Module Descriptor

Title	Strength and Conditioning		
Session	2026/27	**Status**	Published
Code	SPOR10056	**SCQF Level**	10
Credit Points	20	**ECTS (European Credit Transfer Scheme)**	10
School	**Health and Life Sciences**		
Module Co-ordinator	Mark McKenna		

Summary of Module

This module advances the knowledge and practical skills developed in previous coaching and sport science modules. Students will explore the role of a strength and conditioning coach, including injury prevention in strength and conditioning environments as well as critical evaluation of 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.

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

Module Delivery Method	**On-Campus[1]**	**Hybrid[2]**	**Online[3]**	**Work -Based Learning[4]**
	☒	☐	☐	☐

[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

Campuses for Module Delivery	☐ Ayr ☐ Dumfries		☒ Lanarkshire ☐ London ☐ Paisley		☐ Online / Distance Learning ☐ Other (specify)	
Terms for Module Delivery	Term 1	☒	Term 2	☐	Term 3	☐
Long-thin Delivery over more than one Term	Term 1 – Term 2	☐	Term 2 – Term 3	☐	Term 3 – Term 1	☐

Learning Outcomes	
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.
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 10** Demonstrating a critical understanding of the principal theories, concepts and principles in strength and conditioning and injury prevention. Demonstrating detailed knowledge and understanding of knowledge at the forefront of the subject. Demonstrating knowledge and understanding of a range of established training techniques.
Practice: Applied Knowledge and Understanding	**SCQF 10** Using a range of the principal skills and practices associated with strength and conditioning and injury prevention. Executing a defined project of research, development or investigation and identify and implement relevant outcomes. Practising within professional level contexts which include a degree of unpredictability and specialism.
Generic Cognitive skills	**SCQF 10** Critically identifying, defining, conceptualising, and analysing complex/professional level problems and issues. Offering professional level insights, interpretations and solutions to problems and issues. Demonstrating some originality and creativity in dealing with professional level issues.

Communication, ICT and Numeracy Skills	**SCQF 10** Using a wide range of routine skills and some advanced and specialized skills in support of established practices in a subject/discipline: Communicating with professional level peers, senior colleagues and specialists.
Autonomy, Accountability and Working with Others	**SCQF 10** Exercising autonomy and initiative in professional activities. Practising in ways which show a clear awareness of own and others' roles and responsibilities. Working effectively, under guidance, in a peer relationship with qualified practitioners.

Prerequisites	**Module Code** SPOR09057	**Module Title** Sports Conditioning and Biomechanics
	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 teaching and learning approach for this module includes synchronous delivery of core theoretical content, followed by in person practical sessions and workshops. Students will be expected to develop their theoretical understanding and practical skills through practical sessions, directed independent study tasks, group work, class discussions, and problem based learning.	
Learning Activities During completion of this module, the learning activities undertaken to achieve the module learning outcomes are stated below:	**Student Learning Hours** (Note: Learning hours include both contact hours and hours spent on other learning activities)
Lecture / Core Content Delivery	7
Laboratory / Practical Demonstration / Workshop	29
Independent Study	164
n/a	
n/a	
n/a	
TOTAL	200

Indicative Resources
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 attending and participating in all timetabled programme activities including on-campus and online teaching sessions, asynchronous online learning activities, placement, work-based elements, course-related learning resources, and complete assessments and submit these on time.

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

100% Attendance at all module events and consistent weekly engagement with online materials.

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 Health**
Overall Assessment Results	☐ **Pass / Fail** ☒ **Graded**
Module Eligible for Compensation	☐ **Yes** ☒ **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 & Health
Moderator	Juan Escobar
External Examiner	E Bradley
Accreditation Details	
Module Appears in CPD catalogue	☐ **Yes** ☒ **No**
Changes / Version Number	2

Assessment (also refer to Assessment Outcomes Grids below)
Assessment 1
Presentation.
Assessment 2
Portfolio of practical work.
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**
Presentation	☒	☐	☒	☐	☐	50	0.33

Component 2							
Assessment Type	**LO1**	**LO2**	**LO3**	**LO4**	**LO5**	**Weighting of Assessment Element (%)**	**Timetabled Contact Hours**
Portfolio of practical work	☐	☒	☒	☐	☐	50	0

Component 3							
Assessment Type	**LO1**	**LO2**	**LO3**	**LO4**	**LO5**	**Weighting of Assessment Element (%)**	**Timetabled Contact Hours**
	☐	☐	☐	☐	☐		
Combined total for all components						100%	0.33 hours

Change Control

What	**When**	**Who**

Module delivery and hours	March 2026	Mykolas Kavaliauskas