

## MODULE DESCRIPTOR

<b>MODULE TITLE</b>	Advanced Principles of Exercise and Training		
<b>MODULE CODE</b>	XS2206	<b>CREDIT VALUE</b>	20/10 ECTS
<b>SCHOOL</b>	SCHOOL OF SCIENCE		

### MODULE AIMS

The module will introduce the scientific basis of exercise and training prescription. Using a theoretical base to develop an understanding of essential terminology the module will seek to merge sports science knowledge and research with applied fitness training and individual exercise prescription. This will be achieved through an applied modular delivery based on industry recognized advanced training/prescription modalities. Students will engage in a substantial practical component. The scientific principles, concepts, and theories of individualised cardiovascular and resistance training and conditioning as well as their practical applications to athletic performance will be examined. The module applies specific advanced exercise practices to the enhancement of health fitness and performance, and will facilitate achievement of the criteria for REPS Level 3 Certificate in Personal Training. As a result, students can apply to be on the Register of Exercise Professionals (REPS) at Level 3 as well as Certified Exercise Practitioner status with the British Association of Sport and Exercise Sciences (BASES).

### MODULE CONTENT

Content will typically include but not limited to:

Client screening and Pre exercise physical measurements  
 Motivational interviewing and Behaviour change  
 Individualised goal setting  
 Programming progressive exercise programmes  
 Principles of nutrition and exercise programming  
 Warm up/cool down techniques for advanced exercise  
 Advanced exercise training systems to improve cardiorespiratory fitness.  
 Advanced free weight, machine and other resistance training systems.  
 The development and observation of lifting technique.  
 Advanced methods for the development of core stability.  
 Sports specific performance development.  
 Practical delivery of advanced training systems and observation client progress/technique.

### INTENDED LEARNING OUTCOMES

On successful completion of this module a student will be able to:

1. Comprehensively screen clients prior to exercise.
2. Design progressive exercise programmes for individual clients.
3. Competently deliver structured advanced exercise sessions.

### TEACHING METHODS

This module will be taught year long, through a series of lecture and gym based practical sessions. Practical sessions are designed to develop an understanding and competence in a variety of advanced exercise training modalities. The practical assessment for this module allows students to demonstrate that they have understood the practical-based content and are able to apply advanced training systems competently and safely. Students will have the opportunity to work towards the practical assessment within the sessions and through a mock example. The client screening case study and exercise programme provides students with an opportunity to show greater understanding of sport and exercise science through the underpinning theory behind progressive exercise planning.

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To facilitate the achievement of the learning outcomes listed, students will need to take a pro-active role in their own learning. Students will be expected to work on their own initiative in the development of appropriate skills, taking a critical appreciation of their progress. eLearn resources will be utilised to support student learning. Students will develop techniques in designing and delivering progressive exercise programmes, allied to further development of interpersonal skills, presentation and co-operation.

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## **ASSESSMENT METHODS**

This module is assessed through a Client screening case study and 8 wk exercise programme (60%) and a practical assessment (40%).