PROGRAMME QUALITY HANDBOOK 2025-26

FdSc Strength Conditioning and Sports Coaching

Contents

WELCOME AND INTRODUCTION

1. Welcome and Introduction to FdSc Strength, Conditioning & Sports Coaching.

Welcome to the Foundation Degree in *Strength, Conditioning & Sports Coaching.* The Foundation Degree in Strength, Conditioning & Sports Coaching is a two year programme that aims to develop learners' knowledge, understanding and practical skills in relation to the strength and conditioning industry whilst also applying these skills to general sports coaching. The programme consists of numerous scientific modules which focus on areas of Exercise Physiology, Biomechanics, Physical Performance, Sports Rehabilitation and Sports Nutrition. Such modules build upon learners' existing knowledge of the underpinning scientific principles that govern human movement, physical activity, exercise, athletic training and biological adaptation. In addition to these, various modules aim to develop learners' employability skills in relation to the practical application of knowledge and the practical skills that are required to gain future accreditation and ultimately work within the industry. Whilst much of the programme focuses on skills and knowledge required by employers the Foundation Degree also aims to prepare learners for continued higher education by developing research based skills, critical thinking and project design/management.

In 2004 the United Kingdom Strength and Conditioning Association (UKSCA) was founded with the aim of regulating and educating specialists in the field of strength and conditioning. Employers quickly recognised the specialisation of the UKSCA and now to gain employment as a strength and conditioning coach in a professional setting it is a requirement to have achieved a degree in Strength and Conditioning or Sports Science and to be accredited (or be able to gain accreditation within 6 months) by the UKSCA or the National Strength and Conditioning Association (NSCA). In response to this the Foundation Degree in Strength, Conditioning & Sports Coaching was designed and was first approved for delivery in 2007 with the first cohort starting studies in September 2007. The programme is focused on a particular area of sports science and athletic development which has shown a steady growth in popularity over the past decade. The success and legacy of the London 2012 Olympics has also driven interest in learners' desire to develop a career in the sports industry. As the UKSCA are very reluctant to accredit any higher education programme the design of this Foundation Degree was partly based around the competencies required to successfully complete the UKSCAs' accreditation process. There are currently only 7 institutions nationally that offer Higher Education programmes in Strength and Conditioning with City College Plymouth being included in this number and being the only institution that offers this

subject via a Foundation Degree. A trend in the industry for strength and conditioning coaches to be more knowledgeable with regards to athlete care/rehabilitation has been a driver behind the introduction of sports massage and rehabilitation modules. The inclusion of such content will produce graduates with a more holistic skill and knowledge base which is currently sought by employers.

The majority of previous graduates have progressed on to complete a 3rd year in strength and conditioning or related area with some further progressing onto Master's Degree level study. Additionally since September 2016 graduates have been able to progress internally to complete the Level 6 BSc Sports Rehabilitation with Strength & Conditioning programme here at City College Plymouth. Example positions held by graduates from the FdSc Strength, Conditioning & Sports Coaching include London Regional Development Officer for British Weightlifting, proprietor of Plymouth Performance Gym, Sports Laboratory Technician & Lecturer at University Plymouth College St Mark & St John, Strength & Strength & Conditioning Coach Devon Cricket along with many graduates who have moved in to teaching physical education in both the public and private sectors (including the Armed Forces).

This programme has been designed to equip you with the skills and knowledge base required to work in your chosen specialism or other graduate opportunities. It is also a platform from which you can undertake additional vocational and academic qualifications.

This Programme Quality handbook contains important information including:

- The approved programme specification
- Module records

Note: the information in this handbook should be read in conjunction with the current edition of the College / University Student handbook available under the 'Year (1 or 2) Quality Folder' section of the Moodle page at https://drive.google.com/drive/folders/0BwIGQHiT4BvqfmRucU5XZTlNcEVKSWxJR0lRb2pJQVFKemJZMUdVXzRVYWRNcEMtNHhkRW8 which contains student support based information on issues such as finance and studying at HE along with the University's Student Handbook - https://www.plymouth.ac.uk/your-university/governance/student-handbook and your Teaching, Learning and Assessment Module Guides available on the VLE.

2. Programme Specification

Programme Details

Awarding Institution:	University of Plymouth
Teaching Institution:	City College Plymouth
Accrediting Body:	Plymouth University
Language of Study:	English
Mode of Study:	Full Time/Part Time
Final Award:	Foundation Degree (FdSc)
Intermediate Award:	Certificate of Higher Education (CertHE)
Programme Title:	FdSc Strength, Conditioning & Sports Coaching
UCAS Code:	C83 C609
JACS Code:	C630
Benchmarks:	QAA FDQB Foundation Degree Qualification Benchmark (2010), Informed by QAA HLSTQB Hospitality, Leisure, Sport and Tourism Qualification Benchmark (2008)
Date of Programme Approval:	April 2014

Brief Description of the Programme

The following is the definitive, approved description of this programme that both clarifies this programme's position within City College Plymouth and Plymouth University's respective portfolios and provides material that may be directly used for promotion of the programme.

This Foundation Degree will give learners the opportunity to develop practical skills and knowledge in the most effective methods of training athletes for elite level performance. Whilst studying underpinning science related sports topics, learners will also develop practical skills in coaching effectiveness, Olympic weightlifting, speed, agility and plyometrics, and other athletic testing and monitoring skills. Due to the industries' aim of improving sports performance whilst also reducing the risk of injury, learners will also be introduced to areas of sports therapy and

injury rehabilitation. The programme also benefits from providing multiple opportunities to gain work related experience through established links with professional athletes and university sports teams.

Details of Accreditation by a Professional/Statutory Body (if appropriate)

N/A

Exceptions to Plymouth University Regulations

(Note: Plymouth University's Academic Regulations are available internally on the intranet: https://staff.plymouth.ac.uk//extexam/academicregs/intranet.htm)

N/A

Programme Aims

The programme will deliver:

1. Appropriate vocational skills, knowledge and understanding for future employment in a sports conditioning & coaching context, including fundamental industry based practical skills.
2. An in-depth understanding of an array of complimentary sport science topics and highlight the importance of the relationship between strength & conditioning coaches and other sports practitioners.
3. Methods of effective communication of information, arguments, and analysis, in a variety of forms, to specialist and non-specialist audiences.
4. Knowledge of the main methods of enquiry in the coaching & strength/conditioning fields of study.
5. A critical approach to problem solving in relation to sports/strength conditioning specific topics and related areas of study.

Programme Intended Learning Outcomes (ILO)

By the end of this programme the student will be able to:

1. Show in depth knowledge of the coaching process and display positive coaching practice qualities.

2. Demonstrate a factual and conceptual knowledge base of the practical implementation of training programmes and analyse the physiological effects of strength & conditioning regimes.
3. Design, implement and analyse strength & conditioning programmes that underpin the coaching process whilst selecting the appropriate methods of evaluation.
4. Critically reflect on own effectiveness as a coach/strength conditioning professional.
5. Critically evaluate techniques of nutritional manipulation for optimal performance in a variety of sports.
6. Discuss various methods used by a sports coach and a strength conditioning coach in relation to performance analysis of athletes.
7. Describe & analyse procedures for assessing relevant physiological fitness testing of athletes, appropriate to the strength & conditioning arena.
8. Identify and treat common sporting injuries before developing an appropriate fitness programme for rehabilitation towards a strength & conditioning training programme.
9. Demonstrate effective skills in solving problems in relation to the strength & conditioning industry.
10. Effectively communicate subject specific information through a variety of media.
11. Demonstrate an ability to work with others, including sports participants/athletes and other appropriate professionals.
12. Plan and implement research projects related to the strength and conditioning industry.

Distinctive Features

The following provides a definitive and approved list of elements that may be used to both conceptualise and promote the market position of this programme:

Since the inception of this Foundation Degree programme the staff and college have formed many links with local sports clubs/teams which continues to grow and provide opportunities for students to experience working with real professional/semi-professional athletes. Engagement with these opportunities provides students with an impressive portfolio of experience. In addition to this the teaching staff have extensive knowledge and experience in athletic development and our open door policy supports students throughout their student journey. Finally, we are constantly updating facilities and equipment to ensure that the learning experience is contemporary and enjoyable.

Student Numbers

The following provides information that should be considered nominal, and therefore not absolutely rigid, but is of value to guide assurance of the quality of the student experience, functional issues around enabling progression opportunities to occur, and staffing and resource planning:

Approximate minimum student numbers per stage = 10
Target student numbers per stage = 20
Approximate maximum student numbers per stage = 30

Progression Route(s)

BSc (Hons) Sports Rehabilitation with Strength & Conditioning at City College Plymouth

Approved ‘progression route(s)’ are those where successful achievement in this programme enables direct alignment to join a stage of another programme. This is an approach employed primarily for Foundation Degree students to ‘top-up’ to complete a Bachelor degree, but may be employed for other award types.

This is in part an automated admissions criterion and therefore progression may be impacted on by availability of a position on the progression award; however progression opportunity, if not available in the first year of application, is guaranteed within 3-years.
Progression arrangements with institutions other than Plymouth University carry an increased element of risk. It is necessary for the delivering partner institution to obtain formal agreement from that institution to guarantee progression for existing students on the programme. For progression to Plymouth University, should there be the need to withdraw the progression route programme(s) then either this will be delayed to provide progression or appropriate solutions will be found. This arrangement is guaranteed for existing students that complete their programme of study with no suspensions or repeat years and who wish to progress immediately to the University.

Admissions Criteria

Qualification(s) Required for Entry to this Programme:	Details:
Level 2: - **Key Skills requirement / Higher Level Diploma:** **and/or** - **GCSEs required at Grade C/Level 4 or above:**	 Key Skills Communication Level 3 Key Skills AoN Level 3 Mathematics and English (Science preferable).
Level 3: at least one of the following: - **A Levels required to meet AS/A2/UCAS Points Tariff:** - **Advanced Level Diploma:** - **BTEC National Certificate/Diploma:** - **HNC/D:** - **VDA: AGNVQ, AVCE, AVS:** - **Access to HE or Year 0 provision:** - **International Baccalaureate:** - **Irish / Scottish Highers / Advanced Highers:**	 Equivalent to 48 UCAS points Equivalent to 48 UCAS points Pass or higher Pass or higher Minimum of Grade E Pass or higher Pass or higher Pass or higher
Work Experience:	Industry related work experience will be considered on an individual basis.
Other non-standard awards or experiences:	Industry related qualifications/certificates will be considered on an individual basis.
APEL / APCL possibilities:	Prior Experiential Learning and Prior Certificated Learning would be considered and accredited in line with Plymouth University policy.
Interview / Portfolio requirements:	interviews MAY be required by the admissions tutor
Independent Safeguarding Agency (ISA) / Criminal Record Bureau (CRB) clearance required:	No

Academic Standards and Quality Enhancement

The Programme Manager and their Programme Committee will follow Plymouth University's current annual monitoring process for partnership programmes to complete evaluation of and planning for maintaining and improving quality and standards. This process may be refined over time, yet is constant in its focus on the production, maintenance and use of a programme level Action Plan, which is an auditable document for Plymouth University's standards and quality assurance responsibilities.

Elements of this process include engaging with stakeholders. For this definitive document it is important to define:

Subject External Examiner(s): all modules are parented by this programme and therefore covered by this programme's external examiner. Modules PSCFD229 Research Design and PSCFD230 Sports Nutrition are common modules between FdSc Strength, Conditioning & Sports Coaching and FdSc Sports Therapy which both utilise the same External Examiner.

Additional stakeholders specific to this programme: students, graduates, employers, academic delivery team, management team.

IN PARTNERSHIP WITH PLYMOUTH UNIVERSITY

3. Programme Structure for the Foundation Degree in Strength Conditioning & Sports Coaching (full-time) 2025/2026

city college plymouth

Course code: UF3593

Year 1				Year 2			
Module Code	**Module Title**	**No. of Credits**	**Core / Optional**	**Module Code**	**Module Title**	**No. of Credits**	**Core / Optional**
PSCFD116	Theory and Practice of Coaching	20	Core	PSCFD225	Periodization for Elite Performance	20	Core
CITY1122	Testing and Monitoring Athletes	20	Core	PSCFD226	Strength & Conditioning Clinic	20	Core
PSCFD118	Introductory Sports Therapy	20	Core	PSCFD232	Sports Rehabilitation	20	Core
PSCFD119	Strength & Conditioning Fundamentals	20	Core	PSCFD231	Advanced Exercise Sciences	20	Core
PSCFD120	Biomechanics of Sport	20	Core	PSCFD229	Research Design	20	Core
PSCFD122	Anatomy & Exercise Physiology	20	Core	PSCFD230	Sports Nutrition	20	Core

Exposition and Mapping of Learning Outcomes, Teaching & Learning and Assessment

Developing graduate attributes and skills, at any level of HE, is dependent on the clarity of strategies and methods for identifying the attributes and skills relevant to the programme and the where and how these are operationalized. The interrelated factors of Teaching, Learning and Assessment and how these are inclusive in nature are fundamentally significant to these strategies and methods, as are where and how these are specifically distributed within the programme.

Ordered by graduate attributes and skills, the following table provides a map of the above plus an exposition to describe and explain the ideas and strategy of each. Therefore, subsequent to the initial completion for approval, maintenance of this table as and when programme structure changes occur is also important:

Level: 4					
Definitions of Graduate Attributes and Skills Relevant to this Programme	**Teaching and Learning Strategy / Methods**	**Prog Aims**	**Prog intended Learning Outcomes**	**Range of Assessments**	**Related Core Modules**
Knowledge / Understanding: For this sub-bachelor level programme the following has been informed by the Foundation Degree Qualification Benchmark (FDQB), as well as QAA Subject Benchmark(s):					

Hospitality, Leisure, Sport & Tourism Qualification Benchmarks 6.17, 6.18 By the end of this level of this programme the students will be able to demonstrate for: A threshold pass: 40%	Primary: Lectures, Guided Study, Revision Activities Secondary/Supplementary: Seminars, Workshops	1, 2, 3, 4, 5	1, 2, 3, 4, 5, 6, 7, 8	In-Class Test, Practical Assessment, Report, Essay, Poster Production, Presentation, Verbal Exam.	PSCFD116, CITY1122, PSCFD118, PSCFD119, PSCFD120, PSCFD122
An exposition for embedding Knowledge and Understanding through Teaching & Learning and Assessment at this level of the programme: Knowledge and understanding of the basic principles of various topics are crucial to learners' development at this level and will be embedded into every module. Underpinning science and theoretical standpoints will make up part of the content of all modules to ensure that learners have a base knowledge to expand upon in further studies.					
Cognitive and Intellectual Skills: For this sub-bachelor level programme the following has been informed by the Foundation Degree Qualification					

Benchmark (FDQB), as well as QAA Subject Benchmark(s): Hospitality, Leisure, Sport & Tourism Qualification Benchmarks 6.17, 6.18 By the end of this level of this programme the students will be able to demonstrate for: A threshold pass: 40%	Primary: Guided Study, Lectures, Seminars. Secondary/Supplementary: Workshops, Group Tasks.	1, 2, 3, 5	1, 2, 3, 4, 5, 6, 7, 8.	In-Class Test, Practical Assessment, Report, Essay, Poster Production, Presentation, Verbal Exam	PSCFD116, CITY1122, PSCFD118, PSCFD120, PSCFD122
An exposition for embedding Cognitive and Intellectual Skills through Teaching & Learning and Assessment at this level of the programme: It is important for learners' to be able to think critically and solve problems in this area of study and therefore tasks/challenges will play a crucial role in various modules. These tasks/challenges will aim to stretch the knowledge and understanding of basic concepts/theories that have previously been covered and encourage learners' to start to examine literature/practices with a more critical eye.					
Key Transferable Skills:					

For this sub-bachelor level programme the following has been informed by the Foundation Degree Qualification Benchmark (FDQB), as well as QAA Subject Benchmark(s): Hospitality, Leisure, Sport & Tourism Qualification Benchmarks 6.17, 6.18 By the end of this level of this programme the students will be able to demonstrate for: A threshold pass: 40%	Primary: Lectures, Practical Activities, Workshops Secondary/Supplementary: Seminars, Group Tasks	1, 2, 3, 5	1, 2, 3, 4, 7, 8.	Presentations, IT based assessment, Essays, Group Projects.	PSCFD116, CITY1122, PSCFD118, PSCFD119, PSCFD120,
An exposition for embedding Key Transferable Skills through Teaching & Learning and Assessment at this level of the programme: Throughout many modules there will be an element of group work which will aim to enhance interpersonal and communication skills of learners which can be transferred into any walk of life. Additionally, due to the nature of the subject area many modules involve a requirement to develop IT based skills, multi-media skills and writing skills. Finally, due to the interpersonal nature and					

progressive aim of the subject learners' will be constantly required to reflect upon personal practice/achievement and action plan for the future, therefore developing a more reflective practitioner.					
Employment Related Skills: For this sub-bachelor level programme the following has been informed by the Foundation Degree Qualification Benchmark (FDQB), as well as QAA Subject Benchmark(s): Hospitality, Leisure, Sport & Tourism Qualification Benchmarks 6.17, 6.18 By the end of this level of this programme the students will be able to demonstrate for: A threshold pass: 40%	Primary: Practical Activities, WBL/WRL Secondary/Supplementary: Lectures, Workshops	1, 2, 3, 4, 5	1, 2, 3, 4, 5, 6, 7, 8.	Practical Assessment, Practical Coursework, Case Studies, Reports, Presentations.	PSCFD116, CITY1122, PSCFD118, PSCFD119, PSCFD120, PSCFD122

An exposition for embedding Employment Related Skills through Teaching & Learning and Assessment at this level of the programme: Every module of this programme has been carefully designed and updated to fall in line with the requirements of governing bodies of both strength & conditioning and general sports coaching. Each module provides additional skill sets/knowledge that provide Level 4 students with an introduction to the industry. Many of the assessments within these modules have also been designed to prepare learners' for assessments that they would encounter within the industry (to become accredited).					
Practical Skills: For this sub-bachelor level programme the following has been informed by the Foundation Degree Qualification Benchmark (FDQB), as well as QAA Subject Benchmark(s): Hospitality, Leisure, Sport & Tourism Qualification Benchmarks 6.17, 6.18 By the end of this level of this programme the students will be able to demonstrate for: A threshold pass: 40%	Primary: Practical Activities, WBL/WRL Secondary/Supplementary: Workshops, Lectures	1, 2, 4, 5	1, 2, 3, 4, 7, 8.	Practical Assessment, Practical Coursework, Case Studies,	PSCFD116, CITY1122, PSCFD118, PSCFD119

				Investigative Reports.	, PSCFD120 ,

An exposition for embedding Practical Skills through Teaching & Learning and Assessment at this level of the programme:

The subject is practical in nature and therefore a vast amount of the content is delivered in a practical setting. These practical activities compliment the more theory based information covered in other modules. Where possible practical activities are involved in modules which is crucial to the effective delivery of content and also suits the generally preferred hands-on learning style exhibited by sports minded students.

Level: 5

Definitions of Graduate Attributes and Skills Relevant to this Programme	**Teaching and Learning Strategy / Methods**	**Prog Aims**	**Prog intended Learning Outcomes**	**Range of Assessments**	**Related Core Modules**
Knowledge / Understanding: For this sub-bachelor level programme the following has been informed by the Foundation Degree Qualification Benchmark (FDQB), as well as QAA Subject Benchmark(s): Hospitality, Leisure, Sport & Tourism Qualification Benchmarks 6.17, 6.18					

By the end of this level of this programme the students will be able to demonstrate for: A threshold pass: 40%	Primary: Lectures, Guided Study, Revision Activities Secondary/Supplementary: Forum discussions, seminars	1, 2, 3, 4, 5	1, 2, 3, 4, 5, 6, 7, 8.[12]	In-Class Test, Practical Assessment, Report, Presentation, Verbal Exam, Case Study.	PSCFD225, PSCFD226, PSCFD231, PSCFD232, PSCFD229, PSCFD230
An exposition for embedding Knowledge and Understanding through Teaching & Learning and Assessment at this level of the programme: To ensure that previously covered content is not forgotten about during Year 2 topics will be constantly revisited and expanded upon to further develop learners' knowledge and understanding of Level 4 topics whilst also examining new areas of study at Level 5. It will be expected that learners begin to take a little more ownership of their learning and carry out more reading/research to support this development (self-directed, independent study). Additionally, guided study tasks and forum discussions will be used to enhance knowledge and understanding.					
Cognitive and Intellectual Skills:					

For this sub-bachelor level programme the following has been informed by the Foundation Degree Qualification Benchmark (FDQB), as well as QAA Subject Benchmark(s): Hospitality, Leisure, Sport & Tourism Qualification Benchmarks 6.17, 6.18 By the end of this level of this programme the students will be able to demonstrate for: A threshold pass: 40%	Primary: Lectures, Guided Study, Seminars Secondary/Supplementary: Workshops, Group Tasks	1, 2, 3, 5	1, 2, 3, 4, 5, 6, 7, 8.	In-Class Test, Practical Assessment, Report, Essay, Poster, Presentation, Verbal Exam, Case Study	PSCFD225, PSCFD226, PSCFD231, PSCFD232, PSCFD229, PSCFD230
An exposition for embedding Cognitive and Intellectual Skills through Teaching & Learning and Assessment at this level of the programme:					

At Level 5 learners will be expected to develop a more critical approach to topics and more contact time with students will focus on encouraging learners to testing, analysing and challenging existing ideas/practices whilst also developing informed and plausible ideas/practices of their own. Lecture content will be discussed critically and various guided study, group work and workshop activities will aid this process.					
Key Transferable Skills: For this sub-bachelor level programme the following has been informed by the Foundation Degree Qualification Benchmark (FDQB), as well as QAA Subject Benchmark(s): Hospitality, Leisure, Sport & Tourism Qualification Benchmarks 6.17, 6.18 By the end of this level of this programme the students will be able to demonstrate for: A threshold pass: 40%	Primary: Practical Activities, Workshops, Guided Study Secondary/Supplementary: Lectures, Group Tasks	1, 2, 3, 5	1, 2, 3, 4, 7, 8.	Presentations, IT Based Assessment, Essays, Group Projects, Case Studies.	PSCFD225, PSCFD226, PSCFD232, PSCFD229,

An exposition for embedding Key Transferable Skills through Teaching & Learning and Assessment at this level of the programme: Throughout many modules there will be an element of group work which will aim to enhance interpersonal and communication skills of learners which can be transferred into any walk of life. Additionally, due to the nature of the subject area many modules involve a requirement to develop IT based skills, multi-media skills and writing skills. Finally, due to the interpersonal nature and progressive aim of the subject learners' will be constantly required to reflect upon personal practice/achievement and action plan for the future, therefore developing a more reflective practitioner.					
Employment Related Skills: For this sub-bachelor level programme the following has been informed by the Foundation Degree Qualification Benchmark (FDQB), as well as QAA Subject Benchmark(s): Hospitality, Leisure, Sport & Tourism Qualification Benchmarks 6.17, 6.18 By the end of this level of this programme the students will be able to demonstrate for: A threshold pass: 40%	Primary: Practical Activities, WBL/WRL Secondary/Supplementary: Lectures, Workshops	1, 2, 3, 4, 5	1, 2, 3, 4, 5, 6, 7, 8.	Practical Assessment, Practical Coursework, Case Studies, Reports, Presentations.	PSCFD225, PSCFD226, PSCFD231,

					PSCFD232 , PSCFD230
An exposition for embedding Employment Related Skills through Teaching & Learning and Assessment at this level of the programme: Module content continues to be specific to the industry at Level 5 and prepares learners further for either employment or for accreditation. PSCFD226 has also been carefully designed to incorporate elements of all other modules in order to provide learners' with an opportunity to combine their knowledge, understanding and practical ability to apply in a 'real-life' situation which will further prepare them for employment.					
Practical Skills: For this sub-bachelor level programme the following has been informed by the Foundation Degree Qualification Benchmark (FDQB), as well as QAA Subject Benchmark(s): Hospitality, Leisure, Sport & Tourism Qualification Benchmarks 6.17, 6.18					
By the end of this level of this programme the students will be able to demonstrate for:	Primary: Practical Activities, WBL/WRL	1, 2, 4, 5	1, 2, 3, 4, 7, 8.	Practical Assessment, Practical	PSCFD226 ,

A threshold pass: 40%	Secondary/Supplementary: Workshops, Lectures			Coursework, Case Studies, Investigative Reports.	PSCFD232,

An exposition for embedding Practical Skills through Teaching & Learning and Assessment at this level of the programme:

The subject is practical in nature and therefore a vast amount of the content is delivered in a practical setting. These practical activities compliment the more theory based information covered in other modules. Where possible practical activities are involved in modules which is crucial to the effective delivery of content and also suits the generally preferred hands-on learning style exhibited by sports minded students

Work Based/Related Learning

WBL is an essential element of Foundation Degrees and therefore needs to be detailed here. However, for all types of HE programmes there should be an element of employability focus through, at least, Work Related Learning, and therefore the following is applicable for all:

Level: 5					
WBL/WRL Activity:	**Logistics**	**Prog Aim**	**Prog Intended LO**	**Range of Assessments**	**Related Core Module(s)**
Sports Coaching: Leading/assisting technical sports coaching sessions for various athletes/teams.	Year 1 learners will have the opportunity to lead/assist technical coaching sessions and assist Year 2 learners in strength and conditioning sessions for a variety of athletes including PU Sports Societies.	1, 2	1, 4	Portfolio, Presentation, Essay	PSCFD116, CITY1122, PSCFD119,
BUCS Strength & Conditioning: Leading/assisting strength and conditioning sessions for PU sports societies.	Year 2 learners will have the opportunity to act as the lead/assistant strength and conditioning coach for a variety of PU Sports Societies throughout the year.	1, 2	2, 3, 4, 5, 8	Programme Design, Case Study, Presentation, Portfolio	PSCFD116, CITY1122, PSCFD118, PSCFD225, PSCFD226, PSCFD232

Professional Links: Assisting strength and conditioning training for elite athletes including Plymouth Raiders, Plymouth Albion, Leverton Williams Tennis, Hoshi Judo.	Suitable learners will be selected to work alongside staff to deliver strength & conditioning coaching to elite level athletes throughout Year 2.	1, 2, 5	1, 2, 3	Case Study, Presentation, Portfolio	PSCFD116, PSCFD226
An exposition to explain this map: The majority of WBL/WRL within this programme involves learners' working with real athletes or assisting staff members in the sports science support of athletes. Elements of WBL/WRL are involved in many modules and help develop learners' practical/vocational skills, communication skills, and reinforce knowledge and understanding of concepts and theories.					

4. Module Records

SECTION A: DEFINITIVE MODULE RECORD. ***Proposed changes must be submitted via Faculty Quality Procedures for approval and issue of new module code.***

MODULE CODE: PSCFD116	**MODULE TITLE: Theory and Practice of Coaching**

CREDITS: 20	**FHEQ Level: 4**	**JACS CODE: C610**

PRE-REQUISITES: None	**CO-REQUISITES: None**	**COMPENSATABLE: Y**

SHORT MODULE DESCRIPTOR: *(max 425 characters)*

This module focuses on the fundamental skills of coaching sports and exercise. Theoretical coaching approaches will be examined and the opportunity to develop individual coaching effectiveness will provide students with a holistic understanding of coaching processes and practice.

ELEMENTS OF ASSESSMENT ***Use HESA KIS definitions]***					
WRITTEN EXAMINATION		COURSEWORK		PRACTICE	
E1 (formally scheduled)		**C 1**	**60 %**	**P 1**	**40 %**
E2 (OSCE)		**C 2**		**P 3**	
T1 (in-class test)		**A 1**			

SUBJECT ASSESSMENT PANEL Group to which module should be linked: FdSc Strength, Conditioning & Sports Coaching, and FdSc Sports Therapy & Injury Rehabilitation

Professional body minimum pass mark requirement: N/A

MODULE AIMS:

The module aims to introduce learners to the underpinning literature/theory of coaching sports and exercise. Understanding of research/guidelines in this field will provide learners with the ability to plan and deliver effective coaching sessions that are influenced by evidence based practice. Additionally learners will have the opportunity to observe and shadow coaches working within local sport whilst also developing their own practical coaching effectiveness.

ASSESSED LEARNING OUTCOMES: (additional guidance below)

At the end of the module the learner will be expected to be able to:

1. Demonstrate an understanding of various recognised coaching approaches.
2. Plan and deliver an effective coaching session which demonstrates evidence based practice.
3. Evaluate personal skills in coaching practice in relation to coaching literature.

DATE OF APPROVAL:	04/2014	**FACULTY/OFFICE:**	Academic Partnerships
DATE OF IMPLEMENTATION:	09/2014	**SCHOOL/PARTNER:**	City College Plymouth

SECTION B: DETAILS OF TEACHING, LEARNING AND ASSESSMENT

Items in this section must be considered annually and amended as appropriate, in conjunction with the Module Review Process. Some parts of this page may be used in the KIS return and published on the extranet as a guide for prospective students. Further details for current students should be provided in module guidance notes.

ACADEMIC YEAR: 2025-26	**NATIONAL COST CENTRE: 108**

MODULE LEADER: Cameron Donkin	**OTHER MODULE STAFF: N/A**

SUMMARY of MODULE CONTENT

- **Review of theoretical literature regarding sports coaching practice**
- **Coaching and Instructing gym based exercise**
- **Overview of Skill Acquisition research**
- **Self-evaluation of coaching practice**
- **Development of personal coaching skills**

SUMMARY OF TEACHING AND LEARNING ***[Use HESA KIS definitions]***

Scheduled Activities	**Hours**	**Comments/Additional Information**
Lead Lectures	30	Combination of face-to-face and remotely delivered sessions.
Practical Workshops	30	Combination of face-to-face and remotely delivered sessions.
Directed Reading/Revision	120	
Tutorial/one-to-one support	20	Individually arranged remote or face-to-face support as required.

Total	**200**	(NB: 1 credit = 10 hours or learning; 10 credits = 100 hours, etc.)

Category	***Element***	***Component Name***	***Component Weighting***	***Comments include links to learning objectives***
Written exam	E		% **Total = %**	
	T		% **Total = %**	
Coursework	C1	Essay	100% **Total = 100%**	ALO1
Practice	P1	Exercise Instruction	100% **Total = 100%**	ALO2 & 3

Updated by:	**Date:**	**Approved by:**	**Date:**
Cameron Donkin	June 2025	Hollie Galpin-Mitchell	August 2025

Recommended Texts and Sources:

Baker, J., Farrow, D., & MacMahon, C. (2013). *Developing Sport Expertise, 2nd Edition*. [S.l.]: Routledge.

Jones, R., & Kingston, K. (2013). *An introduction to sports coaching*. Hoboken: Taylor and Francis.

Lyle, J., & Cushion, C. (2013). *Sports coaching concepts*. London: Routledge.

McMorris, T & Hale T (2006) *Coaching Science*. Chichester: J Wiley

SECTION A: DEFINITIVE MODULE RECORD. ***Proposed changes must be submitted via Faculty Quality Procedures for approval and issue of new module code.***

MODULE CODE: CITY1122	**MODULE TITLE: Testing and Monitoring Athletes**

CREDITS: 20	**FHEQ Level: 4**	**JACS CODE: C600**

PRE-REQUISITES: None	**CO-REQUISITES: None**	**COMPENSATABLE: Y**

SHORT MODULE DESCRIPTOR: *(max 425 characters)*

This module examines the process and practicalities of testing various fitness/movement components that are crucial to athletic performance. Learners will develop their understanding of how, what, why and when to test athletes based on the requirements of individual activities. In addition to this learners will develop different methods of monitoring changes in performance.

ELEMENTS OF ASSESSMENT ***Use HESA KIS definitions]***					
WRITTEN EXAMINATION		COURSEWORK		PRACTICE	
E1 (formally scheduled)		**C 1**	**100 %**	**P 1**	**Pass/Fail**
E2 (OSCE)		**C 2**		**P 3**	
T1 (in-class test)		**A 1**			

SUBJECT ASSESSMENT PANEL Group to which module should be linked: FdSc Strength, Conditioning and Sports Coaching, and FdSc Sports Therapy & Injury Rehabilitation

Professional body minimum pass mark requirement: N/A

MODULE AIMS:

The module aims to provide learners with a critical understanding of testing methods in relation to athletes' needs. This includes the ability to select appropriate testing methods that are based on a comprehensive understanding of human movement and sports specificity. The module also aims to develop learners' ability to monitor performance progress/detriment through the use of easily accessible ICT resources.

ASSESSED LEARNING OUTCOMES: (additional guidance below)

At the end of the module the learner will be expected to be able to:

1. Analyse the demands of a sport/activity using an evidence based approach and justifiably select appropriate tests for the specific athletic population.
2. Develop an electronic method of effectively monitoring athletic performance.
3. Collect and accurately interpret results from specified tests.

DATE OF APPROVAL:	04/2014	**FACULTY/OFFICE:**	Academic Partnerships
DATE OF IMPLEMENTATION:	09/2014	**SCHOOL/PARTNER:**	City College Plymouth
DATE(S) OF APPROVED CHANGE:		**TERM:**	All Year

SECTION B: DETAILS OF TEACHING, LEARNING AND ASSESSMENT

Items in this section must be considered annually and amended as appropriate, in conjunction with the Module Review Process. Some parts of this page may be used in the KIS return and published on the extranet as a guide for prospective students. Further details for current students should be provided in module guidance notes.

ACADEMIC YEAR: 2025-26	**NATIONAL COST CENTRE: 108**

MODULE LEADER: Cameron Donkin	**OTHER MODULE STAFF: N/A**

SUMMARY of MODULE CONTENT

- **Health, safety, ethical and standardisation considerations of testing**
- **Anthropometric, body composition, flexibility and functional movement testing**
- **Strength, power, endurance, speed, agility and sports specific testing**
- **Development of ICT skills (Microsoft Excel)**

SUMMARY OF TEACHING AND LEARNING ***[Use HESA KIS definitions]***

Scheduled Activities	**Hours**	**Comments/Additional Information**
Lead Lectures	30	Combination of face-to-face and remotely delivered sessions.
Practical Workshops	30	Combination of face-to-face and remotely delivered sessions.
Directed Reading/Revision	120	
Tutorial/one-to-one support	20	Individually arranged remote or face-to-face support as required.

Total	**200**	(NB: 1 credit = 10 hours or learning; 10 credits = 100 hours, etc.)

Category	***Element***	***Component Name***	***Component Weighting***	***Comments include links to learning objectives***
Written exam	E		% **Total = %**	
	T		% **Total = %**	
Coursework	C1	Monitoring Method Need Analysis & Test Battery	50% 50% **Total = 100%**	ALO2 ALO 1 & 3
Practice	P1	Data Collection	**Total = Pass/Fail**	ALO3

Updated by:	**Date:**	**Approved by:**	**Date:**
Cameron Donkin	June 2025	Hollie Galpin-Mitchell	August 2025

Recommended Texts and Sources:

Davison, R., Smith, P., Hopker, J., Price, M., Hettinga, F., Tew, G., & Bottoms, L. *Sport and exercise physiology testing guidelines*.

Gibson, A., Wagner, D., & Heyward, V. (2019). *Advanced fitness assessment and exercise prescription*. Champaign, IL: Human Kinetics.

Haff, G., & Triplett, N. *Essentials of strength training and conditioning*.

Hoffman, J. (2006). *Norms for fitness, performance, and health*. Champaign, IL: Human Kinetics.

Carling, C., Reilly, T. & Williams, M. (2009) *Performance Assessment for Field Sports.* New York, USA: Routledge.

Miller, T. *NSCA's guide to tests and assessments*.

Morrow, J., Mood, D., Disch, J., & Kang, M. (2016). *Measurement and evaluation in human performance*. Champaign, IL: Human Kinetics.

SECTION A: DEFINITIVE MODULE RECORD. ***Proposed changes must be submitted via Faculty Quality Procedures for approval and issue of new module code.***

MODULE CODE: PSCFD118	**MODULE TITLE: Introductory Sports Therapy**

CREDITS: 20	**FHEQ Level: 4**	**JACS CODE: C630**

PRE-REQUISITES: None	**CO-REQUISITES: None**	**COMPENSATABLE: Y**

SHORT MODULE DESCRIPTOR: *(max 425 characters)*

This module provides learners with an understanding of some of the basic skills utilized by sports therapists. Learners will be introduced to areas of initial sports injury management, soft tissue massage, supportive musculo-skeletal taping and stretching methods.

ELEMENTS OF ASSESSMENT ***Use HESA KIS definitions]***

WRITTEN EXAMINATION		COURSEWORK		PRACTICE	
E1 (formally scheduled)		**C 1**		**P 1**	**100 %**
E2 (OSCE)		**C 2**		**P 3**	
T1 (in-class test)		**A 1**			

SUBJECT ASSESSMENT PANEL Group to which module should be linked: FdSc Strength, Conditioning and Sports Coaching, and FdSc Sports Therapy & Injury Rehabilitation

Professional body minimum pass mark requirement: N/A

MODULE AIMS:

The module aims to provide learners with a basic understanding of the how to deal with athletic injuries. Learners will explore methods of dealing with common sports injuries and gain an understanding of the physiological principles regarding initial care. Additionally, learners will develop skills in supporting/aiding recovery of injuries.

ASSESSED LEARNING OUTCOMES: (additional guidance below)

At the end of the module the learner will be expected to be able to:

1. Demonstrate the ability to apply various sports massage techniques.

2. Discuss and demonstrate the practical application of injury management techniques.
3. Justify the use of various sports therapy techniques.

DATE OF APPROVAL:	04/2014	**FACULTY/OFFICE:**	Academic Partnerships
DATE OF IMPLEMENTATION:	09/2014	**SCHOOL/PARTNER:**	City College Plymouth
DATE(S) OF APPROVED CHANGE:		**TERM:**	All Year

Additional notes (for office use only):

SECTION B: DETAILS OF TEACHING, LEARNING AND ASSESSMENT

Items in this section must be considered annually and amended as appropriate, in conjunction with the Module Review Process. Some parts of this page may be used in the KIS return and published on the extranet as a guide for prospective students. Further details for current students should be provided in module guidance notes.

ACADEMIC YEAR: 2025-26	**NATIONAL COST CENTRE: 108**

MODULE LEADER: Liam Houlton	**OTHER MODULE STAFF: N/A**

SUMMARY of MODULE CONTENT

- **Effleurage, cross fibre friction, pre- and post-event massage**
- **Introductory injury assessment/diagnosis**
- **RICE**
- **Taping and strapping methods**

SUMMARY OF TEACHING AND LEARNING ***[Use HESA KIS definitions]***

Scheduled Activities	**Hours**	**Comments/Additional Information**
Lead Lectures	10	Combination of face-to-face and remotely delivered sessions.
Practical Workshops	50	Combination of face-to-face and remotely delivered sessions.
Directed Reading/Revision	120	
Tutorial/one-to-one support	20	Individually arranged remote or face-to-face support as required.
Total	**200**	(NB: 1 credit = 10 hours or learning; 10 credits = 100 hours, etc.)

Category	*Element*	*Component Name*	*Component Weighting*	*Comments include links to learning objectives*
Written exam	E		% **Total = %**	
	T		% **Total = %**	
Coursework	C		% **Total = %**	
Practice	P1	Massage Application Injury Management Practical	50% 50% **Total = 100%**	ALO1, 3 ALO2, 3

Updated by:	**Date:**	**Approved by:**	**Date:**
Cameron Donkin	June 2025	Hollie Galpin-Mitchell	August 2025

Recommended Texts and Sources:

Findlay, S. (2018). *Sports Massage*. Champaign: Human Kinetics.

Fritz, S. (2005) *Sports & Exercise Massage.* Missouri, USA: Elsevier Mosby

Manheim, C. (2008). *The myofascial release manual*. Thorofare, N.J.: SLACK.

Prentice, W. *Essentials of athletic injury management*.

SECTION A: DEFINITIVE MODULE RECORD. ***Proposed changes must be submitted via Faculty Quality Procedures for approval and issue of new module code.***

MODULE CODE: PSCFD119	**MODULE TITLE: Strength & Conditioning Fundamentals**

CREDITS: 20	**FHEQ Level: 4**	**JACS CODE: C630**

PRE-REQUISITES: None	**CO-REQUISITES: None**	**COMPENSATABLE: Y**

SHORT MODULE DESCRIPTOR: *(max 425 characters)*

This module introduces learners to the fundamental practical skills employed by strength & conditioning coaches. The coaching of some fundamental exercise modes forms the foundations for strength & conditioning work and also relates directly to skills that are assessed when seeking accreditation as a strength and conditioning coach.

ELEMENTS OF ASSESSMENT ***Use HESA KIS definitions]***

WRITTEN EXAMINATION		COURSEWORK		PRACTICE	
E1 (formally scheduled)		**C 1**		**P 1**	**100 %**
E2 (OSCE)		**C 2**		**P 3**	
T1 (in-class test)		**A 1**			

SUBJECT ASSESSMENT PANEL Group to which module should be linked: Fdsc Strength, Conditioning & Sports Coaching, and FdSc Sports Therapy & Injury Rehabilitation

Professional body minimum pass mark requirement: N/A

MODULE AIMS:

The aim of this module is to develop learners' ability to perform and coach some of the fundamental skills used in strength and conditioning, including Olympic Weightlifting, Speed Training, Agility Training and Plyometrics. As part of this the module also aims to develop learners understanding of training principles, training prescription and technique correction.

ASSESSED LEARNING OUTCOMES: (additional guidance below)

At the end of the module the learner will be expected to be able to: 1. Demonstrate safe and effective technique observation/correction in relation to weightlifting exercises. 2. Design, implement and justify the content, of a speed, agility and plyometric training session. 3. Demonstrate practical competence in fundamental strength & conditioning exercises.

DATE OF APPROVAL:	04/2014	**FACULTY/OFFICE:**	Academic Partnerships
DATE OF IMPLEMENTATION:	09/2014	**SCHOOL/PARTNER:**	City College Plymouth
DATE(S) OF APPROVED CHANGE:		**TERM:**	All Year

Additional notes (for office use only):

SECTION B: DETAILS OF TEACHING, LEARNING AND ASSESSMENT

Items in this section must be considered annually and amended as appropriate, in conjunction with the Module Review Process. Some parts of this page may be used in the KIS return and published on the extranet as a guide for prospective students. Further details for current students should be provided in module guidance notes.

ACADEMIC YEAR: 2025-26	**NATIONAL COST CENTRE: 108**

MODULE LEADER: Cameron Donkin	**OTHER MODULE STAFF: N/A**

SUMMARY of MODULE CONTENT

- **Olympic weightlifting & power lifting exercises**
- **Speed and agility drills**
- **Plyometric activities**
- **Session design, exercise prescription, technique correction**

SUMMARY OF TEACHING AND LEARNING ***[Use HESA KIS definitions]***		
Scheduled Activities	**Hours**	**Comments/Additional Information**
Lead Lectures	10	Combination of face-to-face and remotely delivered sessions.
Directed Reading/Revision	116	
Tutorial/One-to-one support	4	Individually arranged remote or face-to-face support as required.
Practical Workshops	50	Combination of face-to-face and remotely delivered sessions.

Total	**<u>200</u>**	(NB: 1 credit = 10 hours or learning; 10 credits = 100 hours, etc.)

Category	***Element***	***Component Name***	***Component Weighting***	***Comments include links to learning objectives***
Written exam	E		% **Total = %**	
	T		% **Total = %**	
Coursework	C		% **Total = %**	
Practice	P<u>1</u>	Gym Based Assessment Speed, Agility, Plyometric session	50% 50% **Total = 100%**	ALO1, 3 ALO2, 3

Updated by:	**Date:**	**Approved by:**	**Date:**
Cameron Donkin	June 2025	Hollie Galpin-Mitchell	August 2025

Recommended Texts and Sources:

Burrell, L. (2004) *Sport Speed.* Champaign, USA: Human Kinetic

Haff, G., & Triplett, N. *Essentials of strength training and conditioning*.

Stone, M, Stone, M and Sands, W. (n/d) Principles and Practice of Resistance Training.

Gamble, P. (2013). *Strength and conditioning for team sports*. London: Routledge.

Jeffreys, I. *Gamespeed*.

Newton, H. (2005) *Explosive Lifting for Sport.* Champaign, USA: Human Kinetics

Radcliffe, J. (2005). *High-Powered Plyometrics*. Champaign, IL.

SECTION A: DEFINITIVE MODULE RECORD. ***Proposed changes must be submitted via Faculty Quality Procedures for approval and issue of new module code.***

MODULE CODE: PSCFD122	**MODULE TITLE: Anatomy & Exercise Physiology**

CREDITS: 20	**FHEQ Level: 4**	**JACS CODE: C600**

PRE-REQUISITES: None	**CO-REQUISITES: None**	**COMPENSATABLE: Y**

SHORT MODULE DESCRIPTOR: *(max 425 characters)*

This module focuses on developing an understanding of how the skeletal, muscular and nervous systems interact to provide movement for athletic performance. The module also examines the structure and function of bodily systems in relation exercise and adaptation principles.

ELEMENTS OF ASSESSMENT ***Use HESA KIS definitions]***

WRITTEN EXAMINATION		COURSEWORK		PRACTICE	
E1 (formally scheduled)		**C 1**	**40 %**	**P 1**	
E2 (OSCE)		**C 2**		**P 3**	
T1 (in-class test)	**60 %**	**A 1**			

SUBJECT ASSESSMENT PANEL Group to which module should be linked: FdSc Strength, Conditioning & Sports Coaching, and FdSc Sports Therapy & Injury Rehabilitation

Professional body minimum pass mark requirement: N/A

MODULE AIMS:

The aim of this module is to develop upon learners existing knowledge of the human body. The focus is upon the structure, function and interaction of the body's systems in relation to exercise and training. Whilst all relevant bodily systems will be introduced there is a major focus on the neuro-musculo-skeletal system. Scientific report writing skills will also be developed to demonstrate understanding of some of these topics.

ASSESSED LEARNING OUTCOMES: (additional guidance below)

At the end of the module the learner will be expected to be able to:

1. Accurately recall anatomical knowledge of the neuro-musculo-skeletal system.
2. Analyse movement principles in relation to specified sports/exercise techniques.
3. Use scientific report writing skills to demonstrate understanding of human physiology in relation to athletic performance.

DATE OF APPROVAL:	**FACULTY/OFFICE:** Academic Partnerships
DATE OF IMPLEMENTATION: 09/2017	**SCHOOL/PARTNER:** City College Plymouth
DATE(S) OF APPROVED CHANGE:	**TERM:** All Year

Additional notes (for office use only):

SECTION B: DETAILS OF TEACHING, LEARNING AND ASSESSMENT

Items in this section must be considered annually and amended as appropriate, in conjunction with the Module Review Process. Some parts of this page may be used in the KIS return and published on the extranet as a guide for prospective students. Further details for current students should be provided in module guidance notes.

ACADEMIC YEAR: 2025-26	**NATIONAL COST CENTRE: 108**

MODULE LEADER: Liam Houlton	**OTHER MODULE STAFF: N/A**

SUMMARY of MODULE CONTENT

- **Movement principles/kinesiology**
- **Musculo-skeletal system**
- **Nervous and endocrine systems**
- **Circulatory, cardio and pulmonary systems**
- **Scientific report writing skills development**

SUMMARY OF TEACHING AND LEARNING ***[Use HESA KIS definitions]***

Scheduled Activities	**Hours**	**Comments/Additional Information**
Lead Lectures	60	Combination of face-to-face and remotely delivered sessions.
Directed Reading/Revision	120	
Tutorial/One-to-one support	20	Individually arranged remote or face-to-face support as required.

Total	**200**	(NB: 1 credit = 10 hours or learning; 10 credits = 100 hours, etc.)

Category	***Element***	***Component Name***	***Component Weighting***	***Comments include links to learning objectives***
Written exam	E		% **Total = %**	
	T1	Musculo-skeletal system & Movement Principles: In Class Test	100% **Total = 100%**	ALO1 ALO2
Coursework	C1	Report	100% **Total = 100%**	ALO3
Practice	P_		% **Total = %**	

Updated by:	**Date:**	**Approved by:**	**Date:**
Cameron Donkin	June 2025	Hollie Galpin-Mitchell	August 2025

Recommended Texts and Sources:

Behnke, R. (2006) *Kinetic Anatomy2nd Ed.* Champaign, USA: Human Kinetics

Myers, T. (2011). *Anatomy Trains*. London: Elsevier Health Sciences Germany.

Thompson, C., & Floyd, R. (2001). *Manual of structural kinesiology*. Boston, Mass.: McGraw-Hill.

Tortora, G. & Derrickson, B. (2009) *Principles of Anatomy and Physiology 12th Ed.* USA: Wiley & Sons

Wilmore, J., Costill, D. & Kenney, L. (2008) Physiology of Sport & Exercise 4th Ed. USA: Human Kinetics

SECTION A: DEFINITIVE MODULE RECORD. ***Proposed changes must be submitted via Faculty Quality Procedures for approval and issue of new module code.***

MODULE CODE: PSCFD120	**MODULE TITLE: Biomechanics of Sport**

CREDITS: 20	**FHEQ Level: 4**	**JACS CODE: C630**

PRE-REQUISITES: None	**CO-REQUISITES: None**	**COMPENSATABLE: Y**

SHORT MODULE DESCRIPTOR: *(max 425 characters)*

An introduction to the field of biomechanics and how the principles of physics/mechanics influence human movement and sports/exercise performance. This module combines theoretical aspects of physics with the use of mechanics in performance analysis.

ELEMENTS OF ASSESSMENT ***Use HESA KIS definitions]***					
WRITTEN EXAMINATION		COURSEWORK		PRACTICE	
E1 (formally scheduled)		**C 1**	**50 %**	**P 1**	
E2 (OSCE)		**C 2**		**P 3**	
T1 (in-class test)	**50 %**	**A 1**			

SUBJECT ASSESSMENT PANEL Group to which module should be linked: FdSc Strength, Conditioning & Sports Coaching, and FdSc Sports Therapy & Injury Rehabilitation

Professional body minimum pass mark requirement: N/A

MODULE AIMS:

This module aims to study the underlying biomechanical concepts of sporting movements. The major aim is to provide learners with a foundation knowledge of principles that govern human movement and sports performance.

ASSESSED LEARNING OUTCOMES: (additional guidance below)

At the end of the module the learner will be expected to be able to:

1. Explain underpinning biomechanical principles of sporting movements and exercise techniques.
2. Interpret biomechanical data in relation to sports performance.

3. Analyse effective/ineffective mechanics in relation to sports/exercise movements.

DATE OF APPROVAL:	04/2014	**FACULTY/OFFICE:**	Academic Partnerships
DATE OF IMPLEMENTATION:	09/2014	**SCHOOL/PARTNER:**	City College Plymouth
DATE(S) OF APPROVED CHANGE:		**TERM:**	All Year

Additional notes (for office use only):

SECTION B: DETAILS OF TEACHING, LEARNING AND ASSESSMENT

Items in this section must be considered annually and amended as appropriate, in conjunction with the Module Review Process. Some parts of this page may be used in the KIS return and published on the extranet as a guide for prospective students. Further details for current students should be provided in module guidance notes.

ACADEMIC YEAR: 2025-26	**NATIONAL COST CENTRE: 108**

MODULE LEADER: Liam Houlton	**OTHER MODULE STAFF: N/A**

SUMMARY of MODULE CONTENT

- **Introduction to movement mechanics**
- **Laws of motion**
- **Free body diagrams**
- **Kinetics and kinematic data**
- **Video analysis/digitising**

SUMMARY OF TEACHING AND LEARNING ***[Use HESA KIS definitions]***

Scheduled Activities	**Hours**	**Comments/Additional Information**
Lead Lectures	40	Combination of face-to-face and remotely delivered sessions.
Directed Reading/Revision	120	
Tutorial/One-to-one support	20	Individually arranged remote or face-to-face support as required.
Practical Workshops	20	
Total	**200**	(NB: 1 credit = 10 hours or learning; 10 credits = 100 hours, etc.)

Category	*Element*	*Component Name*	*Component Weighting*	*Comments include links to learning objectives*
Written exam	E		% **Total = %**	
	T1	In-Class Test	100% **Total = 100%**	ALO1
Coursework	C1	Analysis Project	100% **Total = 100%**	ALO 2 & 3
Practice	P_		% **Total = %**	

Updated by:	**Date:**	**Approved by:**	**Date:**
Cameron Donkin	June 2025	Hollie Galpin-Mitchell	August 2025

Recommended Texts and Sources:

Hall, S. (2012) *Basic Biomechanics 6th Ed.* New York, USA: McGraw-Hill.

McGinnis, P. (2005) *Biomechanics of Sport & Exercise 2nd Ed.* Champaign, USA: Human Kinetics.

Watkins, J. (2007) *An Introduction to Biomechanics of Sport & Exercise.* Philadelphia, USA: Elsevier

Whiting, W. & Rugg, S. (2006) *Dynatomy: Dynamic Human Anatomy.* Champaign, USA: Human Kinetics

SECTION A: DEFINITIVE MODULE RECORD. ***Proposed changes must be submitted via Faculty Quality Procedures for approval and issue of new module code.***

MODULE CODE: PSCFD225	**MODULE TITLE: Periodisation for Elite Performance**

CREDITS: 20	**FHEQ Level: 5**	**JACS CODE: C630**

PRE-REQUISITES: None	**CO-REQUISITES: None**	**COMPENSATABLE: Y**

SHORT MODULE DESCRIPTOR: *(max 425 characters)*

This module examines how short and long term training programmes are designed to maximise athletic potential. Commonly used concepts in programme design will be discussed along with the application of these concepts using some specific examples within athletic preparation.

ELEMENTS OF ASSESSMENT ***Use HESA KIS definitions]***					
WRITTEN EXAMINATION		COURSEWORK		PRACTICE	
E1 (formally scheduled)		**C 1**	**100 %**	**P 1**	
E2 (OSCE)		**C 2**		**P 3**	
T1 (in-class test)		**A 1**			

SUBJECT ASSESSMENT PANEL Group to which module should be linked: FdSc Strength, Conditioning and Sports Coaching, and FdSc Sports Therapy & Injury Rehabilitation.

Professional body minimum pass mark requirement: N/A

MODULE AIMS:

The aim of this module is to expose learners to the concepts that influence the design of athletic training programmes in an attempt to have athletes 'peak' at particular times within a competitive schedule. Understanding of the concepts will allow learners to be able to design their own long term training programmes for specified athlete populations and individuals.

ASSESSED LEARNING OUTCOMES: (additional guidance below)

At the end of the module the learner will be expected to be able to:

1. Formulate a Needs Analysis for a specified athlete using physiological, biomechanical and time motion data.
2. Propose a theoretically effective long term periodised programme for a specified athlete.
3. Organise a long term periodised programme at a meso- and micro-cycle level of detail.

DATE OF APPROVAL:	04/2014	**FACULTY/OFFICE:**	Academic Partnerships
DATE OF IMPLEMENTATION:	09/2015	**SCHOOL/PARTNER:**	City College Plymouth
DATE(S) OF APPROVED CHANGE:		**TERM:**	All Year

Additional notes (for office use only):

SECTION B: DETAILS OF TEACHING, LEARNING AND ASSESSMENT

Items in this section must be considered annually and amended as appropriate, in conjunction with the Module Review Process. Some parts of this page may be used in the KIS return and published on the extranet as a guide for prospective students. Further details for current students should be provided in module guidance notes.

ACADEMIC YEAR: 2025-26	**NATIONAL COST CENTRE: 108**

MODULE LEADER: Cameron Donkin	**OTHER MODULE STAFF: N/A**

SUMMARY of MODULE CONTENT

- **Needs analysis of athletes**
- **Micro, Meso, and Macro cycle detailing**
- **Periodization models**
- **Peaking and Tapering**

SUMMARY OF TEACHING AND LEARNING ***[Use HESA KIS definitions]***

Scheduled Activities	**Hours**	**Comments/Additional Information**
Lead Lectures	40	Combination of face-to-face and remotely delivered sessions
Directed Reading/Revision	120	
Tutorial/One-to-one support	20	Individually arranged remote or face-to-face support as required.
Workshops	20	Combination of face-to-face and remotely delivered sessions.

Total	**200**	(NB: 1 credit = 10 hours or learning; 10 credits = 100 hours, etc.)

Category	***Element***	***Component Name***	***Component Weighting***	***Comments include links to learning objectives***
Written exam	E		% **Total = %**	
	T		% **Total = %**	
Coursework	C1	Needs Analysis Periodised Programme	30% 70% **Total = 100%**	ALO1 ALO2, 3
Practice	P		% **Total = %**	

Updated by:	**Date:**	**Approved by:**	**Date:**
Cameron Donkin	June 2025	Hollie Galpin-Mitchell	August 2025

Recommended Texts and Sources:

Baechle, T. & Earle, R. (eds)(2008) *Essentials of Strength Training & Conditioning 3rd Ed.* Champaign, USA: Human Kinetics

Bompa, T. (1999) *Periodization Training for Sports.* Champaign, USA: Human Kinetics

Haff, G., & Triplett, N. *Essentials of strength training and conditioning*.

Jeffreys, I. & Moody, J. (2021) *Strength and Conditioning for Sports Performance*, 2nd Ed. Abingdon, Oxon: Routledge

Verkhoshansky, Y. & Siff, M. (2009) *Supertraining 6th Ed.* Italy: Verkhoshansky

SECTION A: DEFINITIVE MODULE RECORD. ***Proposed changes must be submitted via Faculty Quality Procedures for approval and issue of new module code.***

MODULE CODE: PSCFD226	**MODULE TITLE: Strength and Conditioning Clinic**

CREDITS: 20	**FHEQ Level: 5**	**JACS CODE: C630**

PRE-REQUISITES: N/A	**CO-REQUISITES:**	**COMPENSATABLE: Y**

SHORT MODULE DESCRIPTOR: *(max 425 characters)*

This case study module provides learners with the opportunity to put into practice multiple planning, evaluating and industry based skills that are covered in Year 1 and Semester 1 of Year 2. Development of coaching and planning skills will be expected outcomes along with the ability to evaluate, review and manipulate a pre-planned training programme.

ELEMENTS OF ASSESSMENT ***Use HESA KIS definitions]***					
WRITTEN EXAMINATION		COURSEWORK		PRACTICE	
E1 (formally scheduled)		**C 1**	**100 %**	**P 1**	**Pass/Fail**
E2 (OSCE)		**C 2**		**P 3**	
T1 (in-class test)		**A 1**			

SUBJECT ASSESSMENT PANEL Group to which module should be linked: FdSc Strength, Conditioning and Sports Coaching, and FdSc Sports Therapy & Injury Rehabilitation.

Professional body minimum pass mark requirement: N/A

MODULE AIMS:

This module aims to combine skills and knowledge from various previously studied areas and apply them in a ‘real life’ industry based situation.

ASSESSED LEARNING OUTCOMES: (additional guidance below)

At the end of the module the learner will be expected to be able to:

1. Review the design of, and solve problems with pre-planned training programmes.

2. Refine and evaluate personal coaching skills in multiple training scenarios/environments.
3. Work in collaboration with peers to plan and deliver strength & conditioning sessions.
4. Critically evaluate your own personal development (PDP), continual professional development (CPD) and entrepreneurship in relation to the sports/fitness industry.

DATE OF APPROVAL:	04/2014	**FACULTY/OFFICE:**	Academic Partnerships
DATE OF IMPLEMENTATION:	09/2015	**SCHOOL/PARTNER:**	City College Plymouth
DATE(S) OF APPROVED CHANGE:		**TERM:**	All Year

Additional notes (for office use only):

SECTION B: DETAILS OF TEACHING, LEARNING AND ASSESSMENT

Items in this section must be considered annually and amended as appropriate, in conjunction with the Module Review Process. Some parts of this page may be used in the KIS return and published on the extranet as a guide for prospective students. Further details for current students should be provided in module guidance notes.

ACADEMIC YEAR: 2025-26	**NATIONAL COST CENTRE: 108**

MODULE LEADER: Cameron Donkin	**OTHER MODULE STAFF: Liam Houlton**

SUMMARY of MODULE CONTENT

- **Practical training/coaching of athlete**
- **Gym, hall, track, court, field sessions**
- **Training programme reviews**

SUMMARY OF TEACHING AND LEARNING ***[Use HESA KIS definitions]***

Scheduled Activities	**Hours**	**Comments/Additional Information**
Supervision	90	Face-to-face or remote application of coaching
Directed Reading/Revision	60	
Tutorial/One-to-one support	30	Face-to-face or remote application of coaching
Coaching Workshops	20	Face-to-face or remote application of coaching
Total	**200**	(NB: 1 credit = 10 hours or learning; 10 credits = 100 hours, etc.)

Category	***Element***	***Component Name***	***Component Weighting***	***Comments include links to learning objectives***
Written exam	E____		% **Total = %**	
	T____		% **Total = %**	
Coursework	C1	Development Workbook	100% **Total = 100%**	ALO1, 3, 4
Practice	P1	Coaching Competency	**Total = Pass/Fail**	ALO2

Updated by:	**Date:**	**Approved by:**	**Date:**
Cameron Donkin	June 2025	Hollie Galpin-Mitchell	August 2025

Recommended Texts and Sources:

Haff, G., & Triplett, N. *Essentials of strength training and conditioning*.

Heyward, V. (2006) *Advanced Fitness Assessment and Exercise Prescription.* Champaign, USA: Human Kinetics.

Prentice, W. (2010) *Essentials of Athletic Injury Management 8th Ed.* New York, USA: McGraw-Hill

Verkhoshansky, Y. & Siff, M. (2009) *Supertraining 6th Ed.* Italy: Verkhoshansky

SECTION A: DEFINITIVE MODULE RECORD. ***Proposed changes must be submitted via Faculty Quality Procedures for approval and issue of new module code.***

MODULE CODE: PSCFD231	**MODULE TITLE: Advanced Exercise Sciences**

CREDITS: 20	**FHEQ Level: 5**	**JACS CODE: C600**

PRE-REQUISITES: None	**CO-REQUISITES: None**	**COMPENSATABLE: Y**

SHORT MODULE DESCRIPTOR: *(max 425 characters)*

An in-depth exploration of how physiological systems of the human body react and adapt to various forms of exercise and training stimuli. Commonly accepted concepts and theories will be studied whilst alternate/current training methods/trends will be considered.

ELEMENTS OF ASSESSMENT ***Use HESA KIS definitions]***					
WRITTEN EXAMINATION		COURSEWORK		PRACTICE	
E1 (formally scheduled)		**C 1**	**50%**	**P 1**	
E2 (OSCE)		**C 2**		**P 3**	
T1 (in-class test)	**50 %**	**A 1**			

SUBJECT ASSESSMENT PANEL Group to which module should be linked: FdSc Strength, Conditioning and Sports Coaching, and FdSc Sports Therapy & Injury Rehabilitation

Professional body minimum pass mark requirement: N/A

MODULE AIMS:

This module aims to expand learners existing knowledge of the structure, function and adaptability of the main physiological systems of the human body. The content is aimed at providing learners with the underpinning physiological understanding of various stress-response mechanisms in relation to exercise/training stress. The module also aims to develop learners' critical thinking in relation to the aim and effectiveness of various training methods including current trends/fads.

ASSESSED LEARNING OUTCOMES: (additional guidance below)

At the end of the module the learner will be expected to be able to:

1. Disseminate evidence based, and anecdotal information regarding the underpinning science and practical application of a specified training method.
2. Investigate the short and long term physiological adaptations that are caused by various training methods.
3. Critically analyse the effectiveness of various training and recovery modalities in relation to potential performance enhancement.

DATE OF APPROVAL:	04/2014	**FACULTY/OFFICE:**	Academic Partnerships
DATE OF IMPLEMENTATION:	09/2019	**SCHOOL/PARTNER:**	City College Plymouth
DATE(S) OF APPROVED CHANGE:		**TERM:**	All Year

Additional notes (for office use only):

SECTION B: DETAILS OF TEACHING, LEARNING AND ASSESSMENT

Items in this section must be considered annually and amended as appropriate, in conjunction with the Module Review Process. Some parts of this page may be used in the KIS return and published on the extranet as a guide for prospective students. Further details for current students should be provided in module guidance notes.

ACADEMIC YEAR: 2025-26	**NATIONAL COST CENTRE: 108**

MODULE LEADER: Liam Houlton	**OTHER MODULE STAFF: N/A**

SUMMARY of MODULE CONTENT

- **Acute and chronic adaptations to training**
- **Recovery from training and fatigue management**
- **Effectiveness of fads/current trends in training**

SUMMARY OF TEACHING AND LEARNING ***[Use HESA KIS definitions]***

Scheduled Activities	**Hours**	**Comments/Additional Information**
Lead Lectures	40	Combination of face-to-face and remotely delivered sessions.
Directed Reading/Revision	120	
Tutorial/One-to-one support	20	Individually arranged remote or face-to-face support as required.
Workshops/Seminars	20	Combination of face-to-face and remotely delivered sessions.

Total	**<u>200</u>**	(NB: 1 credit = 10 hours or learning; 10 credits = 100 hours, etc.)

Category	***Element***	***Component Name***	***Component Weighting***	***Comments include links to learning objectives***
Written exam	E		% **Total = %**	
	T<u>1</u>	Physiological Adaptations: In-Class Test	100% **Total = 100%**	ALO 1, 2
Coursework	C<u>1</u>	Critique	100% **Total = 100%**	ALO 3
Practice	P_		% **Total = %**	

Updated by:	**Date:**	**Approved by:**	**Date:**
Cameron Donkin	June 2025	Hollie Galpin-Mitchell	August 2025

Recommended Texts and Sources:

Haff, G., & Triplett, N. *Essentials of strength training and conditioning*.

Jeffreys, I. & Moody, J. (2021) *Strength and Conditioning for Sports Performance,* 2nd Ed. Abingdon, Oxon: Routledge.

Heyward, V. (2006) *Advanced Fitness Assessment and Exercise Prescription.* Champaign, USA: Human Kinetics.

Prentice, W. (2010) *Essentials of Athletic Injury Management 8th Ed.* New York, USA: McGraw-Hill

Verkhoshansky, Y. & Siff, M. (2009) *Supertraining 6th Ed.* Italy: Verkhoshansky

SECTION A: DEFINITIVE MODULE RECORD. ***Proposed changes must be submitted via Faculty Quality Procedures for approval and issue of new module code.***

MODULE CODE: PSCFD232	**MODULE TITLE: Sports Rehabilitation**

CREDITS: 20	**FHEQ Level: 5**	**JACS CODE: C630**

PRE-REQUISITES: None	**CO-REQUISITES: None**	**COMPENSATABLE: Y**

SHORT MODULE DESCRIPTOR: *(max 425 characters)*

This module focuses on the effective recovery and rehabilitation of athletes. Various methods of recovery from exercise will be examined and the planning of effective rehabilitation programmes will be considered.

ELEMENTS OF ASSESSMENT ***Use HESA KIS definitions]***					
WRITTEN EXAMINATION		COURSEWORK		PRACTICE	
E1 (formally scheduled)		**C 1**	**100 %**	**P 1**	
E2 (OSCE)		**C 2**		**P 3**	
T1 (in-class test)		**A 1**			

SUBJECT ASSESSMENT PANEL Group to which module should be linked: FdSc Strength, Conditioning and Sports Coaching, and FdSc Sports Therapy & Injury Rehabilitation.

Professional body minimum pass mark requirement: N/A

MODULE AIMS:

The aim of this module is to provide learners with an overview of various strategies employed to encourage physiological recovery following exercise training and athletic performance. The content is also aimed at developing learners' knowledge and understanding of rehabilitation phases and methods used to promote safe and effective return to training/sport.

ASSESSED LEARNING OUTCOMES: (additional guidance below)

At the end of the module the learner will be expected to be able to:

1. Disseminate accurate information in relation to recovery from common, minor sports related injuries.
2. Demonstrate understanding of the mechanisms of common sports injuries.
3. Design and justify the content of an effective rehabilitation programme for a specified case study.

DATE OF APPROVAL:	04/2014	**FACULTY/OFFICE:**	Academic Partnerships
DATE OF IMPLEMENTATION:	09/2018	**SCHOOL/PARTNER:**	City College Plymouth
DATE(S) OF APPROVED CHANGE:		**TERM:**	All Year

Additional notes (for office use only):

SECTION B: DETAILS OF TEACHING, LEARNING AND ASSESSMENT

Items in this section must be considered annually and amended as appropriate, in conjunction with the Module Review Process. Some parts of this page may be used in the KIS return and published on the extranet as a guide for prospective students. Further details for current students should be provided in module guidance notes.

ACADEMIC YEAR: 2025-26	**NATIONAL COST CENTRE: 108**

MODULE LEADER: Cameron Donkin	**OTHER MODULE STAFF: N/A**

SUMMARY of MODULE CONTENT

- **Recovery strategies for minor injuriesStages of rehabilitation**
- **Rehabilitation exercises/methods**

SUMMARY OF TEACHING AND LEARNING ***[Use HESA KIS definitions]***

Scheduled Activities	**Hours**	**Comments/Additional Information**
Lead Lectures	40	Combination of face-to-face and remotely delivered sessions.
Directed Reading/Revision	120	
Tutorial/One-to-one support	20	Individually arranged remote or face-to-face support as required.
Workshops/Seminars	20	Combination of face-to-face and remotely delivered sessions.
Total	**200**	(NB: 1 credit = 10 hours or learning; 10 credits = 100 hours, etc.)

Category	*Element*	*Component Name*	*Component Weighting*	*Comments include links to learning objectives*
Written exam	E		% **Total = %**	
	T		% **Total = %**	
Coursework	C1	Common Injuries Blog Post Rehab Programme	50% 50% **Total = 100%**	ALO1, 2 ALO2, 3
Practice	P_		% **Total = %**	

Updated by:	**Date:**	**Approved by:**	**Date:**
Cameron Donkin	June 2025	Hollie Galpin-Mitchell	August 2025

Recommended Texts and Sources:

Andrews, J., Harrelson, G. & Wilk, K. (2012) *Physical Rehabilitation of the Injured Athlete 4th Ed.* Philadelphia, USA: Elsevier

Comfort, P., & Abrahamson, E. (2010). *Sports Rehabilitation and Injury Prevention*. Chichester: John Wiley & Sons.

Prentice, W. (2011) *Rehabilitation Techniques for Sports Medicine and Athletic Training 5th Ed.* New York, USA: McGraw-Hill

Ward, K. *Routledge handbook of sports therapy, injury assessment and rehabilitation*.

SECTION A: DEFINITIVE MODULE RECORD. ***Proposed changes must be submitted via Faculty Quality Procedures for approval and issue of new module code.***

MODULE CODE: PSCFD230	**MODULE TITLE: Sports Nutrition**

CREDITS: 20	**FHEQ Level: 5**	**JACS CODE: B490**

PRE-REQUISITES: None	**CO-REQUISITES: None**	**COMPENSATABLE: Y**

SHORT MODULE DESCRIPTOR: *(max 425 characters)*

This module examines the fundamental principles of sports nutrition and the physiological effects various nutrients have on the human body. A range of dietary strategies and nutritional ergogenic aids will be investigated and concludes with a critical analysis of an athlete's dietary regime.

ELEMENTS OF ASSESSMENT ***Use HESA KIS definitions]***					
WRITTEN EXAMINATION		COURSEWORK		PRACTICE	
E1 (formally scheduled)		**C 1**	**100 %**	**P 1**	
E2 (OSCE)		**C 2**		**P 3**	
T1 (in-class test)		**A 1**			

SUBJECT ASSESSMENT PANEL Group to which module should be linked: FdSc Strength, Conditioning and Sports Coaching, and FdSc Sports Therapy & Injury Rehabilitation.

Professional body minimum pass mark requirement: N/A

MODULE AIMS:

The aims of this module are to examine the fundamental principles of sports nutrition. Students will be able to reference the evidence-based literature to critique a range of dietary strategies and nutritional ergogenic aids in relation to sports performance, exercise recovery and sports specificity.

ASSESSED LEARNING OUTCOMES: (additional guidance below)

At the end of the module the learner will be expected to be able to:

1. Identify the basic principles of nutrition and dietary manipulation.

2. Evaluate a range of ergogenic aids in relation to sports performance and exercise recovery.
3. Critically analyse a sports persons' dietary practice in relation to their performance goal.

DATE OF APPROVAL:	04/2014	**FACULTY/OFFICE:**	Academic Partnerships
DATE OF IMPLEMENTATION:	09/2015	**SCHOOL/PARTNER:**	City College Plymouth
DATE(S) OF APPROVED CHANGE:		**TERM:**	All Year

Additional notes (for office use only):

SECTION B: DETAILS OF TEACHING, LEARNING AND ASSESSMENT

Items in this section must be considered annually and amended as appropriate, in conjunction with the Module Review Process. Some parts of this page may be used in the KIS return and published on the extranet as a guide for prospective students. Further details for current students should be provided in module guidance notes.

ACADEMIC YEAR: 2025-26	**NATIONAL COST CENTRE: 108**

MODULE LEADER: Cameron Donkin	**OTHER MODULE STAFF: N/A**

SUMMARY of MODULE CONTENT

- Macro and micro nutrients
- Exercise, metabolism and energy balance
- Intermittent fasting; CHO loading; CHO cycling; Paleo diet; CHO back-loading; Atkins diet
- Investigation of the potential ergogenic effects of various sports supplements
- Critical analysis of dietary/nutrient intakes

SUMMARY OF TEACHING AND LEARNING ***[Use HESA KIS definitions]***

Scheduled Activities	**Hours**	**Comments/Additional Information**
Lead Lectures	40	Combination of face-to-face and remotely delivered sessions.
Directed Reading/Revision	120	
Tutorial/One-to-one support	20	Individually arranged remote or face-to-face support as required
Workshops/Seminars	20	Combination of face-to-face and remotely delivered sessions.
Total	**200**	(NB: 1 credit = 10 hours or learning; 10 credits = 100 hours, etc.)

Category	***Element***	***Component Name***	***Component Weighting***	***Comments include links to learning objectives***
Written exam	E		% **Total = %**	
	T		% **Total = %**	
Coursework	C1	Ergogenic Aids Website Dietary Analysis Report	40% 60% **Total = 100%**	ALO 2 ALO 1 & 3
Practice	P_		% **Total = 100%**	

Updated by:	**Date:**	**Approved by:**	**Date:**
Cameron Donkin	June 2025	Hollie Galpin-Mitchell	August 2025

Recommended Texts and Sources:

Burke, L. (2007) *Practical Sports Nutrition.* Champaign, USA: Human Kinetics

Jeukendrup, A. & Gleeson, M. (2010) *Sports Nutrition 2nd Ed.* Champaign, USA: Human Kinetics

Karinch, M. (2002). *Diets designed for athletes*. Champaign, Illinois: Human Kinetics.

PLYMOUTH UNIVERSITY MODULE RECORD

SECTION A: DEFINITIVE MODULE RECORD. ***Proposed changes must be submitted via Faculty Quality Procedures for approval and issue of new module code.***

MODULE CODE: PSCFD229	**MODULE TITLE: Research Design**

CREDITS: 20	**FHEQ Level: 5**	**JACS CODE: C630**

PRE-REQUISITES: None	**CO-REQUISITES: None**	**COMPENSATABLE: Y**

SHORT MODULE DESCRIPTOR: *(max 425 characters)*
This module enables learners to identify a range of different research methods, processes and considerations which are central in conducting a research project in their specialist field.

ELEMENTS OF ASSESSMENT ***Use HESA KIS definitions]***					
WRITTEN EXAMINATION		COURSEWORK		PRACTICE	
E1 (formally scheduled)		**C 1**	**100 %**	**P 1**	
E2 (OSCE)		**C 2**		**P 3**	
T1 (in-class test)		**A 1**			

SUBJECT ASSESSMENT PANEL Group to which module should be linked: FdSc Strength, Conditioning and Sports Coaching, and FdSc Sports Therapy & Injury Rehabilitation.

Professional body minimum pass mark requirement: N/A

MODULE AIMS:
The aim of the module is to develop learners' understanding of how an effective research project is designed and implemented. A further aim is for learners to demonstrate an ability to analyse statistics gathered from a research project.

ASSESSED LEARNING OUTCOMES: (additional guidance below)
At the end of the module the learner will be expected to be able to:

1. Design a logical and appropriate research project that focuses on the sport and exercise field in relation to the concepts of research.

2. Critically analyse the research approach used by authors in the sport and exercise field.
3. Demonstrate skills in statistical analysis and data interpretation with regards to research project results.

DATE OF APPROVAL:	04/2014	**FACULTY/OFFICE:**	Academic Partnerships
DATE OF IMPLEMENTATION:	09/2015	**SCHOOL/PARTNER:**	City College Plymouth
DATE(S) OF APPROVED CHANGE:		**TERM:**	All Year

Additional notes (for office use only):

SECTION B: DETAILS OF TEACHING, LEARNING AND ASSESSMENT

Items in this section must be considered annually and amended as appropriate, in conjunction with the Module Review Process. Some parts of this page may be used in the KIS return and published on the extranet as a guide for prospective students. Further details for current students should be provided in module guidance notes.

ACADEMIC YEAR: 2025-26	**NATIONAL COST CENTRE: 108**

MODULE LEADER: Liam Houlton	**OTHER MODULE STAFF: N/A**

SUMMARY of MODULE CONTENT

- **Critique of research approaches used in literature of specialist field.**
- **Planning research and proposal writing.**
- **Planning and progress monitoring.**
- **Statistical analysis methods.**

SUMMARY OF TEACHING AND LEARNING *[Use HESA KIS definitions]*

Scheduled Activities	**Hours**	**Comments/Additional Information**
Lead Lectures	60	Combination of face-to-face and remotely delivered sessions.
Directed Reading/Revision	120	
Tutorial/One-to-one support	20	Individually arranged remote or face-to-face support as required.
Total	**200**	(NB: 1 credit = 10 hours or learning; 10 credits = 100 hours, etc.)

PLYMOUTH UNIVERSITY MODULE RECORD

Category	***Element***	***Component Name***	***Component Weighting***	***Comments include links to learning objectives***
Written exam	E		% **Total = %**	
	T		% **Total = %**	
Coursework	C1	Method Critique Research Design Project	30% 70% **Total = 100%**	ALO2 ALO1 & 3
Practice	P_		% **Total = %**	

Updated by:	**Date:**	**Approved by:**	**Date:**
Cameron Donkin	June 2025	Hollie Galpin-Mitchell	August 2025

Recommended Texts and Sources:

Lynch, C. (2010). *Doing your research project in sport*. Exeter: Learning Matters.

Thomas, J., Nelson, J. & Silverman, S. (2011) *Research Methods in Physical Activity 6th Ed.* Champaign, USA: Human Kinetics

THOMAS, G. (2022). *HOW TO DO YOUR RESEARCH PROJECT*. [S.l.]: SAGE PUBLICATIONS.