

Course Title:	Athletic Conditioning
Course Code:	SPSC701
Descriptor Start Date:	13/07/2020
Descriptor End Date:	31/12/2024
POINTS:	15.00
LEVEL:	7
PREREQUISITE/S:	SPSC602, SPSC603, SPSC605
COREQUISITE/S:	
RESTRICTION/S:	

LEARNING HOURS

Hours may include lectures, tutorials, online forums, laboratories. Refer to your timetable and course information in Canvas for detailed information.

Total learning hours: 150

PRESCRIPTOR

Develops applied skills, evidence based assessment and conditioning practice for athletic performance.

LEARNING OUTCOMES

1. Demonstrate advanced knowledge of the physiological and mechanical determinants that influence muscular and metabolic performance.
2. Demonstrate evidence of critical analysis in the sport science research literature.
3. Demonstrate advanced knowledge of performance assessments and physical conditioning practice.
4. Present work at the appropriate academic standard.

Disclaimer: Course descriptors may be amended between teaching periods/semesters

CONTENT

- Mechanical and neuromuscular determinants of strength, power and speed
- Assessing and developing strength, power and speed
- Assessing and developing aerobic and anaerobic performance
- The effects of environmental influences on sports performance
- Periodisation of training programmes
- Long-term athlete development
- The effects of recovery on sports performance
- Nutritional conditioning for athletes
- Monitoring athletes

LEARNING & TEACHING STRATEGIES

Flexible blended learning is used in this course. Students are expected to access online resources each week to learn critical theoretical content from provided notes, readings, audio files and associated tasks. The theory content is reinforced and extended through an applied workshop or laboratory each week. The workshops also provide a chance for face-to-face contact with academic staff for support and questions.

ASSESSMENT PLAN

Assessment Event	Learning Outcomes
A series of short written exams	LO1, LO2, LO3
Case study defence of written assignment	LO1, LO2, LO3, LO4

Grade Map

MAP1A

A+ A A- Pass with Distinction
B+ B B- Pass with Merit
C+ C C- Pass
D Fail

Overall requirement/s to pass the course:

Students must achieve all learning outcomes in order to pass this course.

LEARNING RESOURCES

Baechle, T.R. and Earle, R.W. (2008). *Essentials of strength training and conditioning* (3rd Ed). Human Kinetics

For further information, contact: Te Ara Hauora A Putaiao - Faculty of Health & Environmental Science

Principal Programme: AK3521, Bachelor of Sport, Exercise and Health

Related Programme/s: AK3521 Bachelor of Sport and Recreation

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