

**MSc, Postgraduate Diploma and Postgraduate Certificate**

# Strength and Conditioning

**Join one of a select few CIMSPA (Chartered Institute for the Management of Sport and Physical Activity)-endorsed strength and conditioning courses in the UK. You'll develop industry-relevant competences to the highest level.**

Upon graduation, you'll be recognised as a CIMSPA Graduate Strength and Conditioning Coach, highly skilled and able to stand out from the crowd in the employment market.

## Key Information

**Course Duration:** 1 year full-time; part-time options available

UC **UCAS Code:** MSTSASCX

**Part or Full Time:** Full Time / Part Time

**Level of Study:** Master's and PhDs

**Typical Offer:** 2:1 honours degree (2:2 applicants considered individually)

## Course information

### Overview

This is the ideal course for passionate and committed individuals who want to advance their strength and conditioning practice. Many of our module assessments have been designed with industry to provide an experience that develops your subject-specific knowledge that is relevant to your applied practice.

This provides you with the opportunity to critically evaluate, reflect and receive feedback on your current practices that you can act upon to enhance your career prospects.

Designed in collaboration with our key industry partners, the course has a proven track record of helping practitioners progress into the field, via both practice and academic routes.

Focus is on developing your performance as an evidence-based coach, with a strong scientific background. You'll be challenged and supported to develop your existing expertise to the high standards required by employers, as well as UKSCA and NSCA professional standards.

You'll be taught by experienced accredited strength and conditioning coaches, who are also research-active lecturers, actively publishing high-quality research in the field.

## **CIMSPA-endorsement**

This course is 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'. Student CIMSPA membership fees are funded by us throughout your studies, providing you with career advice and further learning opportunities. Once you obtain the 'Graduate Strength and Conditioning Coach' title you'll then need to enter into a professional membership with CIMSPA in order to maintain the qualification.

## **NSCA-endorsement**

This programme is endorsed by the National Strength and Conditioning Association, ensuring that everything you're taught is industry-aligned, while providing you with a good platform to take the CSCS exam and adding to your overall employability.

## **Entry requirements**

### **Academic**

2:1 honours degree in a relevant subject. Students with 2:2 and relevant experience will be considered on a case by case basis.

### **Non-academic**

Students with non-relevant qualifications but with sufficient work experience or professional experience will be considered on an individual basis.

### **International**

In addition to the academic qualification an IELTS 6.5 or equivalent is required.

Please contact us for further information.

## **Employability**

## Work placements and experience

It's important that students on this course are developing their applied coaching skills. It's therefore expected that all students undertake some form of applied practice within the field during their studies.

Due to the diverse locations that our students travel from, they normally prefer to organise experiential opportunities nearer their home. However, you will be able to utilise our extensive industry connections, as well as our own performance Sports Academy teams, to secure a role, locally or nationally. Please speak to a member of staff prior to submitting your application.

Throughout the course, you'll be informed of paid and volunteer positions that become available and for which you may wish to apply.

## Additional qualifications

During the course you'll have the opportunity to undertake a self-funded British Weightlifting Coaching qualifications at a discounted rate. These will likely take place over weekends and will be run on a first-come first-served basis. Details of dates of the courses and the associated costs of these will be released throughout the academic year.

## Graduate destinations

As a graduate strength and conditioning coach, you'll have many potential career opportunities. During the course, you can make the most of our sports and careers teams for advice about your future. Recent graduate destinations for our students have included:

- Professional sport
- Head of athletic development in schools or clubs
- PE school coach
- Academic researcher (PhD)
- Higher education lecturer
- Business owner

## The Hartpury Sports Business Hub

*Boost your employability, expand learning and networks, and gain real-world experience in the sports industry.*

Managed out of the Department of Sport and Exercise Science, the [Sports Business Hub](#) provides students and staff the opportunity to engage with key local and regional sports organisations to complete live briefs and real-world research consultancy. The Hub provides access to a range of organisations including Active Gloucester, Sport Wales, Bream RFC and

Gloucestershire County Cricket Club as well as multinational corporations and independent businesses.

## How you'll study

We're committed to supporting you to fulfil your unique potential while you're here so that you can achieve your personal and professional goals.

## Duration

### One year, full-time

You can study each of these qualifications full-time and subsequently complete each within one year.

### Two-three years, part-time

Alternatively, we offer flexible part-time options to help students to manage their studies alongside other commitments. These options can be tailored to suit your own needs, enabling you to complete your qualification in two or three years. Please enquire for further details.

## Your support network

You'll benefit from a strong support network from day one. This will range from your lecturers, supervisors and personal tutor to our specialist academic (Achievement and Success Centre), employability (Innovation, Careers and Enterprise) and wellbeing teams.

## Your learning experiences

You'll experience a range of teaching methods to strengthen your understanding of topics, including lectures, workshops and practical sessions.

# Qualifications and modules

## MSc degree

The full master's degree will provide the tools you need to become a well-rounded strength and conditioning coach, able to bridge the gap between theory and practice, as well as helping support the development of the 'softer' coaching skills needed to become an effective practitioner.

You'll gain a thorough grounding in the role of strength and conditioning as part of the wider sports network through modules covering strength and conditioning practices, coaching

science and research methods – these will allow you to develop advanced critical skills necessary to work within the field.

You'll benefit from lectures, workshops and practical sessions, working individually and collaborating with peers from different professional backgrounds, to share and evaluate best practice, and develop your professional network. You'll also have the opportunity to complete a self-funded British Weightlifting qualification to enhance your development.

It is key that you put what you learn into practice, so we strongly encourage you to fulfil a strength and conditioning practitioner role outside your learning. Roles may be available with our performance Sports Academy teams or through our extensive professional network – please speak to a staff member prior to application.

## **Postgraduate Certificate and Postgraduate Diploma**

### **Postgraduate Certificate**

The postgraduate certificate will help to develop your knowledge within applied strength and conditioning, and coaching science, so that you have the skills to effectively design and coach strength and conditioning sessions. Please see module overviews.

### **Postgraduate Diploma**

The postgraduate diploma includes postgraduate certificate content, as well as advancing your strength and conditioning expertise for enhanced performance. Please see module overviews.

## **Modules**

Below you'll find the modules for this course. Postgraduate Diploma (PGDip) students will study compulsory modules and choose from a range of optional modules in line with interests and career goals, as outlined below.

Optional modules change each year in line with student, industry and research demands.

## **Module credits**

Upon successful completion of your modules you'll gain academic credit that accumulates towards your award. The marks you gain may contribute towards your final master's degree differential award (pass, merit or distinction).

## **Modules**

### **Applied Practice in Strength and Conditioning (compulsory for all levels)**

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

### **Contemporary issues in Strength and Conditioning (compulsory for all levels)**

Focus on developing a critical understanding and awareness of the latest strength and conditioning research and concepts that are prevalent in the field, with a specific onus on how these influence coaches' own practice.

### **Performance Profiling and Testing for Athletes (compulsory for all levels)**

Progress an enhanced understanding of the relevant testing methods that can be used by strength and conditioning coaches as well as the data analysis methods used to assess athlete or client physical testing capabilities.

### **Planning and Monitoring for Athletic Training (compulsory for all levels)**

Develop a detailed understanding of the specific dose-response and adaptations to strength and conditioning training methods, and how this influences training prescription and programming.

### **Skill Acquisition for Strength and Conditioning (compulsory for MSc, optional for PGDip)**

Acquire new understanding and practical ability to integrate skill acquisition methods into the strength and conditioning environment.

### **The Research Process (compulsory for MSc, optional for PGDip)**

Undertake critical discussion of research methodologies and applications, as well as strengths, weaknesses and limitations of different methods.

### **Postgraduate Dissertation (MSc only)**

Develop and undertake a research project of their choosing. This will allow students to further research a topic within strength and conditioning that is of personal interest/importance.

***The modules 'Postgraduate Industry Placement Experience', 'Professional Development Portfolio' and 'High Performing Environments' are an option bundle for MSc students.***

### **High Performing Environments (MSc optional bundle, optional for PGDip)**

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

### **Postgraduate Industry Placement Experience (MSc optional bundle, optional for PGDip)**

This module will bridge the gap between your academic preparation and the real-world environment. You'll be required to source and complete 200 hours of industry-based placement in a pre-approved environment.

### **Professional Development Portfolio (MSc optional bundle, optional for PGDip)**

You'll reflect your personal learning needs, potential future mentors and peak coach experiences to date.

## Teaching modes

The modules contain a mixture of scheduled learning including lectures, practical sessions, seminars and group tasks scheduled alongside independent learning. Students are expected to dedicate at least two to three hours of independent study per contact hour.

The course is taught in English.

	Contact learning	Placement learning	Independent learning
MSc degree	10%	11%	79%
Postgraduate Diploma	16%	0%	84%
Postgraduate Certificate	16%	0%	84%

### Teaching contact time

Teaching contact time and method will vary depending on the module that you're studying. However, postgraduate modules on this course normally involve 24 hours of taught contact time with staff per module.

## Assessment and Feedback

You'll be assessed through a mixture of practical assessments, oral presentations and written assignments. 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 feedback will be provided to you for each assessment that you submit and you'll be able to discuss your feedback by arranging a tutorial with the respective module leader.

	Written exam	Practical exam	Coursework
MSc degree	0%	33%	67%
Postgraduate Diploma	0%	44%	56%
Postgraduate Certificate	0%	75%	25%

## Timetables

The full-time master's programme is taught over three semesters, normally consisting of 12 weeks of scheduled teaching across two semesters and then assessment weeks.

This programme has been designed to fit around those working, volunteering or completing internships within the sector. As such, timetables have been designed 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 prior to beginning the course or during the induction days.

 **[View term dates](#)**

## Fees and funding

Please visit our [student finance page](#) for information on tuition fees and student loans, as well as non-repayable grants, bursaries and scholarships, eligible to different groups, to support with study costs.

### Studentship scheme

Our [Postgraduate Studentship Scheme](#) provides a fantastic development opportunity, enabling you to complement your postgraduate study with important real-world research within a paid position at Hartpury.

### Short courses

You'll have the opportunity to undertake British Weightlifting qualifications during your course at a subsidised fee. Please enquire prior to application for the most up-to-date costs.

### Clothing and footwear

Although you don't need to purchase specialist kit for this course, it is essential that you have typical sports kit including trainers, shorts/trousers and a T-shirt in order to participate and contribute to sessions.

### Performance Sports Academy membership

Find out costs and details for joining one of our performance Sports Academy teams.

[Explore Sports Academies](#)

### Hartpury gym

Find out about [costs and details for joining the Hartpury gym](#).

[Discover more](#)

### Accommodation and living costs

Please [visit our student accommodation page](#) for details.

## Further course details

Our ***Resource Library*** is where you'll find all the essential details about Hartpury University's courses. It includes *Programme* and *Module Specifications*, along with *Course Information Sheets* for every course. You can easily download a complete revision history for each of these, clearly showing the dates changes were made.

**Course Information Sheets:** These are PDF versions of the course webpages. They provide an overview of the course, what to expect during your studies, and the topics covered.

**Programme Specifications:** These are detailed, validated documents containing academic specifics for each programme. They include descriptions of the programme, its aims, learning outcomes, year and module structure, as well as teaching, learning, and assessment strategies.

**Module Specifications:** Each Programme consists of several Modules. Our Module Specifications outline the topics covered and the expected outcomes for students studying each Module.

**Discuss this course with an Academic Programme Manager**

## Book an appointment

Prospective students can book an online appointment with one of our programme managers to discuss our courses and options for postgraduate study at Hartpury University.



“My own personal experiences, plus seeing other young females with so much potential to be expert practitioners within sport science, but lacking the confidence to do so, has set me on a mission.

I never thought I would be doing a PhD when I started my undergraduate degree at Hartpury, but the support I’ve had has given me so much confidence. Having experts say ‘You can do this’ has helped get me where I am today.”

**Hannah Clarke, Hartpury graduate and PhD (female athletic training) student**



## **World-class facilities**

Develop hands-on expertise and undertake research in our over £10 million Sports Academy, enabling our students to learn using some of the most advanced technologies in the UK.

Develop your practical skills using industry-standard equipment that's utilised by professional coaches to enhance strength, power, speed and injury prevention qualities.

**Watch via YouTube**

Ask us a question about postgraduate study at Hartpury University or enter your contact details to receive updates on news, events and updates on opportunities to visit us.

Full Name \*

First name

Last name

Email address \*

Home country \*

Which subject area are you interested in? \*

What year are you planning to start your studies? \*

If you have a question, please use the space below

How did you hear about us?

Stay in touch

I would like to keep up to date with Hartpury University courses, student life, events and news.

We're committed to protecting your privacy and we promise to keep your personal details private and secure. Read our privacy policy (<https://www.hartpury.ac.uk/legal/web-privacy-policy/>). (<https://www.hartpury.ac.uk/legal/web-privacy-policy/>)

Full name \*

First name

Last name



## Important information

Every effort has been made to ensure the accuracy of our published course information, however our programmes are reviewed and developed regularly. Changes or cancellation of courses may be necessary to ensure alignment with emerging employment areas, to comply with accrediting body requirements, revisions to subject benchmark statements or as a result of student feedback. We reserve the right to make necessary changes and will notify all offer-holders of changes as and when they occur.