

Strength and Conditioning for Sports

Passed by: The Big Meeting

Passed on: 20/02/2023

Policy lapses: 20/02/2026

Summary

The Student's Union trials a weekly Strength and Conditioning session run by an instructor for clubs to be able to make use of..

Details

What is Strength and Conditioning?

Strength and Conditioning (S&C) is the selection and development of dynamic /static exercises used to improve physical performance. Whilst it originally benefited athletes it is now widely used in both the sporting world and more generally.

Strength and Conditioning at Aberystwyth University:

Currently a variety of AberSU sports clubs, including Men's Rugby and Women's netball, do utilise strength and conditioning sessions at their own cost. Currently, an hour long session at the sports centre, led by a trained instructor, costs £50.

Proposal:

The Student's Union trials a weekly Strength and Conditioning session run by an instructor for clubs to be able to make use of. These sessions should either be provided free or for a nominal charge. They should be open to all but priority given to BUCS sports clubs.

If successful, the Student's Union should investigate continuing to provide the sessions beyond the trial period.

Submitted by: Christopher Thomas

Updates

Action Taken	Name and Role	Date
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The Head of Opportunities has emailed the coach for Strength and Conditioning. The team are now just organising a date and time to start.	Tiff (Opportunities Officer 2023-25)	November 2023
the sessions run every Tuesday from 6-7 in the SU Main Room and they are free	Tiff (Opportunities Officer 2023-25)	January 2024
Last academic year, we offered strength and conditioning training for all students. Unfortunately, due to low participation, we will not be continuing this program in the future.	Tiff (Opportunities Officer 2023-25)	June 2024