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# Postgraduate Certificate Applied Strength and Conditioning

UCAS Code: N/A

**Award on completion of programme:** Postgraduate Certificate Applied Strength and Conditioning

**Location of study:** Hartpury University

**Length of programme:** One year (part-time)

**Language of the programme:** This programme is taught in English.

## Entry Requirements:

**General:** At least a 2:1 in a Bachelor's Degree related to sports coaching, sports science, or social science is preferred. However, prospective students with a 2:2 in the aforementioned degrees may also be considered. All students who apply for the course will be required to attend a phone interview and/or a formal interview.

Those with significant and current experience in strength and conditioning may also be considered.

**Mature and international applicants:** Mature and international applicants are welcomed. Mature applicants that are not applying for a programme straight from formal education will be expected to demonstrate suitability for the course.

In the case of international applications, we will attempt to establish the equivalency of qualifications and the same criteria and assessment is used as for home students. An IELTS English qualification is expected for international applicants without a GCSE Grade C or above (or 9 to 4 where numeric grades are being awarded) in English Language.

If you have completed learning towards a university level qualification, perhaps at another institution or with a professional body or have relevant work experience then you may be able to gain credit for this and/or enter the course at a later point than standard year one entry. For further information please contact our Admissions team ([admissions@hartpury.ac.uk](mailto:admissions@hartpury.ac.uk)), who will be pleased to help you.

Personalised offers will be made to each applicant based on their own merits. Non-academic and academic achievement will be considered.

**Timetables:** This programme has been specially designed to fit around those working or volunteering within the sector. As such, timetables have been carefully to provide you with sufficient time to perform external opportunities and responsibilities. Timetables are normally available during registration. It is recommended that you discuss potential timetables and how this may fit alongside working or volunteering with a member of Hartpury staff in person during the introduction days

**Programme Composition:** The programme is comprised of three modules, which focus on key subject areas. Our teaching is informed by research, and modules may change periodically to reflect developments in the discipline. These changes are informed by both industry and student consultation. On completion and passing of these modules you gain academic credit that accumulates towards your award. The modules contain mixture of scheduled learning, independent learning and sometimes learning whilst on work placement. Students will receive on average a minimum of 3 hours scheduled contact per module per week (although some modules may be delivered in a concentrated block of time rather than weekly) in lectures, seminars and practical's. Students are expected to dedicate at least two

to three hours of independent study per contact hour. Some modules may bring in guest lecturers to provide topical and industry-relevant talks.

**Compulsory Modules:** These modules are core to the programme and focus on developing scientifically sound approaches to practice and research.

- Practical Techniques in Strength and Conditioning
  - Students will develop advanced understanding and an opportunity to develop technical mastery in a variety of training techniques.
- Strength and Conditioning from Theory to Practice
  - Through critical analysis of a wide ranging base of theory and empirical evidence, this module aims to allow students to develop an evidence-based approach to practice.

**Optional modules:** These generally allow students to study areas of they are particularly interested in developing their knowledge is. You are only able to choose one of the below;

- Science of Training, Response and Adaptation
  - Students will gain advanced knowledge and understanding of planning, programming for athletic development from a holistic approach.
- Applied Motor Learning & Control in Strength & Conditioning
  - Students will developed an enhanced understanding in the neurophysiological and co-ordinative aspects of strength and conditioning.

**Assessment Method:** You will be assessed through a mixture of written exams, practical exams and coursework. Modules will be marked based on a mixture of assessment types.

**Discounts and special support associated with enrolling on the programme:** Hartpury also subsidises optional short courses for a reduced cost that give students the opportunity to gain relevant experience and qualifications prior to graduation. These are in addition to the discounts Hartpury usually offers to its students, such as free Wi-Fi on site and Microsoft Office packages etc. There is lots of support available to you whilst you study including allocation of a personal academic tutor that you will meet for 1:1 sessions and other services detailed at <http://www.hartpury.ac.uk/university-centre/facilities/life-at-hartpury/student-support/>.

**Costs associated with the programme:** The cost of the programme will be £6,300 per year for UK and EU students subject to government approval. International fees for this programme are £11,340. We will only increase our fees in accordance with guidelines laid down by OFFA. Hartpury alumni are usually eligible for a 20% discount on full-time fees. Students are required to purchase sports kits, which can be bought as a bundle via Hartpury's website.

### **How do I join a Sports Academy?**

If you would like to represent one of the Academy sports at Hartpury in the 2018/19 season then you must become a member of the Sports Academy.

The cost of the Sports Academy Membership fee for a HE student is currently £200 a year (this also includes a free student gym membership for the year).

### **How do I purchase Hartpury Sports kit?**

Visit the Hartpury College online shop that you can access via the Hartpury website, at <http://estore.hartpury.ac.uk/>. You can then purchase the kit, which is relevant to your course or sport.

For Part Time costs please refer to the Hartpury Fee policy at: <http://www.hartpury.ac.uk/about-us/governance-and-policies/governance-and-policies/>

For more information on the admissions policy, please visit: <http://www.hartpury.ac.uk/about-us/governance-and-policies/governance-and-policies/>

This Course Information Sheet v1.0 is accurate as at September 2018.