

Scheme of work

For each VTCT (ITEC) qualification, the lecturer/centre must complete a scheme of work for each unit indicating how the Lecturer is planning to cover the unit content throughout the course. Set out the planned sessions in terms of learning outcomes to be achieved. These should match those stated within the VTCT (ITEC) unit specification. Include all units of each course offered. Hours should meet the minimum guided learning hours listed within the unit specification.

Unit title: iUSP175 - Planning a strength and conditioning session

Total contact tuition hours proposed: 10

Lecturer(s) responsible:

Learning Outcome	Lecture content	Suggested resources	Approx. hours
Introductory session	<ul style="list-style-type: none"> College rules and regulations College mission statement VTCT (ITEC) rules and regulations Health & safety Timetable Dates – holidays etc. Syllabus Recommended books Uniform 	<ul style="list-style-type: none"> Lecture Q&A Using all the documents listed to ensure the students understand the college expectations and their commitment to the course 	
1. Know the origins of strength and conditioning training			
Describe the origins of strength and conditioning training	<ul style="list-style-type: none"> Greece Milo of Croton Charles Atlas History Various branding Style and examples of equipment Strong man competitions Powerlifting Bodybuilding Olympic lifts 	<ul style="list-style-type: none"> Whiteboard Lecture Q&A Homework Test 	1

	<ul style="list-style-type: none"> • Macro, meso and micro parts of periodisation • Components of fitness • Various fitness tests 		
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2. Understand the benefits of strength and conditioning training			
Describe the benefits of strength and conditioning training	<ul style="list-style-type: none"> • Agility • Power • Strength • Co-ordination • Rehabilitation • Functionality to sports • Body image • Muscular balance • Entire body workout • Use of multiple joints and muscles safe, effective, all ages 	<ul style="list-style-type: none"> • Whiteboard • Lecture • Q&A • Homework • Test 	2
Describe the physiological adaptations of strength and conditioning training	<ul style="list-style-type: none"> • Body structures • Body plane of movements • Strength and conditioning exercises • Breathing techniques • Linking theory to practical application • Body alignment 		
List the types of equipment	<ul style="list-style-type: none"> • Traditional resistance training with barbells • Dumbbells • Smith machine • Functional equipment • Variety of exercises <ul style="list-style-type: none"> - The jerk - The clean - The snatch - The clean and jerk - Olympic weightlifting 		
Evaluate the benefits of strength and conditioning training when compared to other exercise methods	<ul style="list-style-type: none"> • 1 RM Tests • 3 RM Tests • 10 RM Tests • Functional strength tests • LME tests • Progressive overload principle 		

	<ul style="list-style-type: none"> • Reversibility • Peripheral heart rate training • Fitness testing (clinical/on field) • Sports specific fitness • VO2 max • Max HR • THR • Karvonen formula 		
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3. Understand health and safety considerations			
Identify health and safety considerations when instructing strength and conditioning training	<ul style="list-style-type: none"> • Health and safety • Code of conduct • Code of ethics • Environment • Working relationships • Organisation standards and procedures • Verbal screening • Contra-indications • Footwear and clothing 	<ul style="list-style-type: none"> • Whiteboard • Lecture • Q&A • Homework • Test 	3
Identify possible contra-indications to strength and conditioning training	<ul style="list-style-type: none"> • Any joint conditions • Vertigo • Total or restricted medical contra-indications • Fitness levels • Osteoporosis • High/low blood pressure • Heart conditions • Any acute fevers including influenza • Glandular fever • Common cold etc. • Any inflammatory joint conditions including arthritis, rheumatoid arthritis, osteoarthritis • Any neurological disorders including strokes, multiple sclerosis unless medically supervised • Any undiagnosed illness • Any musculoskeletal problems including joint or back pain, any pain and soreness in muscles caused by trauma or injury • Pregnancy – medical permission must be sought before continuing • After a heavy meal or under the influence of alcohol • Any recreational or painkilling drug 		

	<ul style="list-style-type: none"> • If over tired or exhausted • If there has been any difficulty with exercise in the past 		
Outline the potential risks associated with strength and conditioning training	<ul style="list-style-type: none"> • Safety and the equipment • Safety and the user • Special populations and adaptations/modifications • Training times 		
Identify the correct body position relative to equipment	<ul style="list-style-type: none"> • Head in line with spine • Palms facing up or down • Breathing on effort • Valsalva manoeuvre • Breath holding • Knees soft • Elbows soft • Core importance 		

4. Be able to plan a strength and conditioning training session			
Select suitable exercises, equipment and programme variables to meet specific objectives	<ul style="list-style-type: none"> • Traditional resistance training with barbells • Dumbbells • Smith machine • Functional equipment • Variety of exercises <ul style="list-style-type: none"> - The jerk - The clean - The snatch - The clean and jerk - Olympic weightlifting 	<ul style="list-style-type: none"> • Whiteboard • Lecture • Q&A • Homework • Test 	4
Adapt the programme to meet the client's needs and fitness goal	<ul style="list-style-type: none"> • Pyramid rep/set system • Principles of training • Skill and health related components of fitness • Floor space (indoor/outdoor) • Floor type • Type of equipment, weight and sizes • Other users • Footwear • Biomechanics • Joint mobility • Adaptations 		

	<ul style="list-style-type: none"> • Progressions • Rest • Participant's ability/current level of fitness/experience 		
Record the strength and conditioning training plan	<ul style="list-style-type: none"> • Exercises and equipment • Any adaptations according to client's needs and fitness goal 		

Document History

Version	Issue Date	Changes	Role
v1	27/09/2019	First published	Qualification Administrator