

## Course Specification

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<b>Status:</b>	Validated

## Core Information

<b>Awarding Body / Institution:</b>	University of Wolverhampton		
<b>School / Institute:</b>	Institute of Human Sciences		
<b>Course Code(s):</b>	SR030P01UV SR030P31UV	Full-time Part-time	12 Months 2 Years
<b>Course Title:</b>	MSc Strength and Conditioning		
<b>Hierarchy of Awards:</b>	Master of Science Strength and Conditioning Postgraduate Diploma Strength and Conditioning Postgraduate Certificate Strength and Conditioning University Statement of Credit University Statement of Postgraduate Credit		
<b>Language of Study:</b>	English		
<b>Date of DAG approval:</b>	21/Sep/2020		
<b>Last Review:</b>	2019/0		
<b>Course Specification valid from:</b>	2019/0		
<b>Course Specification valid to:</b>	2024/5		

## Academic Staff

<b>Course Leader:</b>	Mr Mark Niemz
<b>Head of Department:</b>	Mr Julian Smith

# Course Information

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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.

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## Entry Requirements:

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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)

- You will need a good degree in a related subject (normally 2:1 or above).
- We will consider applicants who have other qualifications or experience, equivalent to degree level. If you've got other qualifications or relevant experience, please contact [The Gateway](#) for further advice before applying.
- You will need to supply evidence in the personal statement on the application form that demonstrates your suitability for the MSc Strength and Conditioning and your reasons for wanting to study the course.
- Please note those receiving an offer of a place on the course will be subsequently required to meet a Disclosure and Barring Service (DBS) Check.
- Applicants from overseas should also have a good standard of written and spoken English (normally IELTS 6.5). You will also need to obtain a certificate of good conduct/character and any other references from your home country, and this will be required to ensure you pass the UK police (DBS) checks that are a requirement of the course.
- International entry requirements and application guidance can be found [here](#)
- Please note you may be required to attend an interview for this course.

## Other Requirements

Entry to this course requires a Disclosure and Barring Service (DBS) Check.

If you have accepted a Conditional Offer made by the University of Wolverhampton you will receive correspondence asking you to complete an enhanced Disclosure and Barring Service (DBS) check. The charge for this will be a DBS fee of £44.00 and a £6.00 ID check service fee. You will also need to complete a physical activity readiness questionnaire prior to starting the course.

Those who do not meet the entry requirements set for this course (listed above) may be offered an alternative course/s. The alternative course/s offered will also require the applicant to meet with the set entry requirements.

## Distinctive Features of the Course:

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1. The course is delivered by experienced academics and applied practitioners in the fields of sports science and strength and conditioning (S&C), including UK Strength and Conditioning Association (UKSCA) accredited coaches and tutors. The staff bring their internationally rated research expertise into their teaching.
2. Throughout the course you will gain insights from industry based visiting lecturers who are practitioners and coaches in a range of settings, including elite sports teams and governing bodies.
3. Completion of the 7SR009 Practical Strength and Conditioning Techniques module will prepare you to undertake additional qualifications such as British Weightlifting level 2 and 3 awards in instructing weight training, and the UKSCA Level 2 certificate in the foundations of strength and conditioning (Trainer) qualification.
4. Continued Professional Development opportunities are embedded in the course; these include activities such as in-house workshops, seminars and taster sessions with organisations such as the UKSCA, the British Association of Sport and Exercise Sciences (BASES), the International Society for the

Advancement of Kinanthropometry (ISAK), or sports technology companies.

5. You will have opportunities to gain applied experience in high performance environments at key our key partners such as Wolverhampton Wanderers FC, Walsall FC, British Judo, Worcester Warriors, Walsall Rugby, and Wasps Netball.
6. For a limited number of students, we offer a bursary option including a year-long internship with the University of Wolverhampton sports teams or a key partner (subject to annual financial review and students being successful in meeting set criteria – for details contact the Course Leader).
7. You will have access to our sport and exercise science laboratories that include cutting edge technology such as our 3D motion capture system, and our environment chamber.
8. A placement module will provide the opportunity to gain hands-on experience and mentoring in an S&C context.

### Educational Aims of the Course:

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This exciting and applied course will develop your scientific knowledge and skills in delivering strength and conditioning (S&C) training methods within a range of contexts. You will build upon prior experiences by developing in-depth knowledge of S&C science and the multi-faceted role of the S&C practitioner.

The applied and practical nature of the course will equip you with the skills required to work with athletes and clients of different ages, abilities and demographics in designing and implementing bespoke training programmes to enhance athletic performance *and health and wellbeing*. You will benefit from the insights of experienced S&C coaches and practitioners from related disciplines, and will have opportunities to gain highly sought after applied experience and coaching qualifications alongside the course.

A good graduate of this course will be able to:

1. Apply a range of applied *advanced* strength and conditioning techniques within a range of contexts and sports
2. Plan, deliver, monitor and evaluate sports specific training programmes
3. Work independently or as part of an inter-disciplinary team to support the development of clients and athletes and enhance performance
4. Interpret and conduct research within the field of S&C and apply evidence-based practice

### Intakes:

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September

### Major Source of Funding:

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Office for Students (OFS)

### Tuition Fees:

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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
2021/2	H	31	£3275.00
2022/3	H	Full Time	£7995.00
2022/3	Overseas	Full Time	£14450.00
2022/3	H	31	£3998.00
2023/4	H	Full Time	£8395
2023/4	Overseas	Full Time	£15450.00
2023/4	H	31	£4198.00

PSRB:

None

Course Structure:

## September (Full-time)

Module	Title	Credits	Period	Type
7SR005	Advanced Research Methods	20	IN YR	Core
7SR012	Science and Practice of Training Programme Design	20	IN YR	Core
7SR010	Athlete Profiling and Performance Monitoring	20	IN YR	Core
7SR016	Practical Strength and Conditioning Techniques	40	IN YR	Core
7SR017	Applied Strength and Conditioning Practice	20	YEAR	Core
7SR007	Dissertation	60	CRYRA	Core

## September (Part-time)

Module	Title	Credits	Period	Type
7SR012	Science and Practice of Training Programme Design	20	IN YR	Core
7SR016	Practical Strength and Conditioning Techniques	40	IN YR	Core
7SR010	Athlete Profiling and Performance Monitoring	20	IN YR	Core

## September (Part-time)

Module	Title	Credits	Period	Type
7SR005	Advanced Research Methods	20	IN YR	Core
7SR007	Dissertation	60	CRYRA	Core
7SR017	Applied Strength and Conditioning Practice	20	YEAR	Core

Continuing students will follow the programme indicated below:

## September (Part-time)

Module	Title	Credits	Period	Type
7SR007	Dissertation	60	CRYRA	Core
7SR011	Applied Strength and Conditioning Practice	40	YEAR	Core

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:

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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.

Effective date: September 2020.

### Reference Points:

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[UK Quality Code for Higher Education](#)

[University Policies and Regulations](#)

Equality Act (2010)

Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) Professional Standards

### Overview of Assessment:

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As part of the course approval process, the course learning outcomes were mapped to each of the modules forming the diet of the programme of study. This process confirmed that all course learning outcomes can be met through successful completion of the modules. This mapping applies to the final award as well as to all of the intermediate awards.

#### Learning Outcomes

#### Modules

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PGCERT01 Demonstrate a systematic understanding of knowledge, and a critical awareness of current problems and/or new insights, much of which is at, or informed by, the forefront of your academic discipline, field of study or area of professional practice with a conceptual understanding that enables the student: - to evaluate critically current research and advanced scholarship in the discipline. - to evaluate methodologies and develop critiques of them and, where appropriate, to propose new hypotheses.

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PGCERT02 Demonstrate a comprehensive understanding of techniques applicable to your own research or advanced scholarship and ability to continue to advance your knowledge and understanding, and to develop new skills to a high level.

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PGCERT03 Demonstrate originality in the application of

knowledge, together with a practical understanding of how established techniques of research and enquiry are used to create and interpret knowledge in the discipline.

## Modules

**PGCERT04** Ability to deal with complex issues both systematically and creatively, make sound judgements in the absence of complete data, and communicate your conclusions clearly to specialist and non-specialist audiences.

**PGCERT05** Demonstrate self-direction and originality in tackling and solving problems, and act autonomously in planning and implementing tasks at a professional or equivalent level.

**PGCERT06** Demonstrate the qualities and transferable skills necessary for employment requiring: - the exercise of initiative and personal responsibility decision-making in complex and unpredictable situations. - the independent learning ability required for continuing professional development.

**PGDIP01** Demonstrate a systematic understanding of knowledge, and a critical awareness of current problems and/or new insights, much of which is at, or informed by, the forefront of your academic discipline, field of study or area of professional practice with a conceptual understanding that enables the student: - to evaluate critically current research and advanced scholarship in the discipline. - to evaluate methodologies and develop critiques of them and, where appropriate, to propose new hypotheses.

**PGDIP02** Demonstrate a comprehensive understanding of techniques applicable to your own research or advanced scholarship and ability to continue to advance your knowledge and understanding, and to develop new skills to a high level.

**PGDIP03** Demonstrate originality in the application of knowledge, together with a practical understanding of how established techniques of research and enquiry are used to create and interpret knowledge in the discipline.

**PGDIP04** Ability to deal with complex issues both systematically and creatively, make sound judgements in the absence of complete data, and communicate your conclusions clearly to specialist and non-specialist audiences.

**PGDIP05** Demonstrate self-direction and originality in tackling and solving problems, and act autonomously in planning and implementing tasks at a professional or equivalent level.

**PGDIP06** Demonstrate the qualities and transferable skills necessary for employment requiring: - the exercise of initiative and personal responsibility decision-making in complex and unpredictable situations. - the independent learning ability required for continuing professional development.

**MA01** Demonstrate a comprehensive and diverse range of applied technical skills in the physical preparation of athletes, including evaluating sports performance demands, planning and implementing bespoke training programmes, and assessing and monitoring changes in human performance

**MA02** Demonstrate a systematic understanding and critical awareness of the holistic role of the strength and conditioning practitioner and how to work independently and as part of an inter-disciplinary team to support the development of athletes and clients to enhance performance

**MA03** Critically evaluate current trends, insights and research within strength and conditioning, and demonstrate a critical

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**MA04** Develop interpersonal skills that enable effective integration within a performance team, and the effective application of strength and conditioning principles with athletes and clients

**MA05** Demonstrate employability through the accumulation of relevant applied experience, industry recognised qualifications and knowledge of continual professional development strategies to support lifelong learning and refinement of professional practice.

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### Teaching, Learning and Assessment:

Students are introduced to key underpinning theory and challenged to apply these theoretical concepts in a practical manner that relates directly to the way in which S&C coaches are required to apply scientific principles to the delivery of sports specific training programmes.

Learning activities on this course will include:

- Lectures
- Seminar discussion
- Practical sessions
- Workshops
- Work-based learning
- Tutorial support
- Independent reading of core and supplementary material from books, journals and electronic sources
- Independent practical study
- Canvas (VLE) structured on-line tasks and independent study
- Peer coaching
- Problem solving, reflection and decision making
- Assessment preparation workshops

Assessment has a focus on real-world skills that are required of S&C practitioners. There is an emphasis on technical coaching skills and theoretical knowledge of strength and conditioning science, with assessments taking various forms, including:

- Practical assessment
- Presentations
- Case study
- Video production
- Portfolio submission
- Data analysis
- Critical review of key literature
- Coursework
- Research project

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### 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:

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General University support:

[The University Library](#) is the key source of academic information for students. The Library provides physical resources (books, journal, DVDs etc.) and offers a range of study areas to allow you to study in the environment that suits you best: Social areas, quiet and silent areas. It also provides access to wide range of online information sources, including eBooks, e-Journals and subject databases.

The Library also provides academic skills support via the [Skills for Learning programme](#). If you are based on campus then you can attend workshops or ask for one-to-one help on a range of skills such as academic writing and referencing. You can also access a range of online skills material at: [www.wlv.ac.uk/lib/skills](http://www.wlv.ac.uk/lib/skills).

### Course Specific Support

- Your course will be overseen by a Course Leader and you will also be allocated a Personal Tutor. You can book 1-to-1 appointments with them via our online Student Appointment Management System (SAMS).
- Specific assessment support will be factored into each module.
- If you have disabilities and/or specific learning difficulties you can gain a wide range of support from Student Support and Well Being.

Each student will be allocated a supervisor for their final project.

## Employability in the Curriculum:

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This course will prepare you for employment in a range of roles within the Sport and Physical Activity sector, which contributes approximately £40 billion to the UK economy each year and employs approximately one million people. Professional Standards for roles in this sector are developed by the UKSCA in collaboration with the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA). The University of Wolverhampton has worked in partnership with CIMSPA and the UKSCA to develop our MSc S&C course in line with the professional standards for the S&C coach role, demonstrating our commitment to the ongoing development of the sector Professional Standards. The course is delivered by a UKSCA accredited coach, tutor and assessor. Completion of the 7SR009 Practical Strength and Conditioning Techniques module will prepare you to undertake additional qualifications such as British Weightlifting level 2 and 3 awards in instructing weight training, and the UKSCA Level 2 certificate in the foundations of strength and conditioning (Trainer) qualification.

You will have opportunities, including a placement module, to gain applied experience in high performance environments at key our key partners such as Wolverhampton Wanderers FC, Walsall FC, British Judo, Worcester Warriors, Walsall Rugby, and Wasps Netball. For a limited number of students, we aim to offer a part time bursary option including a year-long internship with the University of Wolverhampton sports teams or a key partner. Throughout the course you will gain insights from industry-based visiting lecturers who are practitioners and coaches in a range of settings, including elite sports teams and governing bodies. Continued professional development opportunities are embedded in the course; these include activities such as in-house workshops, seminars and taster sessions with organisations such as the UKSCA, the British Association of Sport and Exercise Sciences (BASES), the International Society for the Advancement of Kinanthropometry (ISAK), and sports science and S&C equipment and technology companies.

In addition, you will be given guidance and opportunities to develop in areas such as CV writing, interview skills, reflective practice, critical thinking, and mock job applications and interview scenarios.



