

University of the West of Scotland

Module Descriptor

Session: 2023/24

Title of Module: Strength and Conditioning			
Code: SPOR10056	SCQF Level: 10 (Scottish Credit and Qualifications Framework)	Credit Points: 20	ECTS: 10 (European Credit Transfer Scheme)
School:	School of Health and Life Sciences		
Module Co-ordinator:	Mark McKenna		
Summary of Module			
<p>This module advances the knowledge and practical skills developed in previous coaching and sport science modules. Students will explore the role of sports conditioning and injury prevention in strength and conditioning environments and critically evaluate contemporary practices. The module will equip students with the theoretical and practical skills that are required to apply strength and conditioning strategies in sport performance settings.</p> <p>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:</p> <p>Universal:</p> <ul style="list-style-type: none"> • Critical Thinker, Emotionally Intelligent, Collaborative <p>Work Ready:</p> <ul style="list-style-type: none"> • Problem-solver, Motivated, Potential Leader <p>Successful:</p> <ul style="list-style-type: none"> • Innovative, Resilient, Transformational 			

Module Delivery Method					
Face-To-Face	Blended	Fully Online	HybridC	Hybrid 0	Work-Based Learning
<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
See Guidance Note for details.					

Campus(es) for Module Delivery
The module will normally be offered on the following campuses / or by Distance/Online Learning: (Provided viable student numbers permit) (tick as appropriate)

Paisley:	Ayr:	Dumfries:	Lanarkshire:	London:	Distance/Online Learning:	Other:
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Add name

Term(s) for Module Delivery

(Provided viable student numbers permit).

Term 1	<input type="checkbox"/>	Term 2	<input checked="" type="checkbox"/>	Term 3	<input type="checkbox"/>
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Learning Outcomes: (maximum of 5 statements)

These should take cognisance of the SCQF level descriptors and be at the appropriate level for the module.

At the end of this module the student will be able to:

L1	Critically evaluate and apply key concepts in the design and management of strength and conditioning training.
L2	Critically evaluate and apply advanced strength and conditioning training techniques
L3	Communicate effectively with specialist audiences in strength and conditioning contexts.

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)	<p>SCQF Level 10</p> <p>Demonstrating a critical understanding of the principal theories, concepts and principles in sports conditioning and injury.</p> <p>Demonstrating detailed knowledge and understanding of knowledge at the forefront of the subject.</p> <p>Demonstrating knowledge and understanding of a range of established training techniques.</p>
Practice: Applied Knowledge and Understanding	<p>SCQF Level 10</p> <p>Using a range of the principal skills and practices associated with sports conditioning and injury.</p> <p>Executing a defined project of research, development or investigation and identify and implement relevant outcomes.</p> <p>Practising within professional level contexts which include a degree of unpredictability and specialism.</p>

Generic Cognitive skills	<p>SCQF Level 10</p> <p>Critically identifying, defining, conceptualizing, and analysing complex/professional level problems and issues.</p> <p>Offering professional level insights, interpretations and solutions to problems and issues.</p> <p>Demonstrating some originality and creativity in dealing with professional level issues.</p>	
Communication, ICT and Numeracy Skills	<p>SCQF Level 10</p> <p>Using a wide range of routine skills and some advanced and specialized skills in support of established practices in a subject/discipline:</p> <p>Communicating with professional level peers, senior colleagues and specialists</p>	
Autonomy, Accountability and Working with others	<p>SCQF Level 10</p> <p>Exercising autonomy and initiative in professional activities.</p> <p>Practising in ways which show a clear awareness of own and others' roles and responsibilities.</p> <p>Working effectively, under guidance, in a peer relationship with qualified practitioners.</p>	
Pre-requisites:	Before undertaking this module the student should have undertaken the following:	
	Module Code: SPOR09057	Module Title: Sports Conditioning and Biomechanics
	Other:	
Co-requisites	Module Code:	Module Title:

*Indicates that module descriptor is not published.

Learning and Teaching	
<p>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.</p>	
<p>Learning Activities During completion of this module, the learning activities undertaken to achieve the module learning outcomes are stated below:</p>	<p>Student Learning Hours (Normally totalling 200 hours): (Note: Learning hours include both contact hours</p>

	and hours spent on other learning activities)
Laboratory/Practical Demonstration/Workshop	27
Asynchronous Class Activity	9
Independent Study	164
	200 Hours Total

****Indicative Resources: (eg. Core text, journals, internet access)**

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

Comfort, P., Jones, P.A., McMahon, J.J. (2019). Performance Assessment in Strength and Conditioning: An Evidence-based Approach. London: Routledge.

French, D., Torres-Ronda, L. (2021). NSCA's Essentials of Sport Science. Leeds: Human Kinetics.

Jeffreys, I., Moody, J. (2021). Strength and Conditioning for Sports Performance (2nd Edition). London: Routledge.

Joyce, D., Lewindon, D. (2016). Sports Injury Prevention and Rehabilitation: Integrating Medicine and Science for Performance Solutions. London: Routledge.

Turner, A., Comfort, P. (2017). Advanced Strength and Conditioning: An Evidence-based Approach. London: Routledge.

* Contemporary journal articles will be provided as supplementary reading on this module.

(**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, completion of asynchronous activities, completion of practice-based learning, 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](#).

In line with current legislation (Equality Act, 2010) and the UWS Equality, Diversity, and Human Rights Code, our modules are accessible and inclusive, with reasonable adjustment for different needs where appropriate. Module materials comply with University guidance on inclusive learning and teaching, and specialist assistive equipment, support provision and adjustment to assessment practice will be made in accordance with UWS policy and regulations. Where modules require practical learning or assessment, alternative formats and/or roles will be provided for students with physical disabilities which impact participation.

(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 and Health
Assessment Results (Pass/Fail)	Yes <input type="checkbox"/> No <input checked="" type="checkbox"/>
School Assessment Board	Sport, Exercise and Health
Moderator	Colin Brow
External Examiner	E Bradley
Accreditation Details	n/a
Changes/Version Number	1.01

Assessment: (also refer to Assessment Outcomes Grids below)

The assessments will require students to present practice-based work.

Assessment 1 – Presentation

Assessment 2 – Portfolio of practical work

(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.)

Assessment Outcome Grids (See Guidance Note)

Component 1					
Assessment Type (Footnote B.)	Learning Outcome (1)	Learning Outcome (2)	Learning Outcome (3)	Weighting (%) of Assessment Element	Timetabled Contact Hours
Presentation	✓		✓	50	0

Component 2					
Assessment Type (Footnote B.)	Learning Outcome (1)	Learning Outcome (2)	Learning Outcome (3)	Weighting (%) of Assessment Element	Timetabled Contact Hours
Portfolio of practical work		✓	✓	50	0
Combined Total for All Components				100%	0 hours