

## Programme Specification

Part 1: Basic Data			
Primary Programme Title	BSc (Hons) Strength and Conditioning		
Target Award Titles	Mode and Typical Duration of Study	Professional Accrediting Body Links	Study Abroad / Exchange / Credit Recognition
BSc (Hons) Strength and Conditioning	Stage 0 entry: 4 years full time, 8 years part time. Stage 1 entry: 3 years full time, 6 years part time.	<b>The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA)</b>  <b>National Strength and Conditioning Association (NSCA)</b>	<b>None</b>
BSc (Hons) Strength and Conditioning with integrated placement year	Stage 0 entry: 5 years full time, 9 years part time. Stage 1 entry: 4 years full time, 7 years part time.	<b>The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA)</b>  <b>National Strength and Conditioning Association (NSCA)</b>	<b>None</b>
Interim Award Titles	BSc Strength and Conditioning BSc Strength and Conditioning with integrated placement year BSc Sport Studies BSc Sport Studies with integrated placement year Diploma of Higher Education in Sport Studies Certificate of Higher Education in Sport Studies Undergraduate Certificate in Sport Studies Certificate in Academic Skills Higher Education Foundation Certificate in Academic Skills		
Teaching Delivery Method	Mixed		
Awarding Institution	Hartpury University		
Teaching Institution	Hartpury University		
Delivery Location	Hartpury		
Department Responsible for Programme	Sport		

<b>Unit-E Code</b>	<b>BSHSSTCX</b>		
<b>Entry Criteria Information</b>	Applicants will have achieved entry criteria appropriate for the stage of entry, which can be found through the Hartpury website ( <a href="http://www.hartpury.ac.uk">www.hartpury.ac.uk</a> )		
<b>Most Recent Validation Date</b>	21 March 2022	<b>Due for Re-validation By</b>	01 September 2027
<b>Amendment Approval Date</b>	V9.1 – 21 July 2022 V9.2 – 30 Nov 2022 V9.3 – 6 March 2023 V9.4 – 2 Oct 2023	<b>Approved With Effect From</b>	V9.1 – 01 September 2022 V9.2 – 30 November 2022 V9.3 – 01 September 2023 V9.4 – 01 September 2024
<b>Professional Accrediting Body Approval Date</b>	CIMSPA – 29 October 2020  NSCA – 11 May 2022	<b>Date for Re-accreditation</b>	CIMSPA – None  NSCA – 31 March 2025
<b>Version</b>	9.4		

## Part 2: Programme Overview

BSc (Hons) Strength and Conditioning graduates understand the diversity of the strength and conditioning profession and have developed the knowledge to assist individuals to optimise physical performance and robustness to injury throughout the athletic lifecycle. Graduates display excellence in how they deploy specific training tools based on the needs of the individual athlete. When working within a multidisciplinary team alongside other sports science and medical professionals, the graduate sports conditioner will therefore have a clear understanding of their role delineation and practice. The graduate's learning has been endorsed by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) which means they have demonstrated the industry standards outlined by the United Kingdom Strength and Conditioning Association (UKSCA) and will achieve the title 'Graduate Strength and Conditioning Coach' upon completion of their degree. This undergraduate programme is also recognised by the National Association of Strength and Conditioning (NSCA) Education Recognition Programme which means students have internationally approved strength and conditioning curricula within their programme of study.

BSc (Hons) Strength and Conditioning with integrated placement year graduates understand the diversity of the strength and conditioning profession and have developed the knowledge to assist individuals to optimise physical performance and robustness to injury throughout the athletic lifecycle. Graduates display excellence in how they deploy specific training tools based on the needs of the individual athlete. When working within a multidisciplinary team alongside other sports science and medical professionals, the graduate sports conditioner will therefore have a clear understanding of their role delineation and practice. These graduates have elected to gain a year's experience within industry and have been mentored by a practitioner. The graduate's learning has been endorsed by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) which means they have demonstrated the industry standards outlined by the United Kingdom Strength and Conditioning Association (UKSCA) and will achieve the title 'Graduate Strength and Conditioning Coach' upon completion of their degree. This undergraduate programme is also recognised by the National Association of Strength and Conditioning (NSCA) Education Recognition Programme which means students have internationally approved strength and conditioning curricula within their programme of study.

### Part 3: Programme Structure

This structure diagram demonstrates the student journey from enrolment through to graduation for a typical **full time student on the primary programme**, including:

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

Please note:

\*PAB – these modules are subject to additional and variant regulations as part of an accreditation by a professional accrediting body

+ Non-condonable – these core modules are not able to be condoned

	Core Modules	Optional Modules	Target and Interim Awards
Stage 0	HANV8B-30-3 Academic Skills in Practice  HANV8E-30-3 Foundation Biological Principles  HANVG4-15-3 Foundation Skills Development OR HANV8A-30-3 Foundation Skills Development <i>Pre-2022 only</i>  HANVG3-30-3 Foundation Sports Science OR HANV8F-15-3 Foundation Sports Science <i>Pre-2022 only</i>  HANV8C-15-3 Reviewing Literature	None	<u>Certificate in Academic Skills</u>  <u>Higher Education Foundation Certificate in Academic Skills</u>
	To progress to stage 1, you must achieve at least 90 credits		

Stage 1	HSPVB7-30-4 Fundamentals of Strength and Conditioning	None.	<u>Undergraduate Certificate in Sport Studies</u>
	HSPXL7-15-4 Introduction to Exercise Physiology*		<u>Certificate of Higher Education in Sport Studies</u>
	HSPXL8-30-4 Introduction to Functional Anatomy and Sports Biomechanics*		
	HSPXLE-15-4 Introduction to Sport and Exercise Psychology*		
	HSPVC4-30-4 The Sport and Exercise Professional*		
	To progress to stage 2 you must achieve at least 90 credits from Stage 1.		
Stage 2	HSPXSA-30-5 Applied Strength and Conditioning*  HSPXSB-15-5 Exercise Physiology*  HSPV5Y-30-5 The Sport and Exercise Scientist*  HSPV6J-15-5 Youth Physical Development*	Students are normally required to select 30 credits from the optional modules listed below:  HSPV5X-15-5 Applied Biomechanics in Sport  HSPXS5-15-5 Health Related Exercise  HANXRX-15-5 Independent Report  HSPXTX-15-5 New Venture Creation  HSPVA3-15-5 Pedagogy in Action  HSPXS9-15-5 Sports Nutrition	<u>Diploma of Higher Education in Sport Studies</u>
Optional Year	HANVK6-15-5 Integrated Placement Year		
	To progress to stage 3 you must achieve at least 210 credits from Stages 1 and 2		

Stage 3	HSPV3T-15-6 Applied Sport and Exercise Physiology*	Students are normally required to select 15 credits from the optional modules listed below:	<u>BSc Sport Studies</u>
	HSPVAV-15-6 Professional Practice in Strength and Conditioning*	HSPVA6-15-6 Biomechanics in Sport Practice	<u>BSc Sport Studies with integrated placement year</u> This must include the Integrated Placement Year module
	HSPV5G-15-6 Recovery and Monitoring for Sport Performance*	HSPVA7-15-6 High Performing Teams	<u>BSc Strength and Conditioning</u> This must include all core modules except Sport Research and Knowledge Exchange Project/ Undergraduate Dissertation
	HSPV49-15-6 Screening and Prevention*	HSPV55-15-6 Special Populations	<u>BSc Strength and Conditioning with integrated placement year</u> This must include all core modules except Sport Research and Knowledge Exchange Project / Undergraduate Dissertation and must include the Integrated Placement Year module.
	HSPVQA-45-6 Sport Research and Knowledge Exchange Project* <b>OR</b> HANV3R-45-6 Undergraduate Dissertation	HSPV4C-15-6 Sports Conditioning and Return-to Play	<u>BSc (Hons) Strength and Conditioning</u> This must include all core modules.  <u>BSc (Hons) Strength and Conditioning with integrated placement year</u> This must include all core modules and the Integrated Placement Year module.

**Part time:**

The part time student journey from entry through to graduation is individually negotiated with the student.

## Part 4: Programme Learning Outcomes

Modules in bold are core modules and modules not emboldened are optional modules.

A denotes a module that assesses a learning outcome and B denotes a module aligned with a learning outcome.

<b>Learning Outcomes:</b>	<b>Introduction to Functional Anatomy and Sports Biomechanics</b>	<b>The Sport and Exercise Professional</b>	<b>Fundamentals of Strength and Conditioning</b>	<b>Introduction to Exercise Physiology</b>	<b>Introduction to Sport and Exercise Psychology</b>	<b>Exercise Physiology</b>	<b>The Sport and Exercise Scientist</b>	<b>Applied Strength and Conditioning</b>	<b>Youth Physical Development</b>	Pedagogy in Action	Health Related Exercise	New Venture Creation	Applied Biomechanics in Sport	Independent Report	Sports Nutrition	Integrated Placement Year	<b>Sport Research and Knowledge Exchange Project / Undergraduate Dissertation</b>	<b>Applied Sport and Exercise Physiology</b>	<b>Screening and Prevention</b>	<b>Recovery and Monitoring in Sports Performance</b>	<b>Professional Practice in Strength and Conditioning</b>	Special Populations	High Performing Teams	Biomechanics in Sports Practice	Sports Conditioning and Return to Play
<b>A) Knowledge and Understanding of:</b>																									
<b>1.</b> The theoretical basis of sports science principles underpinning effective strength and conditioning including the disciplines of anatomy, physiology, sport psychology and sports biomechanics.	A		A	A	A	A		A	A	B	A		A		A		B	A	A	A	A	A	A	A	B
<b>2.</b> Principles that relate theory to practice in strength and conditioning sciences and wider disciplines that enhance competency in subject specific professional and practical skills.	B	B	A	B	A	A	B	A	A	B	B		A		B	A	B	A	A	A	A	B	A	A	A
<b>3.</b> The role of a strength and conditioning practitioner within the interdisciplinary nature of		A	A		B		A	A	B		B				B		B	B	B	B	A	B	B	B	B

the sports science support teams and other exercise and health professionals.																											
4. Current academic and research developments in strength and conditioning and related disciplines		A	B			B	A	A	B		B		B		B			A	B	A	B	B	A			B	
5. How sport and science disciplines interact to enhance performance, increase exercise participation, and promote health and wellbeing related outcomes for a range of clients from diverse backgrounds.	B	A	B		B	B	A	A	B	B	B		B		B		B	B	B	B	B	B	A	B		B	
B) Intellectual Skills																											
1. Critically evaluate research that underpins the core disciplines of strength and conditioning		A	B		B	A	B	A	A		B		B		A			A	B	A	A	B	B	B		B	
2. Analyse, and interpret research data, and disseminate findings using appropriate methods to support evidence-based arguments.		B	B		A	A	A	A	B		A		A		A		A	A	B	A	B	A		A		B	
3. Evaluate the effectiveness of strength and conditioning strategies, and contribute to formulation of action plans for further industrial enhancement related to sport			A					A	A	B	A				B		B	B	A	A	A	B				B	
4. Evaluate and challenge empirical research, concepts, and evidence of practice from a range of sources to present coherent arguments, applying theory to practice.	B	A	B		A	A	A	A	A	B	B	A	A	A	A		A	B	A	B	A	A	A	A		A	
5. Adopt an inter-disciplinary approach in relation to supporting sport performance and exercise participation.		A	B		B	B	A	B	B	B	B				B			B	A	A	A	B	A	B		B	
6. Develop, design, and execute an independent research project utilising recognised research designs and techniques.		A				B							B	B	B		A			B							
C) Performance and Practice																											
1. Demonstrate service delivery skills in strength and conditioning and apply subject discipline theory/knowledge in a conditioning/injury management scenario.			A		B		A	A	A	B					B	A			A	A	A	A	B			B	
2. Plan, design, implement and evaluate effective strength and conditioning programmes.			A				A	A	A		B					A			A	A	A	A	B			B	
3. Evaluate current research and codes of conduct in developing personal philosophies.		B	B		B		B	A	A										B	B	B		B			B	
4. Evidence continued professional development activities.		A					A			B		B				A					B						
5. Function effectively as an integral member of a sports science support team using a problem-based and case study approach to formulate intervention plans.		A	B		B		A	B	B	B	B		B			A			A	B	B	B	B			B	



D) Setting, Personal, and Enabling Skills																									
1. Develop undergraduate academic study skills including research techniques, reporting of data, structure of written work, referencing, and competence across a range of ICT platforms.	B	A	B	B	A	A	A	B	B	B	B		A		A		A		A	A	A		A	A	A
2. Engage in academic enquiry, qualitative and quantitative research methods, and the ability to identify, develop, and implement strategic empirically based problem-solving strategies.	B	A	B			A	A		B	B		B		A			A	A	A	A	A		A	A	A
3. Critical appraisal of current empirical and evidence based practice and research with the purpose of synthesising information from a range of sources to address complex challenges, including sustainable development, in sport and exercise nutrition.		A	B		B	A	A	B	B		B		B		A			A	A	A	A		A	A	A
4. Communicate effectively and appropriately through verbal and nonverbal means with a range of personnel including clients, peers, colleagues and managers from diverse backgrounds..		A	A				A	A	A	B		B	A		A		A	B	A	A	A		A	A	A
5. Professional and graduate skills enhanced through industry knowledge, and a reflective philosophy when analysing professional effectiveness and wellbeing		A					A	A		B													A	B	

## Part 5: Learning, Teaching and Assessment

### Learning, Teaching and Assessment Journey:

The BSc (Hons) Strength and Conditioning programme is designed to develop a theoretical and practical understanding of the diversity of the strength and conditioning profession to develop the knowledge to assist individuals to optimise physical performance and robustness to injury throughout the athletic lifecycle. As such, students will study a range of subjects including the physiological, biomechanical and psychological demands of sport and exercise sciences. The programme has a focus on embedding practical skills required for a profession in the strength and conditioning industry ensuring students are able to contextualise theory to practice. The programme's modular structure allows students to build upon fundamental principles learned in the modules and develop technical competence, practical coaching skills and encourages reflective practice from a multi and interdisciplinary approach ensuring students are developed to effectively communicate with athletes and discipline specific sports staff they may be exposed to throughout their career.

Having entry points into both a Foundation Stage (0) and Stage 1, enables the programme experience to facilitate the development of a successful undergraduate supporting a wide range of study backgrounds. The Foundation stage will prepare students with general study skills and opportunities to develop subject specific skills and knowledge. Additionally, the Foundation stage includes an internship enabling a student to put their skills into practice and develop an early appreciation of employment opportunities and attributes necessary for enhanced employability.

The programme is designed to become more challenging across the stages. At stage 1, students will be introduced to exercise physiology, strength and conditioning and functional anatomy and biomechanics. They are introduced to laboratory skills and practicals to prepare them for the applied study of exercise physiology and applied strength and conditioning and stages 2 and 3. Additionally, students will discover the importance of research skills, data collection and analysis techniques. The programme evolves at stage 3 increasing in depth and complexity, requiring synthesis and critical evaluation of material as students develop independence. In addition to core modules of study, there are a variety of optional modules in combination with compulsory modules on the BSc (Hons) Strength and Conditioning, that presents students with the opportunity to expand their interest within the strength and conditioning field, for example sports nutrition, working with health related populations, understanding advanced biomechanics and opportunities for business and entrepreneurship content.

The learning approach on the programme therefore includes both taught sessions and the promotion of work based learning tasks to contribute to the student experience. Students have the opportunity to learn in a variety of ways including lectures, seminars, practicals and guest speakers from industry. These learning experiences are intended to enhance student knowledge and develop the necessary skills for employment.

Students have access to a wide range of high-class facilities including all-weather 3G sports pitches, grass pitches, sports halls, human performance laboratories, strength and conditioning gyms, biomechanics laboratories and more within the institution's Sports Academy which are fully utilised to support the teaching and learning experience. Other facilities and resources which support the student experience include rehabilitation suites and use of audio-visual equipment. In addition to the above, the vast majority of your practical based learning sessions will take place in our strength and conditioning facilities. Students engage in practical coaching sessions, laboratory sessions and work-related learning to encourage the contextualisation of learning to real-world conditioning practice

aligned to the United Kingdom Strength and Conditioning Association (UKSCA) and endorsed by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA). On successful completion of the course, you'll hold the professional position of 'Graduate Strength and Conditioning Coach'. This undergraduate programme is also recognised by the National Association of Strength and Conditioning (NSCA) Education Recognition Programme which means students have internationally approved strength and conditioning curricula within their programme of study.

Your practitioner skills are further enhanced through the students working alongside the strength and conditioning coaches, sports therapists and sports masseurs in supporting the various sports teams during their preparation for and while competing in the various Academy sports. Provision has also been made for students to be able to engage in an industry related, additional credit-bearing, Integrated year of placement. Students wishing to do this would complete this between stages 2 and 3 of the degree.

The institution prioritises students support, the Academic Personal Tutoring system at Hartpury University complements study skills sessions operated by the Achievement and Success Centre. This ensures the students have the opportunity to advance their academic study through individual and group tutorials where in stage one there is a focus on study skills. As students' progress towards stage 2 academic tutors guide students with module choices and career development routes. Each student has a designated academic personal tutor who guides students throughout their study path.

The assessment strategy for this programme embeds opportunities for students to achieve employment ready vocational skills applicable to a strength and conditioning coach throughout the programme. There are also opportunities for students to develop key graduate attribute skills such as critical writing, laboratory reports, effective team working and communication skills which are rooted within the programme to ensure students are diverse in their exposure to the role of the strength and conditioning coach in multiple contexts. The assessment briefs and examinations across the programme include tasks that enable students to problem solve and demonstrate skills required within industry specific challenges they will face in their careers and throughout industry. The assessment strategy includes a variety of methods including practical examinations, oral presentations, written assessments, laboratory reports and literature reviews. The assessment strategy has been written to promote effective learning and engagement to ensure knowledge, understanding and skills required are comprehensively evaluated.

This programme will be assessed according to the approved Academic Regulations.

Students registered on this programme will have access to the Hartpury University support services.

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

Sport Research and Knowledge Exchange Project.

Professional Accrediting Body documents to which this programme is mapped and or aligned:

The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) as 'Graduate Strength and Conditioning Coach'.

National Strength and Conditioning Association (NSCA) Education Recognition Programme.

## Assessment Map

		Type of Assessment*							
		Coursework	Report	Portfolio	Written Examination	Written Test	Practical Skills Examination	Practical Skills Assessment	Oral Assessment
<b>Core Modules Stage 0</b>	Foundation Skills Development					A (25) In-Class Test		B (75) Graduate Skills Logbook	
	Academic Skills in Practice		B (60) Report					A (40) Practical Assessment Series	
	Reviewing Literature		A1 (20) Project Report A2 (80) Literature Review						
	Foundation Biological Principles					B (50) Test Series		A (50) Practical Skills Logbook	
	Foundation Sports Science				B (50) Written Examination				A (50) Oral Presentation with Questions
<b>Core Modules Stage 1</b>	Introduction to Exercise Physiology				A2 (40) Written Examination	A1 (10) In-Class Test		B (50) Group Practical Skills Assessment individually marked	
	Introduction to Functional Anatomy and Sports Biomechanics					B (50) Test Series			A (50) Group Poster Defence individually marked
	Introduction to Sport and Exercise Psychology	B (50) Essay				A (50) Unseen Fixed-Time Test			

	Fundamentals of Strength and Conditioning				B (50) Open-Material Written Examination			A (50) Group Practical Skills Assessment individually marked	
	The Sport and Exercise Professional							B (75) Practical Assessment Series	A (25) Group Oral Presentation with Questions individually marked
<b>Core Modules Stage 2</b>	Applied Strength and Conditioning	B (40) Coursework					A (60) Practical Examination		
	Exercise Physiology		B (50) Case Study Report			A (50) Unseen Fixed- Time Test			
	Youth Physical Development								A (100) Group Oral Presentation with Questions individually marked
	The Sport and Exercise Scientist	A (50) Coursework						B (50) Practical Assessment Series	
<b>Optional Modules Stage 2</b>	Pedagogy in Action			A (100) Coursework Portfolio					
	Health Related Exercise			B (50) Coursework Portfolio	A (50) Written Examination				
	Independent Report		A (100) Literature Review						
	Applied Biomechanics in Sport					A (100) Case Study Test			

	Sports Nutrition		B (60) Case Study Report			A (40) Unseen Fixed- Time Test			
	New Venture Creation								A (100) Group Oral Presentation with Questions individually marked
Optional Year	Integrated Placement Year			A (100) Industry Experience Portfolio					
Core Modules Stage 3	Sport Research and Knowledge Exchange Project OR		A (75) Project Report						B (25) Oral Assessment
	Undergraduate Dissertation		A (100) Project Report						
	Applied Sport and Exercise Physiology							A (100) Practical Skills Assessment	
	Screening and Prevention	B (50) Essay					A (50) Practical Examination		
	Recovery and Monitoring for Sports Performance							A (100) Practical Skills Assessment	
	Professional Practice in Strength and Conditioning								A (100) Group Oral Presentation with Questions individually marked
Optional Modules Stage 3	High Performing Teams					A (100) Case Study Test			

	Biomechanics in Sports Practice							B (30) Group In-Class Practical Skills Assessment with a group mark	A (70) Group Oral Presentation with Questions individually marked
	Special Populations		A (100) Case Study Report						
	Sports Conditioning and Return to Play	B (60) Poster Coursework					A (40) Practical Examination		

\*Indicative assessment types for new students enrolling on this programme after the date this specification takes effect (Part 1) are shown in terms of either **Coursework**, **Written Examination**, or **Practical Examination** as indicated by the colour coding above.

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 they take 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 through Hartpury's website ([www.hartpury.ac.uk](http://www.hartpury.ac.uk)).

## Approved Programme Amendment Log


<b>Primary Programme Title:</b>	BSc (Hons) Strength and Conditioning
<b>Programme Code:</b>	BSHSSTCX
<b>Initial Approval Date:</b>	01 September 2017

**Changes:** *Most recent at the top of the page*

<b>Current version number: 9.3</b>	
<b>Outline Change Details:</b> Part 5: Learning Teaching and Assessment – wording regarding 15 hours a week contact removed following review.	
<b>Do the changes presented alter the mapping against the Hartpury University Curriculum Framework (delete as appropriate)? No</b>	
<b>If yes, please provide the details of the changes:</b>	
<b>Material Alteration: Yes and is accompanied by the relevant course information document.</b>	
<b>Rationale:</b> In line with current institutional approach, which has removed the requirement for all level 3 and level 4 learners to be timetabled for at least 15 hours a week on average across teaching weeks, scheduled learning and independent study hours have been amended to improve the effectiveness of student timetables, encourage student engagement and ensure consistency of experience across the curriculum.	
<b>Change requested by: Alice Tocknell</b> I can confirm that student representatives have been consulted about this change I can confirm that colleagues impacted by this change have been consulted I have retained evidence of these consultations, which will be summarized within the Programme Enhancement Report	
<b>Signature:</b> Alice Tocknell	<b>Date:</b> 28.09.23
<b>Name of Head of Department: Sarah Lee</b> I confirm that this change does not require additional resources beyond the scope of those already present or planned for by the department	
<b>Signature:</b> Sarah Lee	<b>Date:</b> 27.09.23
<b>Approval Committee and Date:</b>	CVC nominee L Dumbell 2023 10 02
<b>Change approved with effect from:</b>	01 September 2024
<b>Resulting new version number:</b>	9.4 (2021 intake onwards)

<b>Current version number: 9.2</b>	
<b>Outline Change Details:</b> Part 5: Assessment Map updated to reflect module amendment - Stage 1 / Level 4 core module Introduction to Functional Anatomy and Sports Biomechanics Component B changed from Practical Skills Logbook to Test Series.	
<b>Do the changes presented alter the mapping against the Hartpury University Curriculum Framework (delete as appropriate)? No</b>	
<b>If yes, please provide the details of the changes:</b>	
<b>Material Alteration: Yes</b>	
<b>Rationale:</b> to ensure accuracy following change to module.	
<b>Change requested by: Laurence Protheroe</b> I can confirm that student representatives have been consulted about this change	



<p>I can confirm that colleagues impacted by this change have been consulted</p> <p>I have retained evidence of these consultations, which will be summarized within the Programme Enhancement Report</p> <p></p> <p><b>Signature:</b> _____ <b>Date:</b> 15/02/23</p>	
<p><b>Name of Head of Department: Sarah Lee</b></p> <p>I confirm that this change does not require additional resources beyond the scope of those already present or planned for by the department</p> <p><b>Signature:</b> Sarah Lee <b>Date:</b> 14.02.23</p>	
<b>Approval Committee and Date:</b>	CVC Chair's action 2023 03 06
<b>Change approved with effect from:</b>	01 September 2023
<b>Resulting new version number:</b>	9.3 (2021 intake onwards)

<b>Current version number: 9.1</b>	
<p><b>Outline Change Details:</b></p> <p>Part 5: Assessment Map – assessment for Stage 2 / Level 5 optional module Applied Biomechanics in Sport changed from Seen Case Study Written Examination to Case Study Test.</p>	
<b>Material Alteration: No</b>	
<p><b>Rationale:</b></p> <p>To reflect module amendment.</p>	
<p><b>Change requested by: Alice Tocknell</b></p> <p>I can confirm that student representatives have been consulted about this change</p> <p>I can confirm that colleagues impacted by this change have been consulted</p> <p>I have retained evidence of these consultations, which will be summarized within the Programme Enhancement Report</p> <p><b>Signature:</b> A.Tocknell <b>Date:</b> 28.11.22</p>	
<p><b>Name of Head of Department: Sarah Lee</b></p> <p>I confirm that this change does not require additional resources beyond the scope of those already present or planned for by the department;</p> <p><b>Signature:</b> Sarah Lee <b>Date:</b> 16.11.22</p>	
<b>Approval Committee and Date:</b>	CVC 2022 11 30
<b>Change approved with effect from:</b>	30 November 2022
<b>Resulting new version number:</b>	9.2 (2020 intake onwards)

22/09/2022

Part 3 Programme Structure - Stage 0 / Level 3 transition modules added, as previously omitted in error.

Part 5: Assessment Map - Assessment for Level 6 optional module High Performing Teams amended from Seen Case Study Written Examination to Case Study Test, in line with module amendment.


Approved by CSP Chair's action 2022 09 22

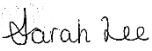
**15.08.2022 – approval date added to change log for version 8.1, as previously omitted in error.**

<b>Current version number: 9.0</b>	
<p><b>Outline Change Details:</b></p> <p>Part 5: Assessment Map – Introduction to Exercise Physiology assessment changed from two in-class tests and a written examination (all Component A) to in-class test (10%) and written examination (40%) (Component A) and Group Practical Skills Assessment individually marked (50%) (Component B), in line with module amendment.</p>	


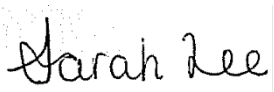
Parts 1, 2 and 5 - National Strength and Conditioning Association (NSCA) added as Professional Accrediting Body. Part 1 – interim awards updated to include BSc Strength and Conditioning with integrated placement year, as previously omitted in error.	
<b>Material Alteration: Yes</b>	
<b>Rationale:</b> Inclusion of NSCA education recognition to ensure promotion and administration.	
<b>Change requested by: Alice Tocknell</b> I can confirm that student representatives have been consulted about this change I can confirm that colleagues impacted by this change have been consulted I have retained evidence of these consultations, which will be summarized within the Programme Enhancement Report	
<b>Signature:</b>	Alice Tocknell <b>Date:</b> 12.07.22
<b>Name of Head of Department: Sarah Lee</b> <input type="checkbox"/> I confirm that this change does not require additional resources beyond the scope of those already present or planned for by the department;	
<b>Signature:</b>	Sarah Lee <b>Date:</b> 18.07.22
<b>Approval Committee and Date:</b>	CVC 2022 07 21
<b>Change approved with effect from:</b>	01 September 2022 (2020 intake onwards)
<b>Resulting new version number:</b>	9.1

<b>Current version number: 8.2</b>
<b>Outline Change Details:</b> <ol style="list-style-type: none"> <li>Part 2 amended in line with curriculum refresh guidelines</li> <li>Part 3: International modules removed</li> <li>Part 4: Learning outcomes amended</li> <li>Part 5: Learning Teaching and Assessment amended</li> <li>Assessment map altered</li> <li>Parts 3, 4 and 5: HSPVQA-45-6 Sport Research and Knowledge Exchange Project added as Level 6 core module. Optional Level 5 modules HANXRR-45-5 International Academic Study Extended Project, HANXRP-15-5 International Academic Study Portfolio, HANXRQ-30-5 International Academic Study Project and HSPXS6-15-5 Study Trip removed.</li> <li>Parts 1 and 3 – interim awards updated, including addition of new 30 credit Certificate in Academic Skills.</li> <li>Part 5 - assessment for Level 5 core module The Sport and Exercise Scientist changed from 100% practical exam to 50% coursework, 50% practical; Foundation Biological Principles Component A changed from written report to practical skills logbook, Component B changed from coursework to written exam (test series); Level 6 core module Recovery and Monitoring for Sport Performance changed from portfolio to practical skills assessment; Level 6 optional module Sports Conditioning and Return to Play changed to 60% coursework and 40% practical</li> </ol>
<b>Material Alteration: Yes and is accompanied by the relevant course information document.</b>
<b>Rationale:</b> Revised as part of the Refresh 22 process: the changes above have been requested as a result of curriculum refresh guidance and are in accordance with the supportive documentation. The removal of international modules was because they did not support the programme learning outcomes and as they are historic on the programme map are no longer serving the programme.
<b>Change requested by: J Douglas</b> <input type="checkbox"/> I can confirm that student representatives have been consulted about this change <input type="checkbox"/> I can confirm that colleagues impacted by this change have been consulted <input type="checkbox"/> I have retained evidence of these consultations, which will be summarized within the Programme Enhancement Report

	
<b>Signature:</b>	<b>Date:</b> 13.01.22
<b>Name of Head of Department: Sarah Lee</b>	
<input type="checkbox"/> I confirm that this change does not require additional resources beyond the scope of those already present or planned for by the department	
<b>Signature:</b> S Lee	<b>Date:</b> 18/01/2022
<b>Approval Committee and Date:</b>	Refresh Approval Panel action 2022 03 21
<b>Change approved with effect from:</b>	01 September 2022 (2020 intake onwards)
<b>Resulting new version number:</b>	9.0

<b>Current version number: 8.1</b>	
<b>Outline Change Details:</b> Parts 3 and 6 updated in line with module amendments: HANVG4-15-3 Foundation Skills Development Module code changed from HANV8A-30-3 to HANVG4-15-3 - reduced to 15 credits. Assessment component A changed from written exam to in class test.  HANVG3-30-3 Foundation Sports Science Module code changed from HANV8F-15-3 to HANVG3-30-3 - increased to 30 credits. Assessment component B changed from in class test to written examination.	
<b>Material Alteration: Yes</b>	
<b>Rationale:</b> Updated to reflect module changes: modules amended in response to students' request for more subject-specific content in the Foundation year second semester.	
<b>Change requested by:</b> Thomas Legge I can confirm that student representatives have been consulted about this change I can confirm that colleagues impacted by this change have been consulted I have retained evidence of these consultations, which will be summarized within the Programme Enhancement Report	
<b>Signature:</b> TJLEGG	<b>Date:</b> 25/02/2021
<b>Name of Head of Department: Sarah Lee</b>	
I confirm that this change does not require additional resources beyond the scope of those already present or planned for by the department	
<b>Signature:</b> 	<b>Date:</b> 01/03/21
<b>Approval Committee and Date:</b>	CVC Chair's action 2021 04 26
<b>Change approved with effect from:</b>	01 September 2021
<b>Resulting new version number:</b>	8.2 (2021 intake onwards)

<b>Current version number: 7.3</b>	
<b>Outline Change Details:</b>  Part 1: PRSB details (CIMSPA) added Part 2: HEAR statement amended Part 3: Programme structure updated (* annotations for modules aligned with PSRB endorsement) Part 5: Description of descriptive features amended to include CIMSPA endorsement details  Parts 1 and 3: Foundation interim award updated to Higher Education Foundation Certificate in Academic Skills.	
<b>Material Alteration: Yes</b>	
<b>Rationale:</b> To align the programme specification with recent endorsements attained from CIMSPA	

Interim award: after a review of the interim award titles, it was agreed this revised title provided better clarity.	
<b>Change requested by: Jenni Douglas</b> I can confirm that student representatives have been consulted about this change I can confirm that colleagues impacted by this change have been consulted I have retained evidence of these consultations, which will be summarized within the Programme Enhancement Report <div style="text-align: center;">  </div>	
<b>Signature:</b>	<b>Date:</b> 05.01.21
<b>Name of Head of Department: Sarah Lee</b> I confirm that this change does not require additional resources beyond the scope of those already present or planned for by the department. <div style="text-align: center;">  </div>	
<b>Signature:</b>	<b>Date:</b> 19.01.21
<b>Approval Committee and Date:</b>	CSP 2021 02 22
<b>Change approved with effect from:</b>	8 February 2021
<b>Resulting new version number:</b>	8.1 (2020 intake onwards)

<b>Current version number: 7.1</b>	
<b>Outline Change Details:</b> Parts 3, 4, 5 & 6: Module HANVK6-15-5 name changed from Year Work Placement to Integrated Placement Year, in line with module amendment. Part 6: Assessment for component A of Foundation Biological Principles amended from practical exam to practical skills assessment; Introduction to Exercise Physiology changed from written exam to in class test (A1 and A2) and written exam (A3); Introduction to Sport and Exercise Psychology Component A changed from written exam to open book exam, in line with module amendments.	
<b>Material Alteration: Yes</b>	
<b>Rationale: to ensure accuracy</b>	
<b>Change requested by: CVC</b> n/a I can confirm that student representatives have been consulted about this change n/a I can confirm that colleagues impacted by this change have been consulted n/a I have retained evidence of these consultations, which will be summarized within the Programme Enhancement Report <div style="text-align: right;"><b>Date:</b> 30/07/2020</div>	
<b>Approval Committee and Date:</b>	CVC Chair's action 2020 08 14
<b>Change approved with effect from:</b>	1 September 2020
<b>Resulting new version number:</b>	7.3 (2020 intake)

<b>Current version number: 7.0</b>	
<b>Outline Change Details:</b> Part 6: Assessment for Level 5 optional module Independent Report (HANRX-15-5) changed from 25% exam and 75% coursework to 100% coursework, in line with amendment to module.  Interim awards updated in Parts 1 and 3: Higher Education Foundation Certificate added.	
<b>Material Alteration: No</b>	
<b>Rationale: to ensure accuracy</b>	
<input type="checkbox"/> <b>Change requested by: Ben Brilot</b> <input type="checkbox"/> I can confirm that all programme managers have been consulted and support this change <input type="checkbox"/> I can confirm that student representatives have been consulted about this change	

I have retained evidence of this consultation which has been placed in the Module File



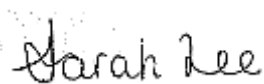
**Signature:**

**Date:** 28/02/20

**Name of Head of Department:**



I confirm that this change does not require additional resources beyond the scope of those already present or planned for by the department



**Signature:**

**Date:** 02/03/2020

**Approval Committee and Date:**

CVC Chair's action 2020 03 03

**Change approved with effect from:**

1 September 2020

**Resulting new version number:**

7.1 (intakes 2019+)

**Current version number:** 6.1

**Outline Change Details:**

**Part 1 and Part 3**

Interim awards have been updated

**Level 4**

Removed:

Principles of Strength and Conditioning (HSPXM3-15-4)

Sports Injury and Pathology (HSPXM7-15-4)

Academic Skills for Sport (HSPXKY 15-4)

Fundamentals of Strength and Power in Performance (HSPV5E-15-4)

Skills Acquisition (HSPXM4-15-4)

Added:

Fundamentals of Strength and Conditioning (HSPVB7-30-4)

The Sport and Exercise Professional (HSPVC4-30-4)

Introduction to Sport and Exercise Psychology (HSPXLE-15-4)

**Level 5**

Removed:

Soft Tissue Techniques (HSPXSC 15 5)

Undergraduate Research Process (HANXU5 15 5)

Coaching Olympic Weight Lifting (HSPV6K-15-5)

Added:

The Sport and Exercise Scientist (HSPV5Y-30-5)

Applied Biomechanics in Sport (HSPV5X-15-5)

Pedagogy in Action (HSPVA3-15-5)

Name Change: Training the Youth Athlete (HSPV6J-15-5) to Youth Physical Development (HSPV6J-15-5)

**Level 6**

Removed:

Current Issues in Strength and Conditioning (HSPV47-15-6)

Sport Science for Coaches (HSPV4B-15-6)

Added:

Professional Practice in Strength and Conditioning (HSPVAV-15-6)

High Performing Teams (HSPVA7-15-6)  
Biomechanics in Sport Practice (HSPVA6-15-6)

#### Part 4

A4 was edited with text being removed.

Before: Critically appraise current practice and undertake systematic rigorous research to underpin discipline specific best practice.

A2 - Text was deleted from learning outcome to clarify meaning:

Before: Plan, design, implement and evaluate effective programmes of intervention in strength and conditioning.

#### Part 6

Modules and assessment matrix updated

#### Part 7

Text updated

#### Part 8

has been removed.

**Material Alteration: Yes and is accompanied by the relevant course information sheets.**

**Rationale:** Changes have been made in line with recommendations from the Sport PCR

☐ **Change requested by: Jason Moran**

✓ I can confirm that student representatives have been consulted about this change

☐ ☐ ✓ I can confirm that colleagues impacted by this change have been consulted

✓ I have retained evidence of these consultations, which will be summarized within the Programme Enhancement Report

**Signature:** 

**Date:** 11/02/2019

**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:** 

**Date:** 11.02.19

**Approval Committee and Date:** CVC 2019 02 27

**Change approved with effect from:** 1 September 2019 (for 2019 intake)

**Resulting new version number:** 7.0

#### Version 6.1

**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. 2. Award Titles amended to replace (SW) with (IP) 3. Subject Benchmark Statements updated where required.

**Change requested by:** Academic Registrar

**CVC approval date:** 31 August 2018

**Change approved with effect from:** 01 September 2018

**New version number:** 6.1

**Version v4**

<b>Rationale:</b> The programme team have reviewed enrichment activity and therefore it is not appropriate to state this specific course will be available as an opportunity.	
<b>Material Alteration:</b> YES and <b>Course Information Sheet amended appropriately:</b> Yes/No	
<b>Outline Change Details:</b> Amendment within 'Description of any Distinctive Features" section	
The following statement has been removed in accordance with changes to enrichment activity.  "Furthermore, as a student studying the BSc Strength and Conditioning degree at the institution you will have the distinct opportunity become a certified British Weight Lifting Coach (BWL) – a qualification that is held in high esteem by employers within the field."	
<b>Change requested by:</b>	<b>Alice Tocknell</b>
<b>CVC approval date:</b>	<b>6 August 2018</b>
<b>Change approved with effect from:</b>	01 September 2019
<b>New version number:</b>	<b>4.1</b>

**Version 4 (2018 intake) Periodic Curriculum Review**

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