

Programme Specification: MSc Sports Strength and Conditioning

About the course		
1	Name of course and highest award	MSc. Sports Strength and Conditioning
2	Level of highest award (according to FHEQ)	Level 7
3	Possible interim awards – eg, PG Cert or DipHE, etc.	PG Cert and PG Diploma Sports Strength and Conditioning
4	Awarding/validating institution	University of Gloucestershire
5	Teaching institution	University of Gloucestershire
6	Faculty responsible	Applied Sciences
7	Mode of study (full-time, part-time, etc)	Full time / Part time
8	QAA subject benchmark statement(s) where relevant	Hospitality, Leisure, Sport and Tourism
9	Recognition by Professional, Statutory or Regulatory Body (PSRB), to include definition of the recognition	
10	Other external points of reference	The Framework for Higher Education Qualifications; The QAA Benchmark statement(s)(Hospitality, Leisure, Sport & Tourism); QAA Master's degree characteristics QAA Code of Practice
11	Date of initial validation	April 2011
12	Date(s) of revision	May 2013
13	Course aims	<p>The main educational aims of the MSc. Sports Strength and Conditioning are to provide the student with opportunities to:</p> <ol style="list-style-type: none"> 1. Develop advanced knowledge and skills in Sports Strength and Conditioning; 2. Provide a learning environment that facilitates critical application of knowledge and skills to Sports Strength and Conditioning in a range of practical situations; 3. Develop learners that are highly effective at acquiring information and rigorous in evaluating sources of scientific evidence; 4. Promote a professional and ethically sound approach to scientific research and evidence-based practice within the field of Strength and Conditioning;

	<p>5. In students progressing to the award of MSc Sports Strength and Conditioning, develop competence in undertaking an extensive piece of independent research that informs practice.</p>
14	<p>Learning outcomes of the course</p> <p>1. Knowledge and understanding of:</p> <ol style="list-style-type: none"> 1. Critically analyse the literature surrounding the physiological, biomechanical and endocrinological adaptations in response to a range of training methods; 2. Critically evaluate the advantages and disadvantages of advanced periodization strategies; 3. Understand, design and implement annual training plans, incorporating suitable testing, training, monitoring and recovery strategies, specific to the needs of an individual ; 4. Demonstrate technical competency in a range of training methods, and be able to convey their knowledge and expertise to athletes within a coaching setting; 5. Critically analyse the literature surrounding growth and maturational processes that impact upon the development of young athletes; 6. Critically evaluate a range of training methods to develop a breadth of physical qualities in children of different biological ages; 7. Critically analyse the physiological and biomechanical principles underpinning training adaptations for a range of physical qualities in young athletes; 8. Critically evaluate long-term athlete development models; 9. Understand and evaluate the concepts of child welfare and wellbeing when training young athletes. <p>2. Intellectual/ thinking skills – able to:</p> <ol style="list-style-type: none"> 1. Communicate with coaches and athletes; 2. Analyse and critique relevant literature; 3. Advance robust arguments for the merits of a range of techniques in various strength and conditioning programmes; 4. Engage in reflective and reflexive analysis of professional practice; 5. Develop rational, well-balanced arguments, and understand and examine the logic of argument from other viewpoints; 6. Understand relevant conceptual paradigms, frameworks & theories, relating evidence to conclusions. <p>3. Subject specific /Practical and professional skills – able to:</p> <ol style="list-style-type: none"> 1. Understand and gain experience of specific training techniques for developing a range of fitness components in youths; 2. Understand and gain experience of specific training techniques for power, strength, speed and agility development; 3. Evaluate physiological fitness test results, and use such data to formalise training programmes. <p>4. Transferable/key skills:</p> <ol style="list-style-type: none"> 1. Competently employ discipline-based techniques in strength and conditioning contexts; 2. Design advanced strength and conditioning programmes based on sound

	<p>scientific evidence, ensuring an evidence-based approach to strength and conditioning provision;</p> <ol style="list-style-type: none"> 3. Collect, analyse and interpret data to answer challenging sports strength and conditioning questions; 4. Competently conduct an extensive research project within the strength and conditioning field, demonstrating sound understanding and an appreciation of the application of research to applied situations; 5. Engage in co-operative and consensual decision making processes, in the process understanding the principles of a multi-disciplinary approach to sport science provision; 6. Develop the skills necessary for self-managed and lifelong learning (eg working independently, time management and organisation skills).
15	<p>Learning and teaching strategy –</p> <p>In accordance with the University of Gloucestershire’s Learning and Teaching Strategy (2011-2015), the Sport and Exercise Sciences postgraduate programmes focus on the following four key educational priorities:</p> <ul style="list-style-type: none"> • Independent and collaborative learning • Learning for life and employment • Learning for the future • Research/practice –informed learning and teaching <p>Implementation of, and exposure to these priorities, will contribute to the development of a set of associated attributes that aid graduates to be:</p> <ul style="list-style-type: none"> • independent and collaborative learners • prepared for life and employment • adaptable and critical thinkers • reflective in planning and taking actions <p>The realisation of these attributes will assist graduates to maximise their experiences during the course, provide appropriate skills to facilitate progression into work and establish a positive foundation beneficial throughout the rest of their adult life. To achieve these objectives, students will be presented with learning opportunities that are both varied and challenging. Emphasis will be placed upon developing the necessary theoretical and practical competencies advocated by the UKSCA.</p> <ul style="list-style-type: none"> • Lectures • Seminars • Individual Tutorials • Group Tutorials • Subject-specific forums • Work Placements • Practicals <p>The learning and teaching strategy for this programme is guided and informed by the University of Gloucestershire Teaching and Learning Strategy (2011-15): http://resources.glos.ac.uk/shareddata/dms/DF13448CBCD42A039678F7627C37BC6D.pdf</p>

Sports Strength and Conditioning - Programme Learning Outcomes																									
Knowledge and understanding										Intellectual skills						Practical, subject-specific skills			Generic, transferable skills						
	1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	1	2	3	1	2	3	4	5	6	
SP7001											✓			✓	✓						✓				✓
SP7002			✓	✓						✓	✓		✓						✓	✓				✓	✓
SP7003											✓		✓	✓	✓						✓	✓			✓
SP7010			✓		✓	✓		✓	✓	✓	✓			✓							✓			✓	
SP7011	✓	✓	✓	✓						✓	✓	✓	✓			✓	✓	✓	✓	✓	✓				✓
SP7012	✓									✓	✓	✓								✓	✓				
SP7013			✓		✓	✓	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓	✓	✓	✓			✓	✓
SP7014	✓		✓	✓	✓													✓		✓	✓				

16	Learning and teaching methods This programme is vocational / practically based in nature, yet with a strong academic and theoretical underpinning to ensure student are prepared for higher level employment within the sport strength and conditioning setting. Consequently a wide variety of learning methods and opportunities are utilised. Students will need to examine the evidence that informs current practice alongside practical and skills based learning. Learning opportunities within the practice setting will be particularly prevalent. The learning opportunities include: <ul style="list-style-type: none"> • Lectures • Seminars • Individual and group tutorials • Placements • Independent projects and enquiry based learning • Practicals • Laboratory work 		
	Level 7	Scheduled learning and teaching activities	20%
		Guided independent learning	80%
		Placement and study abroad	0%
17	Assessment strategy Assessment is an important part of learning and provides valuable feedback for students and tutors. Students are assessed in a variety of ways, and most modules have more than one point of assessment. Students develop and practice many transferable and specific skills for sport strength and conditioning through assessed work. There is a strong focus on the application of evidence-based theory to practice, with a critical analysis of such evidence. The form of assessment is always driven by the module learning outcomes and includes the following: <ul style="list-style-type: none"> • Practical examinations • Essays • Dissertation • Portfolios • Practicals • Laboratory reports 		

	CAT Points	Coursework: Individual, standard written	Coursework: Individual, presentation	Coursework: Individual, dissertation/major project	Coursework: Individual, portfolio	Coursework: Individual, other	Coursework: Group work, standard	Coursework: Individual presentation	Coursework: Group work, presentation	Practical Exam: Laboratory based	Written Examination	Assessment 001: Duration/Size	Assessment 002: Duration/Size
SP7001 Research Methods	15	2000			1000							30	70
SP7002 Applied and Contemporary Practice I	30	6000										100	
SP7003 Independent Project	60	TBC											
SP7010 Sport Psychology and Youth Athletes	15				2000				30 mins			70	30
SP7011 Advances Strength & Conditioning	15	2000						30mins				60	40
SP7012 Muscle Mechanics	15	1000				2000						40	60
SP7013 Strength and Conditioning for Young Athletes	15	2000						30mins				60	40
SP7014 Screening and Prehabilitation	15	1500									2 hours	40	60

18	Assessment methods		
	Level 7	Written exams	10%
		Practical exams	0%
		Coursework	90%
19	Location(s) of the course's delivery	University of Gloucestershire Faculty of Applied Sciences Oxstalls Campus	
20	Admissions requirements	2:1 (hons) or equivalent	
21	Career and employability opportunities - details of any work experience, work-based learning, sandwich year or year abroad	Through the Applied Practice module students will have the opportunity to apply evidence-based theory to practice within the relevant setting. All modules are designed to support the student in becoming a critical and contemporary advocate within the sport strength and conditioning setting.	
22	Management of Quality and Standards		
	<p>Guidance on the University's approach to the management of quality and standards is contained in the Quality Assurance Handbook, Academic Regulations for Taught Provision, Assessment Principles and Procedures, and associated sources of advice. All regulations, policies and procedures are aligned with QAA reference points and, where relevant, those of Professional, Statutory and Regulatory Bodies.</p> <p>Quality assurance is undertaken as close as possible to the point of delivery. There is a route from the module level to courses and through to faculty and University levels so that issues can be addressed and delivery enhanced in the appropriate arena.</p> <p>Externality is guaranteed via external examiner reports which allow the University to make judgements on the quality and standards of its provision. The University also benefits from the input of externals in its approval and review procedures.</p> <p>Students are able to comment on their modules and courses in various ways including module evaluations, course boards and the PTES student survey.</p>		
23	Support for Students and for Student Learning		
	<p>At University level, students are able to access information, advice and guidance on a range of issues as well as contacting most Student Services teams through the campus based Helpzones, either in person, accessing materials and advice via the website or by telephone/e-mail contact see www.glos.ac.uk/helpzones</p> <p>Available support specific to their studies includes Student Employability (Careers advice and guidance and placement related activity), Disability, Dyslexia and Learning Support team and the Student Achievement team (including study skills tutors for academic and numeracy skills). Full details of all Student Services is available at - www.glos.ac.uk/student-services.</p>		

	<p>Further general and programme specific support is available through the Libraries, ICT and LTS. Library and Information Services support student learning by delivering effective, efficient and learner-focused services via the three campus libraries. These include traditional academic library resources, electronic information resources, open access IT and media facilities, integrated learner support, enquiry services, a choice of study spaces and access to the Archives and special collections. Students have access to expert help and advice in using the full range of resources to support their studies, whether they are working on or off campus. Full details of all LIS services are available at http://insight.glos.ac.uk/departments/lis/Pages/default.aspx.</p>
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24 Current Course Map

Course title	Sports Strength and Conditioning
Course Leader	Dr Jonathan Hughes
Award requirements	<i>You must pass 60 CAT points for each award stage and meet the following requirements:</i>
Postgraduate Certificate	SP7001 Research Methods SP7011 Science and Application of Advanced Strength and Conditioning Plus any other 30 CATS from the course map
Postgraduate Diploma	<i>Postgraduate Certificate, plus</i> SP7014 Science and Application of Screening and Prehabilitation SP7013 Science and Application of Strength and Conditioning for Young Athletes Plus any other 30 CATS from the course map
Masters	<i>Postgraduate Diploma, plus</i> SP7003 Independent Project.
Notes	

Code and Title	CAT Points	Study Period
SP7001: Research Methods Prerequisites: None Co-requisites: None Restrictions: Cannot be taken with SEP401	15	SEM 1
SP7011: Science and Application of Advanced Strength and Conditioning Prerequisites: None Co-requisites: None Restrictions: Available to Sports Strength and Conditioning students only. Cannot be taken with SEP416	15	SEM 1
SP7012: Science and Application of Muscle Mechanics for Strength and Conditioning Prerequisites: None Co-requisites: None Restrictions: Available to Sports Strength and Conditioning students only	15	SEM 1
SP7002: Applied and Contemporary Practice I Prerequisites: None Co-requisites: None Restrictions: Not Applicable. Cannot be taken with SEP402	30	SEM 1/2/3
SP7014: Science and Application of Screening and Prehabilitation Prerequisites: None Co-requisites: None Restrictions: Available to Sports Strength and Conditioning and Sports Therapy students only	15	SEM 2
SP7013: Science and Application of Strength and Conditioning for Young Athletes Prerequisites: None Co-requisites: None Restrictions: Available to Sports Strength and Conditioning students only. Cannot be taken with SEP417	15	SEM 2
SP7010 Sport Psychology and Youth Athletes Prerequisites: None Co-requisites: None Restrictions: Not Applicable	15	SEM 2
SP7003: Independent Project Prerequisites: SP701 Co-requisites: None Restrictions: Not Applicable. Cannot be taken with SEP403	60	SEM 1, 2, 3

