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MODULE DESCRIPTOR

Module Title

Strength and Conditioning

Reference	HS3110	Version	4
Created	August 2019	SCQF Level	SCQF 9
Approved	September 2015	SCQF Points	15
Amended	September 2019	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: 100% Outcomes Assessed: 1, 2, 3
 Description:

MODULE PERFORMANCE DESCRIPTOR**Explanatory Text**

One component of assessment. Grade gained from assessment will determine overall module grade

Module Grade	Minimum Requirements to achieve Module Grade:
A	A
B	B
C	C
D	D
E	E
F	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. Abingdon-on-Thames: Routledge.
- 4 The Journal of Strength and Conditioning Research.
- 5 The Strength & Conditioning Journal.