HARTPURY UNIVERSITY

Module Descriptor

Part 1: Basic Data						
Module Title	Principles of Strength and Conditioning for Sports Therapy					
Module Code	HSPVN8-15-4		Level	4	Version	1.0
Credit Rating	15		ECTS Credit Rating	7.5		
Teaching Institution	Hartpury	Department	Sport	Module Type	Standard	
Contributes towards	BSc (Hons) Sports Therapy					
Professional Accrediting Body	The Society of Sports Therapists		Module Entry requirements	None		
Pre-requisites	None		Excluded Combinations	None		
Most recent Validation Date	21 March 2022		Due for re-validation by	01 September 2027		
Amendment Approval Date			Approved with effect from	V1.0 - 01 September 2022		

Part 2: Module Content	
Learning Outcomes	On successful completion of this module students will be able to: 1. Understand the principles of training and the adaptations of the body systems to training (A) 2. Demonstrate an understanding of the training methods needed to bring about adaptations of body systems (A) 3. Utilise practical training methods in a range of environments through safe and effective execution (A) 4. Apply basic training programming skills (A)
Syllabus Outline	• Principles of training and their application to relevant training needs • Components of fitness and application of relevant training modalities specific to those components • Responses of the body systems to demands of exercise and specific training. • Short and long term adaptations of the body and factors that affect this • Designing and monitoring basic training programmes using adequate needs analysis and applying knowledge of above syllabus criteria • Safe and effective execution of training methods

Part 3: Learning, Teaching and Assessment	
Description of Learning and Teaching	Contact time will be divided between a combination of lectures, practical sessions and independent learning activitiesand will include a combination of individual, pair and group work. **Virtual Learning Environment (VLE)** This specification is supported by a VLE where students will be able to find all necessary module information. Direct links to information sources will also be provided from within the VLE.
Resource Strategy	**Essential reading** Essential material will be indicated to the student via pre-course material, module guides and through their accessing a dedicated VLE presence. No requirement for the purchase of set text(s) will be made unless explicitly stated and students will have full access to library services, online applications, and inter-library loans. **Further reading** Students are expected to identify all other reading relevant to their chosen topic for themselves. They will be required to read widely using the library catalogue, a variety of bibliographic and full text databases, and Internet resources. Many resources can be accessed remotely. The purpose of this further reading is to ensure students are familiar with current research, classic works and material specific to their interests from the academic literature and wider professional sources. **Access and skills** Formal opportunities for students to develop their library and information skills are provided within the induction period and student skills sessions. Additional support is available through online resources. This includes interactive tutorials on finding books and journals, evaluation information and referencing. Sign up workshops are also offered.
Assessment Strategy	This module will be assessed according to the approved Hartpury Academic Regulations including any specific regulations detailed within the student's programme specification. The practical examination will assess students' ability to implement the techniques learned in the module within an applied strength and conditioning setting. Students will be required to incorporate both their theoretical knowledge and practical skill set to execute an effective approach towards programming for the improvement of athletic performance. Students will be prepared for this assessment through discussion of current literature and theoretical and practical content within module sessions. The assessment will be a group-based exercise during which each member of the group must coach a specific element of their outlined training session before being asked specific questions on the theory and execution. Students will receive individual marks. A student may apply for alternative means of assessment if appropriate. Each application will be considered on an individual basis taking into account learning and assessment needs. For further information regarding this please refer to the VLE.

Identify final assessment component and element	A1	
% weighting between components A and B (Standard modules only)	**A:** **100%**	**B**: **0%**

First Sit	
Component A **Description of each element**	**Element weighting** **(as % of component)**
1. Group Seen Practical Examination individually marked (30 minutes)	100%

Resit (further attendance at taught classes is not required)	
Component A **Description of each element**	**Element weighting** **(as % of component)**
1.Seen Practical Examination (15 minutes)	100%
If a student is permitted a retake of the module under the Academic Regulations, the assessment will be that indicated by the Module Specification at the time that retake commences.	

Part 4: Unistats Information

Unistats Information

The Office for Students (OfS) require Unistats information to be produced at programme level for all undergraduate programmes of more than one year in length. These are comparable sets of standardised information about undergraduate courses allowing prospective students to compare and contrast between programmes they are interested in applying for.

Expected learning hours for the module:

Hours to be allocated	Scheduled learning and teaching study hours	Independent study hours	Placement study hours
150	48	102	0

Please note that this is the total of various types of assessment and will not necessarily reflect the component and module weightings in the Assessment section of this module description:

Total assessment of the module	Percentage
Written Examination (Written Examination / Written Test)	0%
Coursework (Coursework / Report / Portfolio)	0%
Practical Examination (Practical Skills Examination)	100%
Total	100%

Module Amendment Log

Module Title:	Principles of Strength and Conditioning for Sports Therapy
Module Code:	HSPVN8-15-4
Initial Approval Date:	21 March 2022

Approved Module Changes (most recent at the top):

Outline Change Details: New module	
Approval Committee and Date:	Refresh Approval Panel action 2022 03 21
Change approved with effect from:	01 September 2022
Resulting new version number:	1.0

Initial HECOS code:	100098 Sports Studies
Initial module description for Course Marketing Purposes: The purpose of this module is to introduce students to basic principles of athletic development and how to further athletic performance through the utilisation of strength and conditioning.	