



Module Descriptor

Title	Contemporary Issues in Strength and Conditioning		
Session	2024/25	Status	
Code	SPOR11025	SCQF Level	11
Credit Points	30	ECTS (European Credit Transfer Scheme)	10
School	Health and Life Sciences		
Module Co-ordinator	A Dello Iacono		

Summary of Module

Applications of strength and conditioning (S&C) are complex, with multidisciplinary knowledge required by practitioners. Therefore, this practical module focuses on developing a broad and critical understanding of S&C through the exploration of current research and practice. Module topics will be multidisciplinary and may include novel training methodologies and technologies, psychology, nutrition, injury prevention and rehabilitation, and coaching science in S&C.

This module will assist the student in the development of key 'I am UWS Graduate Attributes' to allow those that complete this module to be:

Universal:

- Critical Thinker, Emotionally Intelligent, Collaborative

Work Ready:

- Problem -solver, Motivated, Potential Leader

Successful:

- Innovative, Resilient, Transformational

This module is aligned with the US SDG #3:

Ensure healthy lives and promote well-being for all at all ages

Module Delivery Method	On-Campus¹ <input type="checkbox"/>	Hybrid² <input checked="" type="checkbox"/>	Online³ <input type="checkbox"/>	Work -Based Learning⁴ <input type="checkbox"/>		
Campuses for Module Delivery	<input type="checkbox"/> Ayr <input type="checkbox"/> Dumfries	<input checked="" type="checkbox"/> Lanarkshire <input type="checkbox"/> London <input type="checkbox"/> Paisley	<input type="checkbox"/> Online / Distance Learning <input type="checkbox"/> Other (specify)			
Terms for Module Delivery	Term 1	<input checked="" type="checkbox"/>	Term 2	<input type="checkbox"/>	Term 3	<input type="checkbox"/>
Long-thin Delivery over more than one Term	Term 1 – Term 2	<input type="checkbox"/>	Term 2 – Term 3	<input type="checkbox"/>	Term 3 – Term 1	<input type="checkbox"/>

Learning Outcomes	
L1	Demonstrate a critical understanding of contemporary issues and practice in strength and conditioning.
L2	Critically evaluate current research and practice related to contemporary issues in strength and conditioning.
L3	Reflect upon athlete case studies from a multidisciplinary perspective.
L4	
L5	

Employability Skills and Personal Development Planning (PDP) Skills	
SCQF Headings	During completion of this module, there will be an opportunity to achieve core skills in:
Knowledge and Understanding (K and U)	SCQF 11 Demonstrate and/or work with: <ul style="list-style-type: none"> • A critical understanding of a range of specialised theories, concepts and principles. • Extensive, detailed and critical knowledge and understanding in one or more specialisms, much of which is at, or informed by, developments at the forefront. • A critical awareness of current issues in a subject/discipline/sector and one or more specialisms.

¹ Where contact hours are synchronous/ live and take place fully on campus. Campus-based learning is focused on providing an interactive learning experience supported by a range of digitally-enabled asynchronous learning opportunities including learning materials, resources, and opportunities provided via the virtual learning environment. On-campus contact hours will be clearly articulated to students.

² The module includes a combination of synchronous/ live on-campus and online learning events. These will be supported by a range of digitally-enabled asynchronous learning opportunities including learning materials, resources, and opportunities provided via the virtual learning environment. On-campus and online contact hours will be clearly articulated to students.

³ Where all learning is solely delivered by web-based or internet-based technologies and the participants can engage in all learning activities through these means. All required contact hours will be clearly articulated to students.

⁴ Learning activities where the main location for the learning experience is in the workplace. All required contact hours, whether online or on campus, will be clearly articulated to students

Practice: Applied Knowledge and Understanding	<p>SCQF 11</p> <p>Apply knowledge, skills and understanding:</p> <ul style="list-style-type: none"> • In using a range of specialised skills, techniques, practices and/or materials that are at the forefront of, or informed by forefront developments. • In demonstrating originality and/or creativity, including in practices. • To practise in a wide and often unpredictable variety of professional level contexts.
Generic Cognitive skills	<p>SCQF 11</p> <ul style="list-style-type: none"> • Apply critical analysis, evaluation and synthesis to forefront issues, or issues that are informed by forefront developments in the subject/discipline/sector. • Identify, conceptualise and define new and abstract problems and issues. • Develop original and creative responses to problems and issues. • Critically review, consolidate and extend knowledge, skills, practices and thinking in a subject/discipline/sector. • Deal with complex issues and make informed judgements in situations in the absence of complete or consistent data/information.
Communication, ICT and Numeracy Skills	<p>SCQF 11</p> <p>Use a wide range of routine skills and a range of advanced and specialised skills as appropriate to a subject/discipline/sector, for example:</p> <ul style="list-style-type: none"> • Communicate, using appropriate methods, to a range of audiences with different levels of knowledge/expertise. • Communicate with peers, more senior colleagues and specialists. • Use a wide range of ICT applications to support and enhance work at this level and adjust features to suit purpose. • Undertake critical evaluations of a wide range of numerical and graphical data.
Autonomy, Accountability and Working with Others	<p>SCQF 11</p> <ul style="list-style-type: none"> • Exercise substantial autonomy and initiative in professional and equivalent activities. • Practise in ways which draw on critical reflection on own and others' roles and responsibilities. • Manage complex ethical and professional issues and make informed judgements on issues not addressed by current professional and/or ethical codes or practices.

Prerequisites	Module Code	Module Title
	Other	
Co-requisites	Module Code	Module Title

Learning and Teaching

In line with current learning and teaching principles, a 20-credit module includes 200 learning hours, normally including a minimum of 36 contact hours and maximum of 48 contact hours.

The learning and teaching approaches on this module includes a blend of face-to-face teaching, digital distance learning, independent study, group and individual problem-solving tasks, and tutor and peer support.

Learning Activities	Student Learning Hours
During completion of this module, the learning activities undertaken to achieve the module learning outcomes are stated below:	(Note: Learning hours include both contact hours and hours spent on other learning activities)
Laboratory / Practical Demonstration / Workshop	36
Asynchronous Class Activity	18
Independent Study	246
Please select	
Please select	
Please select	
TOTAL	300

Indicative Resources

The following materials form essential underpinning for the module content and ultimately for the learning outcomes:

Cassidy, T., Handcock, P., Gearity, B., Burrows, L. (2020). Understanding Strength and Conditioning as Sport Coaching. London:Routledge.

Forsyth, A. (2019). Nutrition for Sport, Exercise and Performance: A practical guide for students, sports enthusiasts and professionals. London: Routledge.

Gledhill, A., Forsdyke, D. (2021). The Psychology of Sports Injury: From Risk to Retirement. London: Routledge.

Jeffreys, I., Moody, J. (2021). Strength and Conditioning for Sports Performance. London: Routledge.

Signore, N. (2021). Velocity Based Training: How to apply science, technology, and data to maximize performance. Human Kinetics.

Haff, G.G., Triplett, N.T. (2021). Essentials of Strength Training and Conditioning (4th Edition). Human Kinetics.

*Contemporary research articles and book chapters will be the main source of information on this module rather than specific books.

(N.B. Although reading lists should include current publications, students are advised (particularly for material marked with an asterisk*) to wait until the start of session for confirmation of the most up-to-date material)

Attendance and Engagement Requirements

In line with the [Student Attendance and Engagement Procedure](#), Students are academically engaged if they are regularly attending and participating in timetabled on-campus and online teaching sessions, asynchronous online learning activities, course-related learning resources, and complete assessments and submit these on time.

For the purposes of this module, academic engagement equates to the following:

Attendance of teaching sessions (practical and tutorials), completion of asynchronous activities, and submission of assessments to meet the learning outcomes of the module.

Equality and Diversity

The University's Equality, Diversity and Human Rights Procedure can be accessed at the following link: [UWS Equality, Diversity and Human Rights Code](#).

This module is appropriate for any student. The learning activities include oral, written, and practical work and, where required, appropriate student support will be put in place.

(N.B. Every effort will be made by the University to accommodate any equality and diversity issues brought to the attention of the School)

Supplemental Information

Divisional Programme Board	Sport Exercise Health
Overall Assessment Results	<input type="checkbox"/> Pass / Fail <input checked="" type="checkbox"/> Graded
Module Eligible for Compensation	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No If this module is eligible for compensation, there may be cases where compensation is not permitted due to programme accreditation requirements. Please check the associated programme specification for details.
School Assessment Board	Sport, Exercise and Health
Moderator	M Kavaliauskas
External Examiner	J Salter
Accreditation Details	N/A
Module Appears in CPD catalogue	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Changes / Version Number	1

Assessment (also refer to Assessment Outcomes Grids below)

Assessment 1

Practical Assessment
Assessment 2
Written Report
Assessment 3
(N.B. (i) Assessment Outcomes Grids for the module (one for each component) can be found below which clearly demonstrate how the learning outcomes of the module will be assessed. (ii) An indicative schedule listing approximate times within the academic calendar when assessment is likely to feature will be provided within the Student Module Handbook.)

Component 1							
Assessment Type	LO1	LO2	LO3	LO4	LO5	Weighting of Assessment Element (%)	Timetabled Contact Hours
Practical Assessment	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	50	0

Component 2							
Assessment Type	LO1	LO2	LO3	LO4	LO5	Weighting of Assessment Element (%)	Timetabled Contact Hours
Written Report	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	50	0

Component 3							
Assessment Type	LO1	LO2	LO3	LO4	LO5	Weighting of Assessment Element (%)	Timetabled Contact Hours
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Combined total for all components						100%	0 hours

Change Control

What	When	Who