

## **BSc (Hons) Strength and Conditioning (with Foundation Year)**

UCAS Code: GF0G

**Award on completion of programme:** BSc (Hons) Strength and Conditioning OR BSc (Hons) Strength and Conditioning with Integrated Placement Year.

**Professional body accreditation:** None

**Location of study:** Hartpury University. The work placement / integrated placement year can be undertaken in the UK or abroad.

**Length of programme:** Four years full-time or five years full time with an integrated placement year. Part-time options are available.

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

### **Entry Requirements:**

**General:** A minimum of 5 GCSE A\* to C, (or 9 to 4 where numeric grades are being awarded), including English Language and Mathematics.

**A-levels:** Typical offer is DD - EE or equivalent. This must include a minimum of one A Level.

**Vocational Award:** Typical offer is a PPP in an Extended Diploma or equivalent in a related subject

**International Baccalaureate:** We welcome students with the International Baccalaureate Diploma qualification. Typical offer is 32-48 UCAS tariff points in an IB Diploma. Please contact the admissions team for more information.

**Access:** We welcome students with Access qualifications. Typical offer is 32-48 UCAS tariff points in an Access to Higher Education Diploma. Please contact the admissions team for more information.

**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 6.0 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, 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:** Both full-time and part-time students on the programme will start in September 2020. This programme is taught over two semesters, normally consisting of 12 weeks of scheduled teaching and then assessment weeks. The academic calendar can be found at: <http://www.hartpury.ac.uk/uni-termdates/>. During scheduled teaching you will have a day without timetabled sessions to support you in managing your workload, gaining valuable volunteering and work experience and completing part-time work. Timetables are normally available during registration. Please note that while we make every effort to ensure that timetables are as student-friendly as possible, scheduled teaching can take place at any time between 08:30 to 20:30 Monday to Friday, although Wednesday afternoons are normally reserved for sports and cultural activities. Work placements may entail working on different days and different hours, depending on the opportunity you identify. Part-time students should be advised that as their route is dependent on the full-time course's timetable there is the possibility depending on the modules chosen that the student could be required to attend five days a week.

**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 the modules completed after your first year may contribute towards your overall award mark and outcome. The modules contain mixture of scheduled learning, independent learning and sometimes learning whilst on work placement. Students will receive a minimum of 15 hours scheduled contact per week in lectures, seminars and practicals years 0 and 1. In subsequent years scheduled contact will vary depending on the modules you select but is typically around 12 hours per week. Students are expected to dedicate at least two to three hours of independent study per contact hour. Students have the option of completing an integrated placement year in which they gain real-world experience in conditioning and injury management – it is the responsibility of the student to source their own placement although partnerships between the University and certain organisations within the field of Strength and Conditioning will help present opportunities. Some modules may bring in guest lecturers to provide topical and industry-relevant talks.

	<b>Scheduled Contact Learning (%)</b>	<b>Placement Learning (%)</b>	<b>Independent Learning (%)</b>
<b>Year 0</b>	30	0	70
<b>Year 1</b>	24	0	76
<b>Year 2</b>	22	0	78
<b>Year 3</b>	18	6	76

NB The integrated placement year would involve a minimum of 40 weeks of placement and independent learning.

## **Year 0 Compulsory Modules**

Within the year, you will be supported to enhance your skills and knowledge to ensure you are fully prepared to succeed in Year 1.

- **Foundation skills development**  
The module aims to give students an understanding of the scientific method and enquiry, team working, research skills and effective time management.
- **Academic skills in practice (internship)**  
The module aims to develop reflective, practical and transferable skills in preparation for level 4 study based on an internship role at Hartpury linked to the student's programme of study
- **Reviewing literature**  
The aim of the module is to develop student understanding and knowledge of literature reviews including constructing a rationale, summarising and presenting relevant information to suit a

purpose, subject and audience

- Foundation biological principles  
Study of fundamental biological aspects to provide a clear understanding of how organisms come about and how they function and operate for survival and performance
- Foundation in sports science.  
The introduction of central human anatomy and physiology and its adaption to sport training together with external and intrinsic factors that impact on the performance of the athlete.

## **Year 1**

### **Compulsory Modules**

- Introduction to Functional Anatomy and Sports Biomechanics  
Students learn the basic anatomical structures and functions of the musculoskeletal system, mechanical principles and apply these to sport and exercise.
- Introduction to Exercise Physiology  
Learning the biological systems used during exercise
- Fundamentals of Strength and Conditioning  
This module will help students establish the basics of strength and conditioning training principles and will outline practical methods to develop physical qualities such as strength and power.
- Introduction to Sport and Exercise Psychology  
Learn the key theories in sport and exercise psychology to understand athlete behaviour
- The Sport and Exercise Professional  
Students will be introduced to academic and research skills whilst working with students from other sports science disciplines and will determine professional needs in preparation for a career in sport and exercise.

## **Year 2**

### **Compulsory Modules**

- Applied Strength and Conditioning  
How strength and conditioning techniques are used within the sports industry
- Exercise Physiology  
Students will further their knowledge of how the body adapts, acutely and chronically to exercise
- Youth Physical Development  
This module provides students with the necessary theoretical knowledge and practical application to provide strength and conditioning provision to the youth population for both sporting and health purposes.
- The Sport and Exercise Scientist  
Understand how multidisciplinary teams work together in sport and exercise whilst providing opportunity to evidence continued professional development. In addition, this module introduces students to the methods of research and analysis required for projects in the future.

**Optional modules:** Topics such as nutrition, health related exercise, biomechanics or a study trip, which students can choose based on their areas of interest and future career aspirations.

## Year 3 Compulsory Modules

- Undergraduate Dissertation  
Students will partake in independent research and analysis in a related area of their choice
- Professional Practice in Strength and Conditioning  
Students will be able to critically appraise their own practices and experiences in the strength and conditioning setting. Additionally, on completion of the module, students will develop practices that fit harmoniously in the applied setting.
- Recovery and Monitoring for Sport Performance  
Assessment of competition data and testing techniques for injuries
- Applied Exercise Physiology  
Understanding the application of anatomy in sports conditioning
- Screening and Prevention  
Learning physical screening protocols and injury-prevention methods

**Optional modules:** These provide students with the option of studying an area that interests them and topics have previously included biomechanics, high performing teams and special populations.

**Assessment Method:** You will be assessed through a mixture of written exams, practical exams and coursework. 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.

	Written Examination (%)	Coursework (%)	Practical Examination (%)
<b>Year 0</b>	12	44	44
<b>Year 1</b>	31	19	50
<b>Year 2</b>	9	38	53
<b>Year 3</b>	13	56	31

NB. The integrated placement year will involve 100% coursework.

**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:

[www.hartpury.ac.uk/university/facilities/life-at-hartpury/student-support](http://www.hartpury.ac.uk/university/facilities/life-at-hartpury/student-support)

**Costs associated with the programme:** The cost of the programme will be £9250 per year for UK and EU students subject to government approval. We will only increase our fees in accordance with guidelines laid down by the Office for Students (OfS). This course offers an optional integrated placement year at a cost in the region of £925 (for students who want more experience working within the industry). The integrated placement year may incur additional costs depending on your choice of placement location and whether you choose a paid or unpaid position. Students are advised to purchase sports kits which can be bought as a bundle via Hartpury's website for approximately £150.00. Students are encouraged to engage in various trips and visits as part of the programme. A comprehensive package of non-repayable financial support is available to facilitate engagement with placements and study tours / trips where additional costs are involved.

For part-time costs and information about financial support please refer to the Hartpury Fee policy: <http://www.hartpury.ac.uk/about-us/governance-and-policies/governance-and-policies/>

### How do I join a Sports Academy?

If you would like to represent one of the Academy sports at Hartpury in the 2020/21 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).

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

Visit the Hartpury online shop which 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 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 is accurate as at 1 September 2019.