
Postgraduate Diploma Strength and Conditioning

Award on completion of programme: Postgraduate Diploma Strength and Conditioning

Professional body accreditation: None

Location of study: Hartpury University.

Length of programme: One year full-time. Part-time options are available.

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

Entry Requirements:

General: At least a 2:1 in a Bachelor's Degree in strength and conditioning, sports science, or a related sport science degree is preferred. However, prospective students with a 2:2 in the aforementioned degrees will also be considered if they can demonstrate suitable knowledge, understanding and dedication to the area. All students who apply for the course will be required to attend a phone interview and/or a formal interview. Additionally, those without an undergraduate degree but who can evidence significant professional and current experience within strength and conditioning will 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 of 6.5 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), 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, volunteering or completing internships 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: This programme is comprised of different modules, which focus on specific subjects. The modular structure of the programme gives you flexibility and choice and you can attend introductory sessions for optional modules before having to finally decide which ones you wish to study. We usually offer all optional modules available to students however if we believe that we are unable to offer a high quality student experience (which can be particularly affected by low student demand) then we may make the decision not to offer it. If an optional module will not be run, we will advise you as soon as possible and help you choose an alternative module. Our teaching is informed by research, and modules

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 marks you gain for these modules may contribute towards your overall award mark and outcome. This programme offers students a mixture of classroom learning, gym and laboratory based practicals, and independent research projects. For the 2019/20 academic year, modules are generally taught each Tuesday or Thursday from 10am-5.30pm, allowing students to work around their other commitments. There is a compulsory one-week (Monday-Friday) intensive block module that takes place in February. Additionally, you will be able required to undertake a research process module and a coaching-based module that will take over two full weekends and four evenings, respectively. Students are expected to dedicate a minimum of three hours of independent study per contact hour. Some modules may bring in guest lecturers to provide topical and industry-relevant talks that will be highlighted throughout the academic year.

Compulsory Modules:

Applied Motor Learning and Motor Control for Strength and Conditioning:

- Students will develop an enhanced understanding in the scientific underpinning of human movement control and the applied strategies to enhance athletic performance.

Contemporary Issues in Strength and Conditioning:

- Students will develop a critical understanding, appreciation and personal interest in the latest strength and conditioning research and concepts that are prevalent in the field.

Training Prescription and Programming:

- Students will develop their critical evaluation, analytical and practical skills in the designing, implementation and monitoring of strength and conditioning programs.

Performance Assessments and Evaluation for Strength and Conditioning:

- Students will develop an enhanced understanding and practical execution of the relevant methods and statistical analysis used to assess athlete or client physical testing capabilities.

Optional Modules:

These generally allow students to study areas they are particularly interested in.

Assessment Method: You will be assessed through a mixture of practical coaching assessments, oral presentations, written coursework and portfolio submission. Many of the modules will be marked based on a mixture of assessment types, whilst others will be based solely on one type of assessment. There will also be a dissertation in which the student must perform research and analysis in an area of their interest.

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/facilities/life-at-hartpury/student-support>

Costs associated with the programme: The cost of the programme will be £4333 per year for UK and EU students subject to government approval. International fees for this programme are £8666. 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 2019/20 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 £220 a year (this also includes a free student gym membership for the year).

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This Course Information Sheet is accurate as at 12 March 2019



Programme Information Sheet for 2019

Postgraduate Diploma Applied Strength and Conditioning

UCAS Code: N/A as apply by direct application

Award on completion of programme: Postgraduate Diploma Applied Strength and Conditioning

Location of study: Hartpury University

Length of programme: One year full time or two years part time

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

Entry Requirements:

General: At least a 2:2 in a Bachelor's Degree related to sports coaching, sports science, or social science is preferred. 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.

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Programme Composition: The programme is comprised of modules that 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.

Module Information: outlines of compulsory modules.

- **Applied Motor Learning & Control in Strength & Conditioning**
Students will develop an enhanced understanding in the neurophysiological and co-ordinative aspects of strength and conditioning.
- **Science of Training, Response and Adaptation**
Students will gain advanced knowledge and understanding of planning, programming for athletic development from a holistic approach.
- **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.
- **The Research Process**
Discussion of research methodologies and applications, as well as strengths, weaknesses, and limitations of different methods.

Optional modules: These generally allow students to study areas of coaching they are particularly interested in include a professional development portfolio, putting pedagogy into practice or studying high performing environments.

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/>.

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This Course Information Sheet is accurate as at 25th September 2018.

Course Information Sheet as of 24th September 2018

Change: Update to fees

Requested by: Lucy Dumbell



HARTPURY
UNIVERSITY

Programme Information Sheet for 2019

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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.

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