

## Programme Specification

<b>Part 1: Basic Data</b>			
<b>Primary Programme Title</b>	MSc Strength and Conditioning		
<b>Target Award Titles</b>	<b>Mode and Typical Duration of Study</b>	<b>Professional Accrediting Body Links</b>	<b>Study Abroad / Exchange / Credit Recognition</b>
<b>MSc Strength and Conditioning</b>	Full time, 1 years Part time, 2-3 years	<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>
<b>Interim Award Titles</b>	Postgraduate Diploma in Strength and Conditioning Postgraduate Diploma in Sport Studies Postgraduate Certificate in Strength and Conditioning Postgraduate Certificate in Sport Studies Postgraduate Award in Sport Studies		
<b>Teaching Delivery Method</b>	Mixed		
<b>Awarding Institution</b>	Hartpury University		
<b>Teaching Institution</b>	Hartpury University		
<b>Delivery Location</b>	Hartpury		
<b>Department Responsible for Programme</b>	Sport		
<b>Unit-E Code</b>	MSTSASCX		
<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 February 2025	<b>Due for Re-validation By</b>	01 September 2030
<b>Amendment Approval Date</b>		<b>Approved With Effect From</b>	V9.0 - 01 September 2025

<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>	9.0		

## **Part 2: Programme Overview**

Graduates are be able to demonstrate strength and conditioning practice that is scientifically rigorous and adaptable including effective coaching skills. Graduates have developed a critical awareness of how research evidence informs current strength and conditioning recommendations and practice across populations, with an emphasis on sports performance, as well as develop research skills to investigate issues in the field of strength and conditioning, and design and review appropriate training interventions. The programme aims for graduates to become independent learners with transferable intellectual and study skills that can make a significant and sustainable contribution within their chosen career path. In meeting these demands our graduates have developed reflective practice skills so that learning becomes autonomous and sustainable in their professional development.

This postgraduate programme has been endorsed by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA), which means it has demonstrated the industry standards outlined by the United Kingdom Strength and Conditioning Association (UKSCA). Furthermore, this 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

+ core modules marked + are not eligible for compensation

<sup>1</sup> these modules are accredited by a professional awarding body, but are not subject to variant regulations

<sup>AV</sup> these modules are subject to additional and variant regulations but are not accredited by a professional awarding body

<sup>EX</sup> these modules are offered by exception

	Core Modules	Optional Modules	Target and Interim Awards
<b>Stage 1</b>	HSPV66-15-7 + Applied Practice in Strength and Conditioning <sup>1</sup>	HSPVD9-30-7 Postgraduate Industry Placement Experience <sup>1</sup>	<u>Postgraduate Award in Sport Studies</u>  <u>PG Cert Sport Studies</u>
	HSPVVT-15-7 Conditioning for Physical Performance OR HSPVB4-15-7 Contemporary Issues in Strength and Conditioning <sup>1</sup> <i>Pre-2025 only</i>	OR  HSPXN3-15-7 High Performing Environments AND HEQVSN-15-7 Postgraduate Independent Study <sup>1</sup>	<u>PG Cert Strength and Conditioning</u> This must include modules: Applied Practice in Strength and Conditioning; Performance Profiling and Testing for Athletes; Planning and Monitoring for Athletic Training; and Conditioning for Physical Performance.
	HSPVB3-15-7 Performance Profiling and Testing for Athletes <sup>1</sup>	OR HSPXMV-15-7 Professional Development Portfolio <i>pre-2025 only</i>	<u>PG Dip Sport Studies</u>
	HSPVC3-15-7 + Planning and Monitoring for Athletic Training <sup>1</sup>		<u>PG Dip Strength and Conditioning</u> This must include modules: Applied Practice in Strength and Conditioning; Performance Profiling and Testing for Athletes; Planning and Monitoring for Athletic Training; and either Conditioning for Performance or Contemporary Issues in Strength and Conditioning.
	HANVL5-60-7 + Postgraduate Dissertation <sup>1</sup>		
	HSPVAY-15-7 + Skill Acquisition and Coaching for Strength and Conditioning <sup>1</sup>		<u>MSc Strength and Conditioning</u> This must include all core modules.
	HANXKT-15-7 The Research Process <sup>1</sup>		

#### 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.

<i>Learning Outcomes:</i>	<b>Skill Acquisition and Coaching for Strength and Conditioning</b>	<b>Planning and Monitoring for Athletic Training</b>	<b>Performance Profiling and Testing for Athletes</b>	<b>Applied Practice in Strength and Conditioning</b>	<b>Conditioning for Physical Performance</b>	<b>The Research Process</b>	<b>Postgraduate Dissertation</b>	Postgraduate Independent Study	High Performing Environment	Postgraduate Industry Placement Experience
<b>A) Knowledge and Understanding of:</b>										
1. Motor learning and motor control theory, physiological and biomechanical adaptations, as well as dose-response relationship of physical training in the context of strength and conditioning practice.	A	A	B	B				B		
2. Key theories regarding the advanced planning and programming strategies inherent within different models of periodisation that are utilized by strength and conditioning coaches.		A		A				B		B
3. Design and implementation of annual training plans, encompassing appropriate testing, training, monitoring and recovery strategies, specific to the needs of an individual.		A	A	B						B
4. Demonstrate technical mastery in a range of training methods, and be able to convey knowledge and expertise to athletes within a coaching setting.			A	A						B

5. Ethical and cultural aspects to appraise the roles, scope and range of competencies required in coaching settings to demonstrate effective and informed practice.				A	B			B	B	B
6. Implications of research regarding the efficacy and efficiency of training methods for different athletic populations for performance, health and well-being.		A	A	A	A			B		
7. Coaching practice through behaviour modification and problem-based learning.			A	A						B
8. The ability to utilise appropriate statistical methods to analyse changes in performance following testing, training and research interventions.			A				A	B		
<b>B) Intellectual Skills</b>										
1. Effectively communicate specialist knowledge to non-subject specialists such as athletes, coaches and caregivers.		A	A	A	A				A	
2. Critically evaluate current research and advanced scholarship in the areas of strength and conditioning and coaching science.	A	A	A	A	A	A				
3. Construct and implement testing and training approaches for different populations based upon contemporary research.		A	A	A	A					A
4. Evidence the ability to articulate originality and rigour, and to evaluate contemporary coaching principles.	A	A	A	A	A			B	B	B
5. Evaluate and administer an appropriate research methodology (qualitative or quantitative), to facilitate the analyses of data.							A	B		
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.							A	B		
<b>C) Performance and Practice</b>										
1. Utilise scientific principles, concepts and theories to inform and evidence-based approach to strength and conditioning provision.	A	A	A	A	A		B	B		
2. Apply strength and conditioning research findings to industry-based problems.					A		A	B		B
3. Demonstrate the ability to provide strength and conditioning services and support to athletes / clients across sessional, micro, meso and macro cycles.	B	A	A	A						B
4. Integrate skill acquisition theories and concepts into applied practice.	A							B		
5. Implement reflective practice on personal and learner experiences to promote best coaching practice.	A			A				B		A
6. Demonstrate effective coaching behaviours and coaching styles to enhance athlete / client experiences, and to build effective relationships with stakeholders.	A		A	A					B	B
7. Critically evaluate current and topical strength and conditioning research practices and practical approaches.	B	A	B	B	A	B	B	B		
<b>D) Setting, Personal and Enabling Skills</b>										
1. Communicate effectively with a wide range of individuals using a variety of appropriate means, showing self-awareness and sensitivity to diversity and inclusivity.	B	B	B	A	A					
2. Exhibit interpersonal, resilience and teamwork skills, necessary for working in high performing environments.					A				A	B

3. Analytically evaluate academic, vocational and professional performance through the structured use of reflection.				A	B			B	B	A
4. Utilise problem-solving skills in a variety of theoretical and practical situations.			A	B	B	B	B	B		A
5. Manage change effectively and respond appropriately, and flexibly, to changing demands.				A	B		A			A
6. Take responsibility for personal and professional learning and development and act autonomously in planning and implementing tasks.	A		A		A	B	B	B		A
7. Articulate an awareness of how to implement sustainability and well-being strategies for both personal, peer and organisational benefit.	A		A		A					B

## Part 5: Learning, Teaching and Assessment

### Learning, Teaching and Assessment Journey:

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 inter-disciplinary 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 form a compulsory element and act as an important building block for the dissertation at master's 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 master's programme. Upon registration a student will have access to an induction programme incorporating exercises that outline the necessary study skills required for Level 7. Study skills support throughout the programme will also be available for students that are successfully accepted to the programme using the University's 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.

This postgraduate programme has been endorsed by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA), which means it has demonstrated the industry standards outlined by the United Kingdom Strength and Conditioning Association (UKSCA). Furthermore, this 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.

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: Postgraduate Dissertation

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) 'Graduate Strength and Conditioning Coach'.**  
**National Strength and Conditioning Association (NSCA) Education Recognition Programme.**



## Assessment Map

		Type of Assessment*							Oral Assessment
		Coursework	Report	Portfolio	Written Examination	Written Test	Practical Skills Examination	Practical Skills Assessment	
<b>Core Modules Stage 1</b>	Skill Acquisition and Coaching for Strength and Conditioning		A (100) Report						
	Conditioning for Physical Performance								A (100) Oral Assessment
	Postgraduate Dissertation		A1 (75) Project Report						A2 (15) Poster Defence A3 (10) Oral Presentation
	Performance Profiling and Testing for Athletes							A (100) Practical Skills Assessment	
	Planning and Monitoring for Athletic Training		A (100) Report						
	Applied Practice in Strength and Conditioning							A (100) Practical Skills Assessment	
	The Research Process	A (90) Coursework		B (10) Coursework Portfolio					
<b>Optional Modules Stage 1</b>	Postgraduate Independent Study		A (100) Literature Review						
	High Performing Environments								A (100) Oral Presentation with Questions
	Postgraduate Industry Placement Experience			A (100) Coursework Portfolio					

\*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>	MSc Strength and Conditioning (was Applied until V4.0)
<b>Programme Code:</b>	MSTSASCX
<b>Initial Approval Date:</b>	01 September 2017

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

<b>Current version number: 8.0</b>	
<b>Outline Change Details:</b> Part 2: Programme Overview updated. Parts 3, 4 and 5: HSPVAY-15-7 Skill Acquisition for Strength and Conditioning name changed to Skill Acquisition and Coaching for Strength and Conditioning; new module HSPVVT-15-7 Conditioning for Physical Performance replaces HSPVB4-15-7 Contemporary Issues in Strength and Conditioning.; new optional module HEQVSN-15-7 Postgraduate Independent Study added. Optional module HSPXMV-15-7 Professional Development Portfolio removed. Part 4: Programme Learning Outcomes - these have been updated in line with SEEC and OfS criteria. Part 5: Learning, Teaching and Assessment - small changes to wording to align with Hartpury Academic Framework. Part 5: Assessment Map updated - High Performing Environments Component B (Report) removed; Performance Profiling and Testing for Athletes and Applied Practice in Strength and Conditioning both changed from Practical Skills Examination to Practical Skills Assessment, in line with module amendments.	
<b>Do the changes presented alter the mapping against the Hartpury University Curriculum Framework (delete as appropriate)? Yes</b>	
<b>If yes, please provide the details of the changes:</b>  Due to the changes for the skill acquisition module the reflective practice element and the effective coaching part have now been adapted from the previous contemporary issue module. This means that the mapping is the same just different module names. The conditioning module incorporates the rest of the previous mapping of the contemporary issue module. We incorporated a new optional module (Postgraduate Independent Study) as the Professional Development Portfolio module is discontinued.	
<b>Material Alteration: Yes and is accompanied by the relevant course information document.</b>	
<b>Rationale:</b> The changes reflect the amendments to modules, which now more closely align to industry requirements. The changes for the programme overview were implemented to reflect a standardised approach for postgraduate programmes, i.e. editing the list format to be more graduate outcome oriented.	
<b>Change requested by: Chris Szedlak</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>	Dr Chris Szedlak <span style="float: right;"><b>Date:</b>18/11/2024</span>
<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 <span style="float: right;"><b>Date:</b> 19.11.24</span>
<b>Approval Committee and Date:</b>	CVC Chair's action (LD) 2025 02 21 (from CVC 2025 01 30)
<b>Change approved with effect from:</b>	01 September 2025
<b>Resulting new version number:</b>	9.0


<b>Current version number: 7.1</b>
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<b>Outline Change Details:</b> Part 5: Assessment Map – assessment for core module The Research Process changed from Oral Presentation with Questions and Coursework to Coursework and Coursework Portfolio, in line with module amendment.	
Part 4: Programme Learning Outcomes mapping against The Research Process modified.	
<b>Do the changes presented alter the mapping against the Hartpury University Curriculum Framework (delete as appropriate)? No</b>	
<b>Material Alteration: Yes and is accompanied by the relevant course information document.</b>	
<b>Rationale:</b> Requirement to write a research proposal has been removed from The Research Process since this duplicates the work students will be undertaking in the Applied Research Practice and dissertation module. Instead students will be better scaffolded, via two summative assessments, in their critical analysis of research methodologies.	
<b>Change requested by: Ben Brilot</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> B Brilot	<b>Date:</b> 26/04/24
<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> 23.04.24
<b>Approval Committee and Date:</b>	CVC 2024 07 16
<b>Change approved with effect from:</b>	01 September 2024
<b>Resulting new version number:</b>	8.0

<b>Current version number: 7.0</b>	
<b>Outline Change Details:</b> Parts 1, 2 and 5 - National Strength and Conditioning Association (NSCA) added as Professional Accrediting Body.	
<b>Material Alteration: Yes</b>	
<b>Rationale:</b> Inclusion of NSCA educational 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
<b>Resulting new version number:</b>	7.1

01/04/2022: interim award titles corrected in part 1 (Sport not Sports)

29/03/2022: Module name for HSPVC3-15-7 corrected in part 3 (interim awards) and change log from Training Response and Adaptation to Planning and Monitoring for Athletic Training. The original name of this module was Physiology of Strength and Conditioning. It was changed to Training Response and Adaptation during the Refresh process, then was changed again to Planning and Monitoring for Athletic Training before the module descriptor was published.

<b>Current version number: 6.0</b>	
<b>Outline Change Details:</b>	
<ul style="list-style-type: none"> <li>• Document amended to meet requirements of new 2022 template.</li> <li>• Page 2: Addition of programme overview outcome “Help learners consider how their practice positively contributes to their local, national and international community for global issues.</li> <li>• Pages 4 and 5: Programme learning outcomes refined and reworded.</li> <li>• Pages 3, 4 and 7: Name of “Physiology of Strength and Conditioning” changed to “Planning and Monitoring for Athletic Training”</li> <li>• Page 3: Planning and Monitoring for Athletic Training now compulsory module for PG Cert and PG Dip instead of Skill Acquisition module.</li> <li>• Page 8 – assessment strategy changed to 100% practical examination to enhance sustainability of the module assessment from both a facility, equipment and staff time perspective but without compromising the learning objectives.</li> <li>• Parts 1 and 3: interim awards updated, including addition of new 30 credit Postgraduate Award in Sport Studies</li> </ul>	
<b>Material Alteration: Yes and is accompanied by the relevant course information document.</b>	
<b>Rationale:</b>	
<ul style="list-style-type: none"> <li>• Revised as part of the Refresh 22 process.</li> <li>• Addition of new programme outcome to reflect institutional policy regarding sustainability.</li> <li>• Programme learning outcomes changed to reflect the HE Sport Department focus on sustainability and well-being as well as outcomes noted on the Hartpury Graduate Attributes document.</li> <li>• Module name changed to reflect the more holistic nature of how different exercise stimuli influences adaptations to training rather than these being specifically related to laboratory technique methods.</li> <li>• Planning and Monitoring for Athletic Training now compulsory for PG Cert and PG Dip programmes due to the underlying theoretical knowledge and understanding needed prior to beginning the skill acquisition module. This content is provided in the other S&amp;C modules to ensure students are sufficiently prepared to undertake content which is more specialised.</li> </ul>	
<b>Change requested by: Ben Drury</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> 	<b>Date:</b> 03/12/2021
<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> 20/01/2022
<b>Approval Committee and Date:</b>	Refresh Approval Panel action 2022 03 21
<b>Change approved with effect from:</b>	01 September 2022
<b>Resulting new version number:</b>	7.0

07/10/2021 - non-material alteration approved by CSP Chair’s action: note added to programme map to indicate modules that were subject to name changes.

<b>Current version number: 4.0</b>
<b>Outline Change Details:</b>
<b>Part 1 – Page 1: Professional Statutory or Regulatory Body Links</b>
Change 1: CIMSPA information added to the basic information section

**Part 2 – Page 2: HEAR**

Change 1: CIMSPA information added to the programme aims section.

**Part 3 - Page 3: Skill Acquisition for Strength and Conditioning (HSPVAY-15-7)\***

Change 1: Module mapped to CIMSPA Graduate Strength & Conditioning Coach Professional Standards on MSc degree.

Change 2: Module name changes from “Applied Motor Control and Motor Learning for Strength and Conditioning”

**Part 3 - Page 3: Contemporary Issues in Strength and Conditioning (HSPVB4-15-7)\***

Change 1: Module mapped to CIMSPA Graduate Strength & Conditioning Coach Professional Standards on MSc degree.

**Part 3 - Page 3: High Performing Environments (HSPXN3-15-7)\***

Change 1: Module mapped to CIMSPA Graduate Strength & Conditioning Coach Professional Standards on MSc degree.

Change 2: Module has become optional on the programme structure for MSc degree.

**Part 3 - Page 3: Performance Profiling and Testing for Athletes (HSPVB3-15-7)\***

Change 1: Module mapped to CIMSPA Graduate Strength & Conditioning Coach Professional Standards on MSc degree.

Change 2: Module name changed from “Performance Assessments and Evaluation for Strength and Conditioning”.

**Part 3 - Page 3: Physiology of Strength and Conditioning (HSPVC3-15-7)\***

Change 1: Module mapped to CIMSPA Graduate Strength & Conditioning Coach Professional Standards on MSc degree.

**Part 3 - Page 3: Postgraduate Dissertation (HANVL5-60-7)\***

Change 1: Module mapped to CIMSPA Graduate Strength & Conditioning Coach Professional Standards on MSc degree.

**Part 3 - Page 3: Professional Development Portfolio (HSPXMV-15-7)\***

Change 1: Module mapped to CIMSPA Graduate Strength & Conditioning Coach Professional Standards on MSc degree.

Change 2: Module has become optional on the programme structure for MSc degree.

**Part 3 - Page 3: The Research Process (HANXKT-15-7)\***

Change 1: Module mapped to CIMSPA Graduate Strength & Conditioning Coach Professional Standards on MSc degree.

**Part 3 - Page 3: Applied Practice in Strength and Conditioning (HSPV66-15-7)\***

Change 1: Module mapped to CIMSPA Graduate Strength & Conditioning Coach Professional Standards on MSc degree.

Change 2: Module name change from “Training Prescription and Programming”

**Part 3 - Page 3: Postgraduate Industry Placement Experience (HSPVD9-30-7)\***

Change 1: Module mapped to CIMSPA Graduate Strength & Conditioning Coach Professional Standards on MSc degree.

Change 2: Module added to programme structure from Applied Performance Analysis degree.

**Part 3 – page 3: Programme structure**

Optional modules moved to core.

**Part 4 - Page 4: Applied Practice in Strength and Conditioning (HSPV66-15-7)\***

Change 1: Module name change from “Training Prescription and Programming”

**Part 4 - Page 4: Performance Profiling and Testing for Athletes (HSPVB3-15-7)\***

Change 1: Module name changed from “Performance Assessments and Evaluation for Strength and Conditioning”.

**Part 4 - Page 4: Skill Acquisition for Strength and Conditioning (HSPVAY-15-7)\***

Change 1: Module name changes from “Applied Motor Control and Motor Learning for Strength and Conditioning”

**Part 4 - Page 4: Postgraduate Industry Placement Experience (HSPVD9-30-7)\***

Change 1: Module added along with respective learning outcomes to the section.

**Part 5 – Page 7: Description of any Distinctive Features**

Change 1: CIMSPA information added to the student learning and student support section.

**Part 5 – Page 8: Assessment map**

Optional module Professional Development Portfolio corrected to A (100) coursework portfolio

**Part 6 - Page 8: Applied Practice in Strength and Conditioning (HSPV66-15-7)\***

Change 1: Module name change from "Training Prescription and Programming" on assessment map.

**Part 6 - Page 8: Performance Profiling and Testing for Athletes (HSPVB3-15-7)\***

Change 1: Module name changed from "Performance Assessments and Evaluation for Strength and Conditioning" on assessment map.

**Part 6 - Page 8: Skill Acquisition for Strength and Conditioning (HSPVAY-15-7)\***

Change 1: Module name changes from "Applied Motor Control and Motor Learning for Strength and Conditioning" on assessment map.

**Part 6 - Page 8: Postgraduate Industry Placement Experience (HSPVD9-30-7)\***

Change 1: Module added along with its assessment.

**Part 6 - Page 8: Postgraduate Dissertation (HANVL5-60-7)\***

weighting changed: Oral Assessment/Presentation from A20 to A25, Dissertation from A80 to A75.

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

**Rationale:**

The changes of module names are twofold. One the revised module names more accurately reflects what the content the module includes as well as the assessment strategies included. Two, the terminology is more specific to strength and conditioning which reflects the CIMSPA Graduate Strength and Conditioning professional standards. Both of these factors will provide greater to clarity to current students undertaking the modules as well perspective new students that view our content online.

The addition of the placement module provides students with a further avenue to develop their applied experiences during their degree. Due to the diversity of theoretical and practical knowledge of the students on the degree the addition of the module will provide those students who are either currently working in industry or have limited experience in industry to gain course credit whilst also furthering their career prospects.

**Change requested by: Ben Drury**

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:**

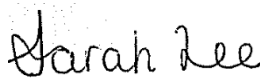


**Date:** 12/01/2021

**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:** 14.01.21

**Approval Committee and Date:**

CVC 2021 02 22

**Change approved with effect from:**

01 September 2021


**Resulting new version number:**

6.0 (2021 intake onwards)

**Current version number: 3.1**

**Outline Change Details:** Part 1: Title changed to MSc Strength and Conditioning from MSc Applied Strength and Conditioning.

- 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.

<ul style="list-style-type: none"> <li>Part 4: Included an additional LO C7 'Critically evaluate current and topical strength and conditioning research practices and practical approaches'.</li> <li>Part 5: Added in additional information to 'Scheduled Learning' and 'Independent Learning' strategies to reflect industry and independent approach.</li> <li>Part 6: updated to reflect changes to part 3</li> <li>Part 7: New text included in line with new template</li> <li>Part 8: Deleted in line with new template</li> </ul>	
<b>Material Alteration: Yes and is accompanied by the relevant course information sheets.</b>	
<b>Rationale:</b> changes made in line with PCR Action Plan	
<b>Change requested by: Ben Drury</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> 	<b>Date:</b> 23/01/2019
<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> S Lee	<b>Date:</b> 23/01/2019
<b>Approval Committee and Date:</b>	CVC 2019 03 12
<b>Change approved with effect from:</b>	1 September 2019
<b>Resulting new version number:</b>	4.0 (2019 intake)

### Version 3.1

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

### Version 2.1 (intake 2017+) **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

### Version 1.1

<b>Outline Change Details:</b> 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.	
<b>Rationale:</b> 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).	
<b>Change requested by:</b>	Stephen Draper
<b>CVC approval date:</b>	13 February 2018
<b>Change approved with effect from:</b>	01 September 2018



