

EQF/MQF LEVEL 5

Award in Foundations in Strength and Conditioning

Contact Hours: 30

Placement Hours: -

Self Study Hours: 115

Assessment Hours: 5

Total Learning Hours: 150

LW/S/032

COURSE DESCRIPTION

This course will introduce learners to the discipline of strength and conditioning and the requirements of a career as a strength and conditioning coach. Learners will learn about the role of strength and conditioning and the development of this discipline and its place within the sport and exercise science. Learners will identify, analyse and apply the key technical aspects enhancing performance in sport and exercise.

COMPETENCIES

1. Collaborate with coaches, trainers and medical professionals.
2. Ensure support and motivation to peers
3. Be responsible for group workouts or training sessions
4. Comply training plans based on physical feedback and progress
5. Monitor and adjust progress.

DURATION 5 weeks

CREDIT VALUE 6 ECTS

MODE OF TRAINING This programme will be delivered 100% Online through **synchronous** and **asynchronous** sessions using Learning Works LMS **Moodle** and <https://zoom.us>.

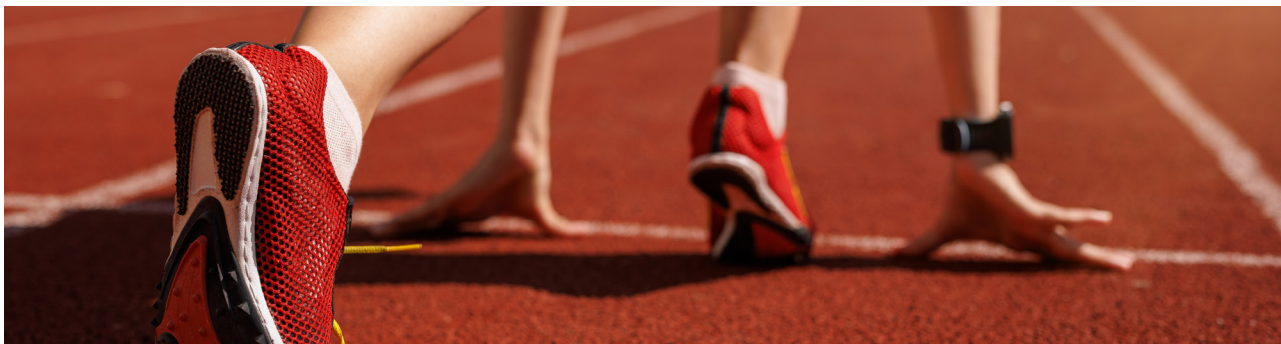
ASSESSMENT Multiple Choice Questions & Case Study Presentation

LECTURER: Mr Karl Attard

LEARNING OUTCOMES

By the end of the course, students will be able to:

- Identify the underlying acute and physiological responses to strength and conditioning exercise.
- Critically evaluate needs, and select correct techniques of resistance training, plyometric, speed/sprint, agility, endurance, flexibility and spotting procedures.
- Identify essential performance factors for a sport or activity.
- Evaluate areas for improvement of an individual in the context of performance.
- Apply the scientific principles that underpin periodisation and physiological adaptation.
- Design periodised strength and conditioning programmes.
- Demonstrate competence in effective coaching practice.
- Select appropriate coach, behaviour and skills sets



ENTRY REQUIREMENTS

Entry requirements for this course are as follows:

- 2 A-Level passes and 2 Intermediate passes (Compulsory A level or Intermediate level pass (MQF Level 4) in **Biology or Physical Education**) or **other international qualifications equivalent to A level or MQF 4.**

or

- MQF Level 4 Certificate in a Sport related area

or

- Maturity clause

Applicants who satisfy the following conditions may apply for consideration to this course under the Maturity Clause:

1. In possession of a School Leaving Certificate
2. Have, by the end of the same calendar year attained the age of 23 years for entry to this course at MQF Level 5

These applicants are also asked to submit:

- a detailed Europass CV
- a Jobs Plus Employment History
- a motivation letter
- two reference letters
- documentation which they can present in terms of academic and experiential preparation

These applicants need also to attend an interview.

And

- Digital literate

And

- Have a good command of oral and written communication in English with a level of proficiency in English equivalent to at least IELTS Level 6

Learners who opt to apply for a programme of studies through the RPL route shall be responsible for demonstrating how the learning outcomes obtained through prior certified learning or experiential learning are relevant to the programme of studies they are applying for. To ensure that the RPL can be carried out effectively, any form of evidence including any relevant documents is to be attached to the application as per Learning Works Policy.

FUNDING

Applicants may get up to 70% of the fee back through the Get Qualified Scheme.

PART-TIME

Lectures are held twice a week in the afternoon on a part-time basis.