

MODULE DESCRIPTOR

Module Title	Advanced Strength and Conditioning Practices
Course Title	BSc (Hons) Sport Coaching and Analysis 4162
School	<input checked="" type="checkbox"/> ASC <input type="checkbox"/> ACI <input type="checkbox"/> BEA <input type="checkbox"/> BUS <input type="checkbox"/> ENG <input type="checkbox"/> HSC <input type="checkbox"/> LSS
Division	Human Sciences
Parent Course (if applicable)	
Level	6
Module Code (showing level)	ASC_6_433
JACS Code (completed by the QA)	
Credit Value	20 credit points
Student Study Hours	Total Learning Hours: 200 Contact hours: 45 Lecture / tutorial 36 Practical 9 Student managed learning hours: 149
Pre-requisite Learning	None
Co-requisites	None
Excluded combinations	None
Module co-ordinator	Name: Steve Hunter Email: steve.hunter@lsbu.ac.uk
Short Description (max. 100 words)	This module is designed to advance students' understanding of strength and conditioning. It includes selection, administration and interpretation of exercise tests. It will develop the theory of periodisation and approaches to programme design to include sport and athlete performance profiling. It will evaluate recovery strategies and the issue of over training. Technological aids in optimising performance, such as hypoxia, will be addressed, as will the challenges of certain environmental factors in order to support athletes in optimising their approaches to training and performance.
Aims	The aims of this module are: <ol style="list-style-type: none"> 1. To develop a critical approach to the selection of athlete testing and evaluation. 2. To enable students to construct evidence based training programmes and evaluate strategies for recovery. 3. To propose strategic approaches to performance optimisation via the use of training aids. 4. To evaluate the impact of and develop strategies to minimise and / or optimise the environmental challenges to training and performance.
Learning Outcomes (4 to 6 outcomes)	By the end of this module, students will be able to:

	<ol style="list-style-type: none"> 1. To develop a critical approach to the selection of athlete testing and evaluation. 2. To enable students to construct evidence based training programmes and evaluate strategies for recovery. 3. To propose strategic approaches to performance optimisation via the use of training aids 4. To evaluate the impact of and develop strategies to minimise and / or optimise the environmental challenges to training and performance
Employability	The module is designed to equip students with the skills to design testing and training strategies that will deliver specific desired outcomes. In addition students will be able to explain the challenges imposed by training and performing under different environmental conditions and address approaches to optimise recovery and minimise overtraining. This will enable them to be effective providers of conditioning support in competitive sport arenas.
Teaching and learning pattern	Contact hours includes the following: (please click on the checkboxes as appropriate) <input checked="" type="checkbox"/> Lectures <input checked="" type="checkbox"/> Group Work: <input type="checkbox"/> Seminars <input type="checkbox"/> Tutorial: <input checked="" type="checkbox"/> Laboratory <input type="checkbox"/> Workshops <input checked="" type="checkbox"/> Practical <input type="checkbox"/> VLE Activities
Indicative content	<p>Advanced periodisation theory. Training programme design considerations (eg; contrast training; use of hypoxia, use of vibration.) Critical evaluation of emerging technologies – (e.g pre-cooling; cryotherapy; hypoxia) Selection of athlete test protocol data evaluation and interpretation. Overtraining and recovery strategies.</p>
Assessment method (Please give details – of components, weightings, sequence of components, final component)	<p>Formative assessment - Oral presentation demonstrating and arguing a well-reasoned and scientifically justified selection of exercise tests for the assessment of a self-selected 'athlete type'.</p> <p>Summative assessment - Athlete profile (100%) 2000 words</p>
Mode of resit assessment (if applicable)	<p>Formative assessment: Assessment-specific guidance in preparation for the resit assessment.</p> <p>Summative assessment: As above.</p>
Indicative Sources (Reading lists)	<ol style="list-style-type: none"> 1. Haff G.G. & Triplett. N.T., (2016) <i>Essentials of Strength Training and Conditioning</i> 4th Ed Champaign Ill, Human Kinetics 2. Bompa. T., and Buzzichelli. C.,A. (2019) <i>Periodization Theory and Methodology of Training</i> 6th Ed. Champaign Ill, Human Kinetics 3. Chandler T.J. (2011) <i>Conditioning for Strength and Human Performance</i> 2nd Ed. Philadelphia. Lippincot, Williams and Wilkins 4. McGill E.A., & Montel. I., (2019) <i>Essential of Sports Performance Training</i>. Burlington MA: Jones and Bartlett Learning. 5. Reilly, T., & Waterhouse, J. (2005). <i>Sport, exercise and environmental physiology</i>. Amsterdam: Elsevier. 6. Reilly, T., Atkinson, G., & Waterhouse, J. (1997). <i>Biological rhythms and exercise</i>. Oxford: Oxford University Press. 7. Wilber, R.L. (2004). <i>Altitude training and athletic performance</i>. Champaign IL: Human Kinetics.
Other Learning Resources	VLE

