

## Module Descriptor

Part 1: Basic Data					
Module Title	Strength and Conditioning				
Module Code	WSPVDY-30-4	Level	4	Version	2.0
Credit Rating	30	ECTS Credit Rating	15		
Teaching Institution	University Centre Weston	Department	Sport	Module Type	Standard
Contributes towards	FdSc Sports Studies FdSc Sports Studies (Football)				
Professional Accrediting Body	None	Module Entry requirements	None		
Pre-requisites	None	Excluded Combinations	None		
Most recent Validation Date	28 March 2022	Due for re-validation by	01 September 2027		
Amendment Approval Date		Approved with effect from	V2.0 - 01 September 2022		

Part 2: Module Content	
Learning Outcomes	<p>On successful completion of this module students will be able to:</p> <ol style="list-style-type: none"> <li>1 Understand the relationship of anatomy and physiology to strength and conditioning (A)</li> <li>2 Demonstrate an understanding of the cardiovascular, neuromuscular and respiratory systems at rest and during exercise (A, B)</li> <li>3 Understand the components of fitness and how they underpin the structure of fitness programming (A, B)</li> <li>4 Apply strength and conditioning principles to meet the specific needs of athletes (B)</li> </ol>
Syllabus Outline	<ul style="list-style-type: none"> <li>• The general functions/locations of the skeletal system.</li> <li>• The joints within the skeletal system and the movement planes provided by these joints.</li> <li>• The general functions/locations of the muscular-skeletal system.</li> <li>• The structure of muscles and the neural pathways associated with muscular contraction (sliding filament theory).</li> <li>• The physiological make-up of the body focusing on the cardiovascular system and the respiratory system.</li> <li>• How the physiological systems contribute to the distribution of blood, oxygen and nutrients, and how exercise influences this.</li> </ul>

	<ul style="list-style-type: none"> <li>• Energy systems and their contribution to the energy continuum within physical activity.</li> <li>• The adaptation of the muscular and skeletal system in relation to exposure to exercise.</li> <li>• The health and fitness components of exercise including the FITT principles of training.</li> <li>• Different methods of fitness training that are specific to client needs.</li> <li>• Clients screening, goal setting and health and safety of exercise prescription.</li> <li>• Creating specific training programmes catering for client goals and using the principles of training to develop and enhance these programmes.</li> <li>• Utilise a range of laboratory based and field-based tests for strength and conditioning.</li> </ul>
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<b>Part 3: Learning, Teaching and Assessment</b>	
Description of Learning and Teaching	<p>Introductory lectures are supported by seminars, case studies, visits and practical workshops. In addition this module will be supported by interactive forums and learning tools.</p> <p><b>Scheduled Learning</b> May include lectures, seminars, tutorials, demonstration, practical classes and workshops; external visits; supervised time in studio/workshop, and self-directed study.</p> <p><b>Independent Learning</b> May include essential reading, case study preparation, assignment preparation and completion.</p> <p><b>Virtual Learning Environment (VLE), or equivalent</b> This module 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.</p>
Resource Strategy	<p><b>Essential reading</b> 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.</p> <p><b>Further reading</b> 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.</p> <p><b>Access and skills</b> 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.</p>

Assessment Strategy	<p>This module will be assessed according to the approved Hartpury Academic Regulations including any specific regulations detailed within the student's programme specification.</p> <p>Aim: Students will be expected to demonstrate their breadth of anatomy and physiology knowledge through a test (component A). A written assignment will require students to demonstrate their ability to develop a training programme for a designated athlete/client (component B).</p> <p>Opportunities for formative assessment exist for the assessment strategy used. Verbal feedback is given and all students will engage with personalised tutorials setting SMART targets as part of the programme design.</p> <p>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.</p>
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Identify final assessment component and element	A1	
% weighting between components A and B	<b>A:</b> 40%	<b>B:</b> 60%
<b>First Sit</b>		
<b>Component A</b> Description of each element	<b>Element weighting</b> (as % of component)	
1. Test (2 hours)	100%	
<b>Component B</b> Description of each element	<b>Element weighting</b> (as % of component)	
1. Coursework (2,000 words)	100%	

<b>Resit (further attendance at taught classes is not required)</b>	
<b>Component A</b> Description of each element	<b>Element weighting</b> (as % of component)
1. Test (2 hours)	100%
<b>Component B</b> Description of each element	<b>Element weighting</b> (as % of component)
1. Coursework (2,000 words)	100%
<b>Please note: 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.</b>	

<b>Part 4: Unistats Information</b>												
Unistats Information	<p>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.</p> <p>Expected learning hours for the module:</p> <table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td>Hours to be allocated</td> <td>Scheduled learning and teaching study hours</td> <td>Independent study hours</td> <td>Placement study hours</td> </tr> <tr> <td style="text-align: center;">300</td> <td style="text-align: center;">90</td> <td style="text-align: center;">210</td> <td style="text-align: center;">0</td> </tr> </table>				Hours to be allocated	Scheduled learning and teaching study hours	Independent study hours	Placement study hours	300	90	210	0
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300	90	210	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 Test)	40%
Coursework (Coursework)	60%
Practical Examination (Practical Skills Examination / Practical Skills Assessment / Oral Assessment)	0%
Total	100%

## Module Amendment Log

<b>Module Title:</b>	Strength and Conditioning
<b>Module Code:</b>	WSPVDY-30-4
<b>Initial Approval Date:</b>	10 July 2019

### Approved Module Changes (most recent at the top):

<b>Current version number: 1.0</b>	
<b>Outline Change Details:</b> Information re-ordered for new module template.	
<b>Material Alteration: No</b>	
<b>Rationale:</b> Document amended to meet requirements of new 2022 template.	
<b>Module description for Course Marketing Purposes:</b> N/A	
<b>Change requested by: Joel Powis</b> I can confirm that all programme managers have been consulted and support this change I can confirm that student representatives have been consulted about this change I have retained evidence of this consultation which has been placed in the Module File	
	
<b>Signature:</b>	<b>Date: 23.03.2022</b>
<b>Name of Head of Department: Sarah Lee</b>	
<ul style="list-style-type: none"> <li>• I confirm that this change does not require additional resources beyond the scope of those already present or planned for by the department, and have not included a completed Resource Impact and Authorisation Form</li> <li>• I can confirm that this change does not require a change to the HECOS code</li> </ul>	
<b>Signature:</b> S Lee	<b>Date: 23/03/2022</b>
<b>Approval Committee and Date:</b>	CSP Chairs Action 2022 03 28
<b>Change approved with effect from:</b>	01 September 2022
<b>Resulting new HECOS code:</b>	100433 Sport and Exercise Sciences
<b>Resulting new version number:</b>	2.0

<b>Current version number: 0</b>	
<b>Outline Change Details:</b> new module	
<b>Rationale:</b> A new module for a programme new to Hartpury University validation.	
<b>Approval Committee and Date:</b>	CVC 2019 07 10
<b>Change approved with effect from:</b>	1 September 2019
<b>Resulting new version number:</b>	1.0

<b>Initial HECOS code:</b>	100433 Sport and Exercise Sciences
<b>Initial module description for Course Marketing Purposes:</b> N/A	