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University of
Kent

FITNESS TRAINING METHODS - SS570

Looking for a different module?

Location	Term	Level 1 (#info)	Credits (ECTS) 2 (#info)	Current Convener 3 (#info)	2021 to 2022
Canterbury	Autumn	5	15 (7.5)		☑

Overview

This module will provide students with a grounding in training theory and application, specifically looking at programme design and implementation in health and athletic performance.

Indicative content includes:

- Principles of sport & exercise training
- Training methodology
- Programme design & organisation
- Adaptations to training

Details

Contact hours

Total hours for the module will be 150. This will include a 2 hour bi-weekly practical & a 1 hour weekly lecture. These contact hours will total 22 in which the intended learning outcomes will be covered. The remainder will be devoted to Private Study for the reinforcement of knowledge

Method of assessment

A group practical assessment and individual oral questioning, on the administration of training exercises for a component of fitness. Worth 50%.

An in-class test worth 50%.

Indicative reading

ACSM. (2009). ACSM's Guidelines for Exercise Testing & Prescription. 8th Edition. Philadelphia: Lippincott Williams & Wilkins.

ACSM. (2007). Resources for the Personal Trainer. 2nd Edition. Philadelphia: Lippincott Williams & Wilkins.

Bompa, T.O. (2009). Periodization: Theory & Methodology of Training. 5th Edition. Champaign, Illinois: Human Kinetics.

Dick, F.W. (2007). Sports Training Principles. 5th Edition. London: A & C Black.

Foran, B. (2001). High Performance Sports Conditioning. Champaign Illinois: Human Kinetics.

Hoffman, J. (2002). Physiological Aspects of Sports Training and Performance. Champaign, Illinois: Human Kinetics.

[See the library reading list for this module \(Medway\)](#)

(<https://medway.rl.talis.com/modules/ss570.html>)

Learning outcomes

- Apply knowledge and understanding of the different components of physical
- Fitness and their contribution to health and athletic performance .
- Demonstrate theoretical knowledge and application of training programme and training methodology design, evaluation and implementation
- Administer and evaluate an exercise training programme

Notes

1. **Credit level 5.** Intermediate level module usually taken in Stage 2 of an undergraduate degree.
2. **ECTS credits** are recognised throughout the EU and allow you to transfer credit easily from one university to another.
3. **The named convenor** is the convenor for the current academic session.

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Contact us

Recruitment and admissions:
Call us on +44 (0)1227 764000
(tel:+441227764000)
All contacts

University of Kent
Canterbury
Kent
CT2 7NZ