

## MODULE DESCRIPTOR

### Module Title

Strength and Conditioning

Reference	HS3110	Version	6
Created	April 2024	SCQF Level	SCQF 9
Approved	September 2015	SCQF Points	15
Amended	May 2024	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; scientific assessment to support sustainable development.

### 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
<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: 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:
<b>A</b>	Component 1 A; Component 2 Pass
<b>B</b>	Component 1 B; Component 2 Pass
<b>C</b>	Component 1 C; Component 2 Pass
<b>D</b>	Component 1 D; Component 2 Pass
<b>E</b>	Component 1 E; Component 2 Pass
<b>F</b>	Component 1 F and/or fails Component 2
<b>NS</b>	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. Abingdon-on-Thames:Routledge.
- 4 The Journal of Strength and Conditioning Research.
- 5 The Strength & Conditioning Journal.