MODULE DESCRIPTOR
Definitive Document

Module Code	**STYH01**
Version	1.1
Module Title	**Strength Training, Conditioning and Rehabilitation**
Credits	20
Valid From	1st September 2017
Status	Validated
Subject Board	STY
Academic Level (FHEQ)	6
Study Period	X
Prerequisites and co-requisites	None
Not available to students taking/having taken	N/A

Content (Indicative)

- Testing, evaluation and exercise techniques (principles/warm-up, flexibility and core stability/resistance and spotting techniques)
- Specific programme training design: training variation, rehabilitation and reconditioning
- Basic Olympic lifting principles and their role in preparation for sports performance
- An introduction to periodization
- Specific training and conditioning considerations for disabled persons/athletes

Teaching and Learning Experience

Modes of delivery:

- Blended Learning, Lectures, practicals, tutorials and seminars (40 hours)
- Clinical Hours (160 hours)

Module Learning Outcomes (MLOs)

On successful completion of this module students will be able to:

1. Design, deliver and critically evaluate strength and conditioning programmes for disabled and able-bodied athletes
2. Demonstrate systemic understanding of key aspects and practical competency in strength and conditioning
3. Be able to apply knowledge and systemic understanding of the exercise sciences to the principles of strength and conditioning and rehabilitation
4. Be able to critically evaluate, devise and sustain arguments on different training types and the principles that underpin them

Assessment

Assessment task	Load	Weighting	Learning outcomes assessed
Coursework (not marked anonymously)	up to 2,000 words (or equivalent)	40%	1, 3-4
Practical exam (not marked anonymously)	up to 3000 words (or equivalent)	60%	2

Indicative reading

Books

Baechle, T. R. and Earle, R. W. Eds (2008). *Essentials of strength and conditioning: National Strength and Conditioning Association.* Champaign, IL: Human Kinetics

Fleck, S. J. and Kraemer, W. J. (2014). *Designing resistance training programs (4th ed).* Champaign, IL: Human Kinetics

Foran, B. (Ed) (2001). *High-Performance sports conditioning: modern training for ultimate athletic development*. Champaign, IL: Human Kinetics

Gambetta, V. (2007). *Athletic development: The art and science of functional sports conditioning*. Champaign, IL: Human Kinetics

Hamill, J. & Knutzen, K. (2009). *Biomechanical basis of human movement (3rd edition*). Baltimore, USA: Lippincott, Williams & Wilkins.

Hoffman, J. (2014). *Physiological aspects of sport training and performance*. Champaign, IL: Human Kinetics.

McArdle , W. Katch, K. & Katch, V. (2014). *Exercise physiology:- energy, nutrition & human performance (8th ed)*. Philadelphia: Lippincott Williams and Wilkins

NSCA Certification Commission, (2008). *Exercise technique manual for resistance training. (2nd ed*). Champaign, IL: Human Kinetics

Wilmore, J. H. and Costill, D. L. (2008). *Physiology of sport and exercise (3rd ed).* Champaign, IL: Human Kinetics

Journals

American Journal of Sports Medicine
British Journal of Sports Medicine
Journal of Sports Medicine and Physical Fitness
Medicine and Science in Sports and Exercise
Sportex
Sports Medicine

Websites

http://www.physio-pedia.com/
http://www.sportsinjuryclinic.net/sport-injuries