

Course Specification

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Produced By:	Oliver Jones
Status:	Deletion requested / In progress

Core Information

Awarding Body / Institution:	University of Wolverhampton		
School / Institute:	Institute of Human Sciences		
Course Code(s):	SR018H01UV SR018H31UV	Full-time Part-time	3 Years 6 Years
UCAS Code:	C630		
Course Title:	BSc (Hons) Strength and Conditioning		
Hierarchy of Awards:	Bachelor of Science with Honours Strength and Conditioning Bachelor of Science Strength and Conditioning Diploma of Higher Education Strength and Conditioning Certificate of Higher Education Strength and Conditioning University Statement of Credit University Statement of Credit		
Language of Study:	English		
Date of DAG approval:	12/May/2017		
Last Review:	2014/5		
Course Specification valid from:	2014/5		
Course Specification valid to:	2020/1		

Academic Staff

Course Leader:	Mr Julian Smith
Head of Department:	Mr Julian Smith

Course Information

Location of Delivery:	University of Wolverhampton
Category of Partnership:	Not delivered in partnership
Teaching Institution:	University of Wolverhampton
Open / Closed Course:	This course is open to all suitably qualified candidates.

Entry Requirements:

Entry requirements are subject to regular review. The entry requirements applicable to a particular academic year will be published on the University website (and externally as appropriate e.g. UCAS)

2017 Entry

- A levels, minimum grade CCC including a Science subject
- BTEC National Diploma grade MMM, BTEC National Certificate grade DD in a Sports related subject
- BTEC QCF Extended Diploma grade MMM, BTEC QCF Diploma grade DD in a Sports related subject
- Access to HE Diploma full award
- If you've got other qualifications or relevant experience, please contact [The Gateway](#) for further advice before applying.
- International entry requirements and application guidance can be found [here](#)

Distinctive Features of the Course:

The course is accredited by Skills Active/Register of Exercise Professionals (REPs), and completion of aspects of the course allows you to gain REPs qualifications in addition to your degree. REPs is an independent, public register which recognises the qualifications and expertise of exercise instructors in the UK. REPs provides a system of regulation for instructors and trainers to ensure that they meet the health and fitness industry's agreed National Occupational Standards. This provides assurance and confidence to the public and employers that all professionals on the Register are appropriately qualified and have the knowledge, competence and skills to perform their role effectively.

The additional qualifications that you will gain alongside your degree are the REPs L2 Gym Instructor and L3 Personal Trainer. You will develop expertise in a range of issues relating to personal training including nutrition, anatomy, advanced training techniques, and designing/delivering personal training sessions. On completion of the BSc (Hons) Strength & Conditioning you will therefore benefit from both a degree, and additional qualifications that are recognised within the health and fitness industry.

You will have access to a wide range of outstanding sports facilities and sports science laboratories, in addition to the state of the art strength & conditioning suite within the British Judo Centre of Excellence on the Walsall Campus.

Throughout the degree students will develop a broad range of key skills including working towards the Gold Wolverhampton Enterprise and Employability Award

Educational Aims of the Course:

Strength & Conditioning (S&C) is the application of various sport and exercise sciences, which has at its heart the preparation of sports people for their varied and distinct activity needs. If you want to work with sports people to help them develop their readiness for sport or regain condition after a lay off or injury, this course is for you. S&C coaches work alongside a sports coach to assist in designing specific programmes that will address the particular needs of the athlete, team and sport. S&C is therefore about more than lifting weights - it encompasses the entire development of the athlete and what is needed to improve physical performance.

This new and exciting course will develop your skills in applying physiology, biomechanics, psychology and aspects of sports medicine to the safe and effective planning and delivery of strength and conditioning sessions for both individual athletes and groups of performers from a variety of sports. You will have access to a wide range of outstanding sports facilities and sports science laboratories, in addition to the state of the art strength & conditioning suite within the British Judo Centre of Excellence on the Walsall Campus.

Intakes:

September

Major Source of Funding:

Office for Students (OFS)

Tuition Fees:

Tuition fees are reviewed on an annual basis. The fees applicable to a particular academic year will be published on the University website.

Year	Status	Mode	Amount
2017/8	H	Part Time	£2835.00
2017/8	EU	Part Time	£2835.00
2017/8	Overseas	Part Time	£5738.00
2018/9	H	Part Time	£2925.00
2018/9	Overseas	Part Time	£5850.00
2018/9	EU	Part Time	£2925.00
2019/0	H	Part Time	£2975.00
2019/0	Overseas	Part Time	£6000
2019/0	EU	Part Time	£2975.00
2020/1	H	Full Time / Sandwich	£9250.00
2020/1	Overseas	Full Time / Sandwich	£12250.00
2020/1	H	Part Time	£3050.00
2020/1	Overseas	Part Time	£6125.00

PSRB:

None

Course Structure:

Continuing students will follow the programme indicated below:

September (Full-time)

Part time students study alongside full time students. However, they do not study more than 80 credits in each academic calendar year.

Year 2

Full time and Sandwich Undergraduate Honours students normally study 120 credits per academic year; 60 credits semester 1 and 60 credits semester 2.

Module	Title	Credits	Period	Type
5SR007	Sport and Exercise Physiology	20	IN YR	Core
5SR011	Coaching Philosophy in Practice	20	IN YR	Core
5SR012	Analysis of Sport Performance	20	IN YR	Core
5SR035	Sport & Physical Activity Industry Experience	20	IN YR	Core
5SR008	The Biomechanics of Sport and Exercise	20	IN YR	Core
5SR023	Research Methods and Analytical Procedures	20	IN YR	Core

Continuing students will follow the programme indicated below:

September (Full-time)

Part time students study alongside full time students. However, they do not study more than 80 credits in each academic calendar year.

Year 3

Full time and Sandwich Undergraduate Honours students normally study 120 credits per academic year; 60 credits semester 1 and 60 credits semester 2.

Module	Title	Credits	Period	Type
6SR019	The Professional Project	40	IN YR	Core
6SR020	Professional Practice	20	IN YR	Core
6SR009	Optimising Training and Performance	20	IN YR	Core
6SR028	Interdisciplinary Issues in Sport and Exercise Science	20	IN YR	Core

For this option group you must choose a minimum of 1 credits and a maximum of 1 credits

6SR001	Applied Sport and Exercise Biomechanics	20	IN YR
6SR002	Applied Sport and Exercise Physiology	20	IN YR

Please note: Optional modules might not run every year, the course team will decide on an annual basis which options will be running, based on student demand and academic factors, to create the best learning experience.

Learning, Teaching and Assessment

Academic Regulations Exemption:

Formal decisions/recommendations made by AFRSC:

Undergraduate Sport Portfolio.

Section 1.2.3 - Exemption for delivery outside the standard University Academic Calendar in order to facilitate teaching over four consecutive blocks of study in each academic year.

APPROVED.

Reference Points:

- QAA subject benchmark (Hospitality, Leisure, Sport and Tourism)
- Framework for Higher Education Qualifications (FHEQ)
- Equality Act 2010
- UKSCA Competencies
- Register of Exercise Professionals Level 3

Learning Outcomes:

CertHE Course Learning Outcome 1 (CHECLO1)

Demonstrate knowledge of the underlying concepts and principles associated with your area(s) of study, and an ability to evaluate and interpret these within the context of that area of study

CertHE Course Learning Outcome 2 (CHECLO2)

Demonstrate an ability to present, evaluate and interpret qualitative and quantitative data, in order to develop lines of argument and make sound judgements in accordance with basic theories and concepts of your subject(s) of study.

CertHE Course Learning Outcome 3 (CHECLO3)

Evaluate the appropriateness of different approaches to solving problems related to your area(s) of study and/or work

CertHE Course Learning Outcome 4 (CHECLO4)

Communicate the results of your study/work accurately and reliably, and with structured and coherent arguments

CertHE Course Learning Outcome 5 (CHECLO5)

Demonstrate the qualities and transferable skills necessary for employment requiring the exercise of some personal responsibility

DipHE Course Learning Outcome 1 (DHECLO1)

Demonstrate knowledge and critical understanding of the well-established principles of your area(s) of study, and of the way in which those principles have developed with an understanding of the limits of your knowledge, and how this influences analyses and interpretations based on that knowledge.

DipHE Course Learning Outcome 2 (DHECLO2)

Demonstrate the ability to apply underlying concepts and principles outside the context in which they were first studied, including, where appropriate, the application of those principles in an employment context

DipHE Course Learning Outcome 3 (DHECLO3)

Demonstrate knowledge of the main methods of enquiry in the subject(s) relevant to the named award, and ability to evaluate critically the appropriateness of different approaches to solving problems in the field of study

DipHE Course Learning Outcome 4 (DHECLO4)

Use a range of established techniques to initiate and undertake critical analysis of information, and to propose solutions to problems arising from that analysis

DipHE Course Learning Outcome 5 (DHECLO5)

Effectively communicate information, arguments and analysis in a variety of forms to specialist and non-specialist audiences, and deploy key techniques of the discipline effectively

DipHE Course Learning Outcome 6 (DHECLO6)

Demonstrate the qualities and transferable skills necessary for employment, requiring the exercise of personal responsibility and decision-making and undertake further training, developing existing skills and acquire new competences that will enable them to assume significant responsibility within organisations.

Ordinary Course Learning Outcome 1 (ORDCLO1)

Show evidence of the skills required to monitor and evaluate human responses to exercise and training, and their application to sports performance

Ordinary Course Learning Outcome 2 (ORDCLO2)

Apply knowledge of human anatomy to the analysis of functional human movements

Ordinary Course Learning Outcome 3 (ORDCLO3)

Prescribe, monitor and evaluate appropriate evidence-based sport and exercise interventions aimed at enhancing sports performance

Ordinary Course Learning Outcome 4 (ORDCLO4)

Demonstrate appropriate, performance orientated, strength and conditioning coaching and communication skills

Ordinary Course Learning Outcome 5 (ORDCLO5)

Apply key ethical health and safety considerations to the prescription and delivery of sport and exercise interventions aimed at enhancing sports performance

Ordinary Course Learning Outcome 6 (ORDCLO6)

Demonstrate competence in the scientific methods of enquiry, interpretation and analysis of data.

Honours Course Learning Outcome 1 (DEGCLO1)

Show evidence of the skills required to monitor and evaluate human responses to exercise and training, and their application to sports performance

Honours Course Learning Outcome 2 (DEGCLO2)

Apply knowledge of human anatomy to the analysis of functional human movements

Honours Course Learning Outcome 3 (DEGCLO3)

Prescribe, monitor and evaluate appropriate evidence-based sport and exercise interventions aimed at enhancing sports performance

Honours Course Learning Outcome 4 (DEGCLO4)

Demonstrate appropriate, performance orientated, strength and conditioning coaching and communication skills

Honours Course Learning Outcome 5 (DEGCLO5)

Apply key ethical health and safety considerations to the prescription and delivery of sport and exercise interventions aimed at enhancing sports performance

Honours Course Learning Outcome 6 (DEGCLO6)

Demonstrate competence in the scientific methods of enquiry, interpretation and analysis of data.

Overview of Assessment:

Module	Title	Course Learning Outcomes
4SR006	Introduction to Exercise Physiology	CHECLO1, CHECLO4
4SR007	Introduction to Biomechanics of Human Movement	CHECLO1, CHECLO2
4SR020	Analysis of Human Movement	CHECLO1, CHECLO2, CHECLO4, CHECLO5
4SR021	Motor Learning	CHECLO1
4SR027	Research Skills for Sport and Exercise Science	CHECLO1, CHECLO2, CHECLO3, CHECLO4, CHECLO5
4SR029	Training and Conditioning Principles in Practice	CHECLO1, CHECLO3, CHECLO4, CHECLO5
5SR007	Sport and Exercise Physiology	DHECLO1, DHECLO3
5SR008	The Biomechanics of Sport and Exercise	DHECLO1, DHECLO3
5SR011	Coaching Philosophy in Practice	DHECLO1, DHECLO3, DHECLO5
5SR012	Analysis of Sport Performance	DHECLO1, DHECLO2, DHECLO3, DHECLO4, DHECLO5, DHECLO6
5SR023	Research Methods and Analytical Procedures	DHECLO1, DHECLO2, DHECLO4, DHECLO5, DHECLO6
5SR035	Sport & Physical Activity Industry Experience	DHECLO2, DHECLO6
6SR001	Applied Sport and Exercise Biomechanics	DEGCLO1, DEGCLO2, DEGCLO6, ORDCLO1, ORDCLO2, ORDCLO6
6SR002	Applied Sport and Exercise Physiology	DEGCLO1, DEGCLO6, ORDCLO1, ORDCLO6
6SR009	Optimising Training and Performance	DEGCLO1, DEGCLO2, DEGCLO3, DEGCLO4, DEGCLO5, ORDCLO1, ORDCLO2, ORDCLO3, ORDCLO4, ORDCLO5
6SR019	The Professional Project	DEGCLO6
6SR020	Professional Practice	DEGCLO1, DEGCLO2, DEGCLO3, ORDCLO1, ORDCLO2, ORDCLO3
6SR028	Interdisciplinary Issues in Sport and Exercise Science	DEGCLO6, ORDCLO6

Teaching, Learning and Assessment:

While at university you will have the opportunity to:

1. acquire, generate, interrogate and apply knowledge from a wide range of sources - for example on 4SR021, 4SR027, 5SR003, 5SR023, 5SR024, 6SR021 & 6SR019
2. develop research skills to enable analysis, synthesis, understanding and evaluation of data and information sources - for example on 4SR027, 5SR023 & 6SR019
3. demonstrate self-discipline and organizational skills by meeting deadlines, and taking responsibility for your own development and learning sources - for example on 5SR006, 6SR019, 6SR020, 6SR027
4. present ideas clearly in an informed and persuasive manner to a variety of audiences - for example on 4SR027, 5SR005, 5SR011, 5SR023 & 6SR009, 6SR019
5. be innovative, creative and enterprising work collaboratively, whilst acknowledging, respecting and engaging with the views of others in a constructive and empathetic manner sources - for example on 4SR029, 5SR006, 6SR009, 6SR019, 6SR027
6. draw on professional advice and feedback to reflect on and improve your own learning and professional practice - for example on 4SR029, 5SR006, 6SR019, 6SR027
7. prepare for the world of work through engagement with real life situations, briefs and problems - for example on 4SR029, 5SR006, 5SR012, 6SR019, 6SR020, 6SR027

- engage with new ideas and ways of working as an active member of the communities in which you study, live and work - for example on 4SR021, 5SR005, 5SR006, 6SR019, 6SR020

Assessment Methods:

At the University of Wolverhampton, a variety of modes of assessment will be used to support and test your learning and progress and to help you develop capabilities that are valued beyond your University studies and into your working life. Your course may include a variety of assessment activities:

Written examinations (including online examinations, open and closed book examinations and quizzes)
Coursework (for example, essays, reports, portfolios, project proposals and briefs, CVs, poster presentation)
Practical (for example, oral and video presentations, laboratory work, performances, practical skills assessment)

In the final year of your undergraduate degree, and at the end of your postgraduate degree, you are likely to be expected to write an extended piece of work or research, such as a dissertation or a practice-based piece of research.

Student Support:

Learning support will be provided in the following ways:

Each student will be allocated a personal tutor.

Module tutorial support will be factored into each module.

Students with disabilities are able to gain a wide range of support from the Student Enabling Centre.

Support for academic skills will be embedded into the curriculum.

Each student will be allocated a supervisor for their professional project at level six.

Students are able to access a wide range of resources to support their learning via the '[Skills for Learning](#)' programme.

Extensive Learning Centre support is available, including via the online chat information service '[ASSIST](#).'

Employability in the Curriculum:

As a graduate of the BSc (Hons) Strength & Conditioning degree you will be able to apply the knowledge, practical skills, and industry qualifications you have gained in many areas of the sports and physical activity industry. The course will prepare you to work in the developing S&C industry, which continues to gain recognition in the UK. There are an increasing number of S&C roles within high performance sport, and with the majority of sports looking at Long Term Athlete Development, there are also many opportunities for S&C coaches to work across the spectrum at all ages and levels of performance. It will also prepare you for working in the private and public sector health & fitness industry. The BSc (Hons) in Strength & Conditioning will also prepare you for UK Strength & Conditioning Association (UKSCA) accreditation, should you choose to pursue this.

The Institute of Sport works with a number of organisations to maximise sport performance, such as local professional football clubs and British Judo. These organisations offer various volunteering, placement and employment opportunities for suitable students/graduates studying BSc (Hons) Strength & Conditioning.

As a graduate of a sports related degree you will also be well prepared to work in the wider sport and physical activity sector. The Government's 'Sporting Future' strategy identified that sport and physical activity is central to life in the UK. It has the power to transform people's wellbeing and create a fitter, healthier and

happier nation. The transformative power of sport has never been more important as the growing levels of health problems and conditions associated with physical inactivity cost the nation over £7 billion each year. Sport and physical activity also contributes approximately £40 billion to the UK economy each year, with one million people employed in the sport and physical activity sectors.

With the significant role that sport plays in the health of the nation, and its contribution to the economy, it is no surprise that supporting this sector is considered crucial by the Government. This is clearly illustrated by Sport England's 'Towards an Active Nation' strategy that will see nearly £325 million invested in increasing sport participation from 2016-2021. The strategy focuses on the benefits that sport can bring to people and to society, with the aim of enhancing physical wellbeing, mental wellbeing, individual development, social and community development and economic development. Investment will target key areas such as:

Tackling inactivity

Children and young people – increasing children's basic competence and enjoyment

Taking sport and activity into the mass market – increasing mass participation

Supporting sport's core markets – supporting those who already have a strong affinity for sport, (including talented athletes)

Local delivery – investing in up to 10 specific areas to pilot new, more joined up approaches to getting people active

Creating welcoming sports facilities

Example career options in the sport and physical activity sector include areas such as coaching, sports development, leisure management, sports performance, teaching and postgraduate study



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