

Module Code	BMSH5303
Title	Strength and Conditioning Coaching
Date	09/10/2024
Level	5
Credits	20
Pre-Requisites	BMSH4301 Exercise Training (Personal Trainer)
DBS Check	May be required ☐ Not required ☒

AIM(S)

- To develop knowledge and practical skills in coaching and programming strength and conditioning activities.

LEARNING OUTCOMES

Upon the successful completion of this module, the student should be able to:

- apply the principles of skill acquisition and coaching theory to the planning and delivery of a technique development session in strength and conditioning;
- design, implement and evaluate a periodised strength and conditioning programme.

INDICATIVE CONTENT

- Coaching movements in S&C: skill acquisition, constraints led approach, feedback, attentional focus, coaching/instructional styles.
- Programming S&C for health and sports performance: warm up, exercise selection, speed of movement, progressions and regressions, goals, muscular balance, periodisation.
- Monitoring and reviewing S&C programmes.
- Foundation movements.
- Muscular training methods: bodyweight, suspension training, medicine balls, barbells & dumbbells (including lifting/spotting), kettlebells, sandbags.
- Conditioning methods: sub-maximal and maximal methods, running-based, equipment-based, various environments.
- High speed running training: acceleration, deceleration, change of direction.
- Advanced training methods: e.g. isoinertial flywheel training, velocity-based training, variable resistance training.
- Health and safety, cleaning and maintenance in an S&C environment.
- Use of technology in S&C.
- Principles of training: specificity, overload, reversibility, adaptability, individuality, recovery time.
- Maximising the participant experience: communication, engagement, customer service.
- Professional standards and role remit: professional bodies in S&C; guidelines and position statements; codes of practice/ethics; sources of 'best practice' guidelines.

Study Time Allocation

The study time for the module is divided as follows:

Activity type	Hours	Percentage
Scheduled learning	45	23%
Independent learning	155	77%
Placement learning	0	0%
TOTAL	200	100%

ASSESSMENT

Assessment Component 1 (*Tick one*)

☐ Written exam ☐ Coursework ☒ Practical

Mode of assessment	Volume	Weighting
Practical coaching session	15 minutes	50%

Assessment Component 2 (*Tick one*)

☐ Written exam ☐ Coursework ☒ Practical

Mode of assessment	Volume	Weighting
Case Study Presentation	15 minutes	50%

Assessment Summary

Activity type	Percentage
Written exam	0%
Coursework	0%
Practical	100%
TOTAL	100%

This module is mapped to CIMSPA competencies.

INDICATIVE READING LIST

Module Code	BMSH5303	
Module Title	Strength and Conditioning Coaching	
Classification	Reading List entry	Electronic*
Essential	Haff, G. and Triplett, N.T. (eds) (2016) <i>Essentials of strength training and conditioning</i> . Fourth edition. Champaign, IL: Human Kinetics.	☒
Essential	Hodges, N.J. and Williams, A.M. (2020) <i>Skill acquisition in sport : research, theory and practice</i> . Third edition. London: Routledge.	☒
Essential	Ratamess, N.A. (2022) <i>ACSM's foundations of strength training and conditioning</i> . 2nd ed. Philadelphia: Wolters Kluwer.	☐

Module Code	BMSH5303	
Module Title	Strength and Conditioning Coaching	
Classification	Reading List entry	Electronic*
Further	<i>International journal of strength and conditioning</i> . (2021). London: International Universities Strength and Conditioning Association.	☐
Further	<i>Journal of strength and conditioning research</i> . (1993) London: Wolters Kluwer Health Ovid Technologies.	☒
Further	McGuigan, M. (2017) <i>Monitoring training and performance in athletes</i> . Champaign, IL: Human Kinetics.	☐
Further	McGuigan, M. (ed.) (2017) <i>Developing power</i> . Champaign, IL: Human Kinetics.	☐
Further	<i>Strength and conditioning journal</i> . (1999). Colorado Springs, CO: National Strength and Conditioning Association.	☒