Strength and Conditioning

Short course code 7SCZ0261       30 Credits at level 7

This course is equivalent to 300 hours of student effort and includes 11 days attendance:

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<th>Start Date</th>
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<tr>
<td>Monday 25th – Tuesday 26th September 2017</td>
<td>Monday 20th – Tuesday 21st November 2017</td>
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<td>Monday 9th – Tuesday 10th October</td>
<td>Monday 4th – Tuesday 5th December 2017</td>
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<td>Monday 6th – Tuesday 7th November 2017</td>
<td>Monday 15th January 2018</td>
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<td>Optional Olympic lifting course: Monday 23rd – Tuesday 24th October 2017</td>
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This course is suitable for physiotherapists, sports therapists and other health, sport and exercise rehabilitation professionals who are interested in strength and conditioning.

Course aims
The course aims to develop in-depth theoretical and practical understanding of strength and conditioning in order to optimise performance, and plan, implement, deliver and evaluate strength and conditioning programmes.

Content
The course helps you develop and advance your knowledge and skills in applying the concepts of strength and conditioning for athletes and the active population. It covers the principles of strength and conditioning in order to optimise exercise, occupation-specific and sports-specific human physical performance.

You learn how to use the following tools as part of a structured, safe and effective strength and conditioning programme: strength training, weight-training, power-lifting, plyometric training, speed and agility training, core stability training, flexibility training and cardiovascular fitness training. You also learn programme design and periodisation.

Assessment
The assessment involves a presentation and a practical examination.

Who teaches this course?
The course is coordinated by Fiona Scott who is the Lead Strength and Conditioning Coach at Performance Hertfordshire and a regional S&C coach for England Golf. The course takes place on the University’s de Havilland campus and includes access to the Performance Gym for practical work.

What our students say
“Excellent practice-theory links”
“Teaching & support, including opportunities for shadowing have been outstanding. Facilities are excellent”

Cost
The fee is £1360. To find out information about the fees visit go.herts.ac.uk/cpfdfees

The course forms part of a broader CPD framework that can lead to the award of Postgraduate Certificate, Postgraduate Diploma or Master’s degree

Course Enquiries
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Booking Enquiries
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