** includes lectures, seminars, tutorials, project supervision, demonstration, practical classes and workshops; fieldwork; external visits; supervised time in studio/workshop. These scheduled learning sessions will be interactive, discursive, reflective, participatory, collaborative and practice related, employing a variety of teaching and learning methods. A relatively high amount of self-directed study in this module reflects the variety and the number of different schools of thought when applying scientific principles in practice. However, the scientific rigor of many sources of information that are available is questionable. To circumvent this problem, there will be an emphasis on reading a pre-determined list of articles related to different theories of practice that are grounded in scientific evidence. **Independent learning** includes 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.
Key Information Sets Information	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 postgraduate courses allowing prospective students to compare and contrast between programmes they are interested in applying for. **Key Information Set - Module data** *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 : 100 : 50 : 0 : 150 The table below indicates as a percentage the total assessment of the module which constitutes a -

	Written Exam: Unseen written exam, open book written exam, In-class test **Coursework**: Written assignment or essay, report, dissertation, portfolio, project **Practical Exam**: Oral Assessment and/or presentation, practical skills assessment, practical exam 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: Total assessment of the module: Written exam assessment percentage: 0% Coursework assessment percentage: 25% Practical exam assessment percentage: 75% 100%
Reading Strategy	**Essential Reading** Core material will be indicated to the student via pre-course material, module guides and through their accessing a dedicated VLE programme presence. No requirement for the purchase of set text(s) will be made and students will have full access to Hartpury library services, online applications, and inter-library loans. The input of the module leader will supplement the normal library provision expected at M-level so that research sources and relevant texts will be identified to the student and issues revolving around their access to them resolved. **Further Reading** 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 catalogue, 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, wider professional sources and in-house publications of related national accrediting and sports governing bodies – e.g. the British Association of Sport and Exercise Sciences (BASES), the United Kingdom Strength & Conditioning Association (UKSCA), British Weight Lifting (BWL) and the National Strength and Conditioning Association USA (NSCA). **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.
Indicative Reading List	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. Books: Beachle, T. R. and Earle, R. W., eds (Current Edition*). Essentials of Strength and Conditioning Second Edition*. Leeds: Human Kinetics. Chandler, T. J. and Brown, L. E., eds. (Current Edition). *Conditioning For Strength and Human Performance.* Baltimore: Lippincott Williams and Wilkins. Fleck, S. J, and Kraemer W. J. (Current Edition). *Designing Resistance Training Programmes*. Leeds: Human Kinetics. Foran, B., ed. (Current Edition). *High-Performance Sports Conditioning*. Leeds: Human

	Kinetics. Hamill, J. and Knutzen, K.M. (Current Edition). *Biomechanical Basis of Human Movement.* Philadelphia: Lippincott, Williams & Wilkins. Joyce, D. and Lewindon, D. (Current Edition). *High-Performance Training for Sports*. Leeds: Human Kinetics. Journals: Strength and Conditioning Journal UKSCA Performance Journal

Part 3: Assessment	
Assessment Strategy	The aim of the assessment strategy for this module centres on evaluating practical mastery across a range of exercise techniques in addition to an ability to effectively communicate complex theories and concepts. Individual Practical Skills Assessment: This assessment considers the importance of in-depth physiological and/or biomechanical testing that provides a profile of a youth athlete. Students have to demonstrate technical mastery and an ability to organise a testing battery that is efficient in producing findings that can be used to inform the decision making process when composing a training programme. Individual Feedback Report: This feedback report will provide the learner with the opportunity to deliver advice to a specific audience based upon the interpretation of biomechanical and physiological profiling data obtained through appropriately devised assessments. 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	Individual feedback report	
% weighting between components A and B (Standard modules only)	**A:** **75%**	**B**: **25%**

First Sit	
Component A (controlled conditions) **Description of each element**	**Element weighting**
1. Individual practical skills assessment	100%
Component B **Description of each element**	**Element weighting**
1. Individual feedback report (1000 words)	100%

Resit (further attendance at taught classes is not required)	
Component A (controlled conditions) **Description of each element**	**Element weighting**

1. Individual practical skills assessment	100%
Component B **Description of each element**	**Element weighting**
1. Individual feedback report (1000 words)	100%
If a student is permitted a retake of the module under the University Regulations and Procedures, the assessment will be that indicated by the Module Description at the time that retake commences.	