

## MSc Strength and Conditioning

**Award on completion of programme:** MSc Strength and Conditioning

**Professional body accreditation:** None

**Location of study:** Hartpury University.

**Length of programme:** One year accelerated full-time, two years full-time, three years or more 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 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](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, 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. Modules are generally taught on one day of the week, 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:** These modules are core to the programme and focus on developing scientifically sound approaches to practice and research:

Physiology of Strength and Conditioning:

- Students will develop a detailed understanding of the specific responses and adaptations to exercise, maturation and training, and laboratory based methods to assess these.

Applied Motor Control and Motor Learning 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.

Professional Development Portfolio:

- Students will develop an evidenced portfolio of their current practice within their professional area of expertise.

High Performing Environments:

- Students will develop a critical understanding and appreciation of how to work effectively within industry and multi-disciplinary/inter-disciplinary teams.

The Research Process:

- Discussion of research methodologies and applications, as well as strengths, weaknesses, and limitations of different methods.

Postgraduate Dissertation:

- Students will develop and undertake a research project of their choosing.

**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 £7000 per year for UK and EU students subject to government approval. International fees for this programme are £13000. We will only increase our fees in accordance with guidelines laid down by the Office for Students (OfS). 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 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 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:

<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 is accurate as at 1 September 2019.