MODULE **DESCRIPTOR**

MODULE TITLE	TRAINING PRESCRIPTION FOR THE ELITE ATHLETE		
MODULE CODE	XS3103 (L6)	CREDIT VALUE	20 UK CREDITS / 10 ECTS
SCHOOL	SCHOOL OF SCIENCES		

MODULE **AIMS**

To provide students with the knowledge to monitor training and competition demands in sport (team and individual settings). This module will blend the theory and applied nature of Elite sport. The students will be able to implement training/competition load monitoring and interpret the data appropriately, whilst also developing an understanding of environmental considerations and how these might influence training and competition loads and the monitoring and training prescription processes.

MODULE **CONTENT**

Indicative syllabus content:

External loading measurement strategies:
• RPEs/HRs/Lactates
• Questionnaires/diaries//Advanced body composition and nutrition Internal loading measurement strategies:
• TMA (video and GPS)
• Power output
• Velocity/acceleration
• Neuromuscular function Integrated support Environmental considerations:
• Cold exposure
• Heat and humidity
• Hyperbaric environments
• Hypobaric environments
• Pollution
• Circadian variation/transmeridian air travel

INTENDED **LEARNING OUTCOMES**

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

1.	Design an appropriate training and monitoring strategy for a prescribed sport.
2.	Critically, interpret and analyse data related to training/competition loading.
3.	Work as a member of an interdisciplinary support team to obtain and process data using a range of monitoring tools.
4.	Critically investigate the impact of different environmental conditions on performance and event preparation.
5.	Critically evaluate and rationalise the efficacy of specific acclimatisation/conditioning programmes.

TEACHING METHODS

This module will be taught year long, through a series of lectures and practical sessions. Practical sessions are designed to develop an understanding and competence in a variety of monitoring strategies. 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.

ASSESSMENT METHODS

This module is assessed through a case report (analysis of training data), and groups presentation (development of a training/monitoring plan).