

Programme Specification

Part 1: Basic Data			
Awarding Institution	Hartpury University		
Teaching Institution	Hartpury		
Delivery Location	Hartpury		
Study abroad / Exchange / Credit recognition	None		
Department responsible for programme	Sport		
Programme Title	MSc Strength and Conditioning		
Professional Statutory or Regulatory Body Links	None		
Highest Award Title	MSc Strength and Conditioning		
Default Award Title	None		
Interim Award Titles	Postgraduate Diploma in Strength and Conditioning Postgraduate Diploma in Sport Studies Postgraduate Certificate in Strength and Conditioning Postgraduate Certificate in Sport Studies		
Mode(s) of Study	Accelerated Full Time / Full Time / Part Time		
Codes	UCAS: C63112	UNIT-e: MSTSASCX	
Relevant QAA Subject Benchmark Statements	Events, Hospitality, Leisure, Sport and Tourism		
Last Major Approval Date	V1.0- 01 Sept 2017 V2.1- 02 May 2018 V3.1- 31 Aug 2018 V4.0 - 12 Mar 2019	Valid from	V3.1- 01 Sept 2018 V4.0 - 01 Sept 2019
Amendment Approval Date	V4.0 – 12 Mar 2019	Amended with effect from	V4.0 – 01 Sept 2019
Version	4.0		
Review Due By	1 September 2024		

Part 2: Educational Aims of the Programme

This programme is designed with a practical orientation, towards the application and evolution of theory to practice in varied settings. Additionally, for students progressing to Masters level, the study of research methods is extended to the ability to be able to plan, conduct and disseminate their own research following the established principles of rigorous scientific study. Therefore, throughout the programme students will be exposed to advanced methods of analysis and challenging statistical approaches.

The educational aims of the programme are:

1. To allow students to develop a critical understanding of motor learning and motor control theories and how this applies to strength and conditioning practice,
2. To provide students with a critical awareness of how research evidence informs current strength and conditioning recommendations and practice across populations, with an emphasis on sports performance,
3. To provide students with specialist measurement and research skills to investigate issues in the field of strength and conditioning, and design and review appropriate training interventions,
4. To foster the development of independent learners with transferable intellectual and study skills that can make a significant and sustainable contribution within their chosen career path,
5. To develop an advanced and critical awareness of coaching science disciplines allowing for students to become effective strength and conditioning coaches in practice,
6. To encourage reflective and critical abilities as strength and conditioning professionals to question existing practice, inform future applications and enhance their personal development as a reflective practitioner.

Programme requirements for the purposes of the Higher Education Achievement Record (HEAR)

MSc Strength and Conditioning graduates will have a deep understanding of the applied practices within strength and conditioning through rigorous study of areas such as motor control, assessment and evaluation, applied training techniques and coaching science. They will have specialist measurement and research skills enabling them to assess, design and review appropriate strength and conditioning training interventions. This will be based on a deep understanding of the transferability of training to motor skills exhibited in sports performance, the specific physiological responses and adaptations elicited through appropriately tailored programming of training and the testing measurements and subsequent training prescription. Graduates will be able to present findings from investigations to a professional level, both verbally and in written format.

Part 3: Programme Structure for : MSc Strength and Conditioning

This structure diagram demonstrates the student journey from Enrolment through to Graduation for a typical **full time student**, including:

- level and credit requirements
- award requirements that are in addition to those described in the Hartpury Academic Regulations
- module diet, including compulsory, core and optional modules

ENTRY	Compulsory Modules	Optional Modules	Awards
	Applied Motor Control and Motor Learning for Strength and Conditioning (HSPVAY-15-7) Contemporary Issues in Strength and Conditioning (HSPVB4-15-7) High Performing Environments (HSPXN3-15-7) Performance Assessments and Evaluation for Strength and Conditioning (HSPVB3-15-7) Physiology of Strength and Conditioning (HSPVC3-15-7) Postgraduate Dissertation (HANVL5-60-7) Professional Development Portfolio (HSPXMV-15-7) The Research Process (HANXKT-15-7) Training Prescription and Programming (HSPV66-15-7)	None	<u>PG Cert Sport Studies</u> <u>PG Cert Strength and Conditioning</u> This must include modules: Training Prescription and Programming Performance Assessments and Evaluation for Strength and Conditioning Applied Motor Learning and Motor Control in Strength and Conditioning Contemporary Issues in Strength and Conditioning <u>PG Dip Sport Studies</u> <u>PG Dip Strength and Conditioning</u> This must include modules: Training Prescription and Programming Performance Assessments and Evaluation for Strength and Conditioning Applied Motor Learning and Motor Control in Strength and Conditioning Contemporary Issues in Strength and Conditioning <u>MSc Strength and Conditioning</u> This must include all compulsory modules.

Part time:

The part time student journey from Entry through to Graduation is individually negotiated with the student.

Part 4: Learning Outcomes of the Programme

<p>The award route provides opportunities for students to develop and demonstrate knowledge and understanding, qualities, skills and other attributes in the following areas:</p> <p><i>Learning Outcomes:</i></p>	Applied Motor Control and Motor Learning for Strength and Conditioning	Physiology for Strength and Conditioning	Performance Assessments and Evaluation for Strength and Conditioning	Training Prescription and Programming	The Research Process	Professional Development Portfolio	Contemporary Issues in Strength and Conditioning	High Performing Environments	Postgraduate Dissertation
A) Knowledge and understanding									
1. Appraise literature and utilise knowledge surrounding motor learning and motor control theory in the context of strength and conditioning practice;	✓								
2. Critically analyse the literature surrounding the physiological and biomechanical adaptations in response to a range of physical training methods;	✓	✓	✓	✓					
3. Analytically assess the current understanding of the dose-response relationship of physical training;		✓		✓					
4. Critically evaluate the advanced planning and programming strategies inherent within different models of periodization that are utilized by strength and conditioning coaches;	✓	✓		✓					
5. Understand, design and implement annual training plans, encompassing appropriate testing, training, monitoring and recovery strategies, specific to the needs of an individual;		✓	✓	✓					
6. Demonstrate technical mastery in a range of training methods, and be able to convey knowledge and expertise to athletes within a coaching setting;			✓	✓					
7. Critically appraise the roles, scope and range of competencies required in coaching settings to demonstrate effective and informed practice;	✓					✓	✓	✓	
8. Critically evaluate the efficacy and efficiency of long-term athletic development models from the scientific literature and from professional sporting organizations;	✓	✓		✓					
9. Develop an advanced understanding and an ability to apply the scientific method to advance knowledge of athletic development;	✓	✓		✓					
10. Exhibit the development of coaching practice through behaviour modification and problem based learning.				✓		✓			
(B) Intellectual Skills									
1. Effectively communicate specialist knowledge to non-subject specialists such as athletes, coaches and parent/guardians.	✓	✓	✓			✓	✓	✓	
2. Critically evaluate current research and advanced scholarship in the areas of strength and conditioning and coaching science.	✓	✓	✓	✓	✓	✓	✓	✓	✓

Part 4: Learning Outcomes of the Programme

3.	Demonstrate a capability to fully participate in postgraduate level academic enquiry through the application of cognitive skills including critical thinking, analysis and synthesis (including the capability to identify assumptions, evaluate statements in terms of evidence, detect false logic or reasoning, identify implicit values, define terms adequately and generalise appropriately).	✓	✓	✓	✓	✓	✓	✓	✓	✓
4.	Evaluate, deconstruct and integrate differing anecdotal, traditional and contemporary coaching principles to develop and test theories, models, concepts, and hypotheses.	✓			✓	✓	✓	✓		✓
5.	Decide upon and administer an appropriate research methodology (qualitative or quantitative), to facilitate the analyses of data.					✓				✓
6.	Devise, perform, analyse the findings, draw conclusions and undertake a systematic critical reflection on a programme of original research in order to formulate appropriate recommendations.									✓
(C) Subject/Professional/Practical Skills										
1.	Utilise scientific principles, concepts and theories to inform strength and conditioning provision.	✓	✓		✓	✓		✓		✓
2.	Where appropriate apply strength and conditioning research findings to industry-based problems.	✓		✓	✓		✓	✓		✓
3.	Evaluate physical, biomechanical and physiological fitness test results, and use such data to both formalise training programmes and inform invested parties of results.		✓	✓	✓					
4.	Provide feedback aligned with theories of motor learning and skill acquisition.	✓			✓					
5.	Implement effective reflection on personal and learner experiences to promote best coaching practice.	✓			✓		✓	✓	✓	
6.	Analyse coaching behaviours and modify styles were needed for the greatest effect.	✓					✓		✓	
7.	Critically evaluate current and topical strength and conditioning research practices and practical approaches.	✓	✓	✓	✓	✓	✓	✓		✓
(D) Transferable skills and other attributes										
1.	Communicate effectively with a wide range of individuals using a variety of appropriate means, showing self-awareness and sensitivity to diversity in people and different situations.			✓	✓		✓	✓	✓	✓
2.	Exhibit interpersonal and teamwork skills, necessary for working in high performing environments.	✓	✓	✓	✓		✓	✓	✓	
3.	Analytically evaluate academic, vocational and professional performance through the structured use of reflection.			✓	✓		✓	✓		
4.	Utilise problem-solving skills in a variety of theoretical and practical situations.	✓	✓	✓	✓	✓	✓	✓	✓	✓
5.	Manage change effectively and respond appropriately, and flexibly, to changing demands.	✓	✓	✓	✓	✓	✓	✓	✓	✓
6.	Take responsibility for personal and professional learning and development and act autonomously in planning and implementing tasks.	✓	✓	✓	✓	✓	✓	✓	✓	✓

Part 5: Student Learning and Student Support

Teaching and learning strategies to enable learning outcomes to be achieved and demonstrated

The field of strength and conditioning has emerged as a distinct and popular area of expertise in sport science. Predominantly emanating from within the disciplines of physiology and biomechanics, strength and conditioning professionals frequently require knowledge and understanding of interdisciplinary applied sport science and coaching. The modules aim to build upon fundamental principles by enhancing the students' knowledge base, technical competence, practical coaching skills and personal reflection based knowledge from a multi- and inter-disciplinary approach.

Throughout this level of the programme, research methods forms a compulsory element and acts as an important building block for the dissertation at Masters level. In addition, students are also exposed to the theories of motor learning, practical testing assessments and reflective coaching which helps to develop a well-rounded strength and conditioning coach. This knowledge is fundamental when critically appraising anecdotal, traditional and contemporary principles upon which current strength and conditioning practice is built on.

Specifically, postgraduate students will be assigned a personal tutor to provide additional guidance and support throughout the duration of their masters programme. Upon registration a student will have access to an induction programme incorporating literature searching skills and a library induction and exercises to develop level 7 study skills. Study skills support throughout the programme will also be available for students that are successfully accepted to the programme using the institutions established student support mechanisms. Support for students with varied learning requirements is available and students may apply for alternative forms of assessment and other methods of support as applicable to their individual circumstances. Support is also available for students to develop their career aspirations with events, group sessions and individual appointments with dedicated careers staff.

On the MSc Strength and Conditioning programme teaching is a mix of:

Scheduled learning – may vary slightly depending on the module choices made. These scheduled learning sessions will be interactive, collaborative and industry related, employing a variety of teaching and learning methods, which may include lectures, seminars, project supervision and practical classes. Throughout the programme, students will be required to approach their learning via an independent lens.

Independent learning - includes the hours engaged with essential reading and other learning materials, case study preparation, practical competency development, assignment preparation and completion etc.

Virtual Learning Environment: This specification is supported by a VLE where students will be able to find all necessary module information. Direct links to information sources will also be provided from within the VLE.

Description of any Distinctive Features

The MSc Strength and Conditioning programme can provide a number of opportunities to work alongside experienced staff in delivering strength and conditioning provision, applying acquired knowledge in practice. This provides students with the necessary applied coaching provision to support content delivered throughout scheduled and independent learning in addition to aiding in the preparation for working in the professional field.

Students enrolled on the MSc Strength and Conditioning programme will also have the opportunity to undertake internships working within the local sports clubs, schools and academies. This will incorporate working closely with the institutions HE Sport staff and professional partners on research projects aligned to the efficacy of strength and conditioning practices for athletic performance and long-term physical development.

Part 6: Assessment

Modules will be assessed according to the Academic Regulations published for the academic year on the website www.hartpury.ac.uk

The distinctive module used by the Programme Examination Board to inform recommending differential awards for students when considering borderline performance profiles will be: Postgraduate Dissertation.

Assessment Strategy

Assessment strategy to enable the learning outcomes to be achieved and demonstrated:

A variety of assessment methods will be employed throughout the programme to develop the skills and attributes of the student in line with industry expectations and the aims of the programme. The learner's ability to demonstrate intellectual and personal/practical skills will be tested through written assignments, written reports, practical examinations, practical skills assessment, oral examinations, individual presentations and the creation of a personal development portfolio. Within the MSc Strength and Conditioning particular emphasis is placed on developing the ability of student's to professionally demonstrate practical mastery of techniques essential to assessing, devising, prescribing and evaluating strength and conditioning training interventions. The ability to communicate both with an athlete during an intervention and in a report post intervention is an essential skills for these graduates in a future career in this area.

A student may apply for alternative means of assessment if appropriate. Each application will be considered on an individual basis taking into account learning and assessment needs. For further information regarding this please refer to the VLE.

Assessment Map

The programme encompasses a range of **assessment methods** and these are detailed in the following assessment map:

Assessment Map for MSc Applied Strength and Conditioning

		Type of Assessment										
		Unseen Written Exam	Open Book Written Exam	In-class Written Test	Practical Exam	Practical Skills Assessment	Oral assessment and/or presentation	Written Assignment	Report / Project	Dissertation	Portfolio	
Compulsory Modules Level 7	Applied Motor Control and Motor Learning for Strength and Conditioning							A (100)				
	Contemporary Issues in Strength and Conditioning						A (50)	B (50)				
	High Performing Environments						A (50)	B (50)				
	Postgraduate Dissertation						A (20)			A (80)		
	Performance Assessments and Evaluation for Strength and Conditioning								A (100)			
	Professional Development Portfolio						A (25)					B (75)
	Physiology of Strength and Conditioning							A (100)				
	Training Prescription and Programming					A (75)			B (25)			
	The Research Process						A (30)	B (70)				

*Assessment should be shown in terms of either **Written Exams**, **Practical exams**, or **Coursework** as indicated by the colour coding above.

Part 7: Entry Requirements

Applicants will have achieved entry criteria appropriate for the year of entry, which can be found through the Hartpury website (www.hartpury.ac.uk).

Applicants must provide evidence which demonstrates that they can benefit from study on this programme and are likely to achieve the required standard.

We also welcome applicants from a diverse range of backgrounds who do not have the entry requirements outlined above. Applicants will be considered on the basis of evidence of personal, professional and educational experience which indicates an applicant's ability to meet the demands of an undergraduate degree programme. Applicants with non-standard entry criteria may be reviewed on an individual basis. This may take the form of an individual interview with members of the programme team and possibly the completion of a set task such as a written assignment.

Where appropriate experience or learning has been gained prior to enrolment on the programme, Hartpury will consider applications for advanced entry, e.g. into year two or three of a programme. More details on how to apply for this can be found through the Hartpury website.


Applicants whose first language is not English must also gain a minimum IELTS score of 6.5 prior to entry onto the programme.

This specification provides a concise summary of the main features of the programme and the learning outcomes that a typical student might reasonably be expected to achieve and demonstrate if he/she takes full advantage of the learning opportunities that are provided. More detailed information on the learning outcomes, content and teaching, learning and assessment methods of individual modules can be found in module specifications, available on the Institution's website.

Programme Approval Log

Programme Title:	MSc Applied Strength and Conditioning
Programme Code:	C63112/MSTSASCX
Initial Approval Date:	01 September 2017
Approved by:	Curriculum Approval Committee
Approved until:	1 September 2023
Original version number:	V1.0

Changes:

Current version number: 3.1	
<p>Outline Change Details: Part 1: Title changed to MSc Strength and Conditioning from MSc Applied Strength and Conditioning.</p> <ul style="list-style-type: none"> • Part 2: Adaptation of HEAR information. • Part 3: 'Awards' column titles of PG Cert Applied Strength and Conditioning and PG Dip Applied Strength and Conditioning changed to 'Strength and Conditioning' respectively. • Part 3: Modules that contribute to PG Cert Strength and Conditioning have been altered to include the new modules. • Part 4: Ticked boxes where necessary. • Part 4: Included an additional LO C7 'Critically evaluate current and topical strength and conditioning research practices and practical approaches'. • Part 5: Added in additional information to 'Scheduled Learning' and 'Independent Learning' strategies to reflect industry and independent approach. • Part 6: updated to reflect changes to part 3 • Part 7: New text included in line with new template • Part 8: Deleted in line with new template 	
Material Alteration: Yes and is accompanied by the relevant course information sheets.	
Rationale: changes made in line with PCR Action Plan	
Change requested by: Ben Drury	
<input checked="" type="checkbox"/> I can confirm that student representatives have been consulted about this change <input checked="" type="checkbox"/> I can confirm that colleagues impacted by this change have been consulted <input checked="" type="checkbox"/> I have retained evidence of these consultations, which will be summarized within the Programme Enhancement Report	
Signature: 	Date: 23/01/2019
Name of Head of Department: Sarah Lee	
I confirm that this change does not require additional resources beyond the scope of those already present or planned for by the department	
Signature: S Lee	Date: 23/01/2019
Approval Committee and Date:	CVC 2019 03 12
Change approved with effect from:	1 September 2019
Resulting new version number:	4.0 (2019 intake)

Version 3.1

Rationale: After the successful application for University Title, amendments were required to all specifications.	
Material Alteration: Yes and Course Information Sheet amended appropriately: Not required	
Outline Change Details: 1. Part 1: Basic Data requires the Awarding Body to be amended from Hartpury College to Hartpury University.	
Change requested by:	Academic Registrar
CVC approval date:	31 August 2018
Change approved with effect from:	01 September 2018
New version number:	3.1

Version 2.1 (intake 2017+) **Periodic Curriculum Review**

Outline Change Details: Update of valid to/from dates.	
Rationale: The Sport Periodic Curriculum Review (PCR) on 2 nd May 2018 confirmed revalidation of the programme.	
Change requested by:	PCR 02 May 2018
PCR approval date:	02 May 2018
Change approved with effect from:	01 September 2018

Version 1.1

Outline Change Details: Removal of the requirement to complete module HSPXMV-15-7 Professional Development Portfolio from interim award of PGDip Applied Strength and Conditioning (as compulsory) and typographical corrections.	
Rationale: Currently students might be refused a PGDip as an interim award based on the selection of the option module. MSc students have a choice of option modules for their only choice and they should be able to take any of them and achieve this award (they could achieve the MSc without it).	
Change requested by:	Stephen Draper
CVC approval date:	13 February 2018
Change approved with effect from:	01 September 2018