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## MODULE DESCRIPTOR

### Module Title

Strength and Conditioning

Reference	HS3110	Version	3
Created	March 2017	SCQF Level	SCQF 9
Approved	September 2015	SCQF Points	15
Amended	August 2017	ECTS Points	7.5

### Aims of Module

To develop an understanding of relevant theory, practical delivery and applied research concerning effective strength and conditioning training of athletes.

### Learning Outcomes for Module

On completion of this module, students are expected to be able to:

- 1 Justify use of selected strength and conditioning exercises and coach in a safe and effective manner
- 2 Evaluate research on the effectiveness of contemporary training strategies.
- 3 Apply fundamental training theory to the evaluation of contemporary training methods.

### Indicative Module Content

Training theory; coaching skills; resistance training; maximum power training; aerobic conditioning; anaerobic conditioning; novel training methods; periodisation; plyometric training; speed training; agility training; practical sessions covering the demonstration and evaluation of: deadlift, squat, olympic lifts and derivatives; plyometric exercises; speed exercises and agility exercises.

### Module Delivery

Lectures supported by practical components and individual study.

### Indicative Student Workload

	Full Time	Part Time
Contact Hours	30	N/A
Non-Contact Hours	120	N/A
Placement/Work-Based Learning Experience [Notional] Hours	N/A	N/A
TOTAL	150	N/A
<i>Actual Placement hours for professional, statutory or regulatory body</i>		

**ASSESSMENT PLAN**

If a major/minor model is used and box is ticked, % weightings below are indicative only.

**Component 1**

Type: Coursework Weighting: 25% Outcomes Assessed: 1  
Description:

**Component 2**

Type: Coursework Weighting: 75% Outcomes Assessed: 2, 3  
Description:

**MODULE PERFORMANCE DESCRIPTOR****Explanatory Text**

Individual grading proformas used to mark the two components. Overall module grade determined using the matrix below:

		Coursework:						NS
		A	B	C	D	E	F	
Practical Exam:	A	A	B	B	C	E	E	
	B	A	B	C	C	E	E	
	C	B	B	C	D	E	E	
	D	B	C	C	D	E	E	
	E	E	E	E	E	E	F	
	F	E	E	E	E	E	F	
	NS	Non-submission of work by published deadline or non-attendance for examination						

**Module Requirements**

Prerequisites for Module	Successful completion of Stages 1 and 2 of the BSc (Hons) Applied Sport and Exercise Science course or equivalent.
Corequisites for module	None.
Precluded Modules	None.

**INDICATIVE BIBLIOGRAPHY**

- 1 HAFF, G. G, and TRAVIS TRIPLETT, N., eds. 2015. Essentials of strength training and conditioning. 4th edition. Illinois: Human kinetics.
- 2 JOYCE, D. and LEWINDON, D. eds., 2014. High-performance training for sports. Illinois: Human Kinetics.
- 3 TURNER, A, and COMFORT, P., eds. 2017. Advanced strength and conditioning: an evidence-based approach. Abinfdon-on-Thames:Routledge.
- 4 The Journal of Strength and Conditioning Research.
- 5 The Strength & Conditioning Journal.