MODULE DESCRIPTOR

Module Title

Strength and Conditioning

Reference	HS3110	Version	5
Created	April 2021	SCQF Level	SCQF 9
Approved	September 2015	SCQF Points	15
Amended	June 2021	ECTS Points	7.5

Aims of Module

This module aims to develop an understanding of training theory, applied programming and evaluation of research relevant to effective physical preparation of athletes.

Learning Outcomes for Module

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

1	Evaluate relevant training research to develop multiple components of fitness.
2	Compare and contrast training research on the effectiveness of training strategies, specific to populations.
3	Interpret training research and propose guidelines incorporating integration of acute programme variables.
4	Demonstrate the necessary professionalism through attendance at learning opportunities required for safe practice.

Indicative Module Content

Training theory; strength & power training; aerobic and anaerobic training; speed, agility and change of direction training; programming and periodisation; coaching science.

Module Delivery

Blended delivery comprising on campus and online learning and engagement. This will include ? Digital Learning Resources, Tutorials and Practical sessions.

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
Actual Placement hours for professional, statutory or regulatory body		

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ASSESSMENT PLAN

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

Component 1

Type:	Practical Exam	Weighting:	100%	Outcomes Assessed:	1, 2, 3
Description:	Presentation				

Component 2

Type:	Coursework	Weighting:	0%	Outcomes Assessed:	4
Description:	Minimal module attendance requirement of 80%				

MODULE PERFORMANCE DESCRIPTOR

Explanatory Text

Component 1 grade based on grading proforma. Component 2 is a minimum modular attendance requirement of 80%

Module Grade	Minimum Requirements to achieve Module Grade:
A	Component 1 A; Component 2 Pass
B	Component 1 B; Component 2 Pass
C	Component 1 C; Component 2 Pass
D	Component 1 D; Component 2 Pass
E	Component 1 E; Component 2 Pass
F	Component 1 F and/or fails Component 2
NS	Non-submission of work by published deadline or non-attendance for examination

Module Requirements

Prerequisites for Module	Successful completion of Stage 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.