**Programme Specification for *Strength and Conditioning***



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| **1. Programme title** | MSc Strength & Conditioning |
| **2. Awarding institution** | Middlesex University |
| **3. Teaching institution** | Middlesex University |
| **4. Programme accredited by** | Middlesex University |
| **5. Final qualification** | MSc Strength & Conditioning  Available Exit points : PG Certificate ; PG Diploma |
| **6. Academic year** | 2012/13 |
| **7. Language of study** | English |
| **8. Mode of study** | Full-time; Part-time; some distance learning (i.e. research methods) |

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| **9. Criteria for admission to the programme**  Students will require an undergraduate degree in a sport or health related field (2.2 or above) and ideally performance enhancement coaching experience within the field of athlete support.  Students for whom English is a second language must have achieved IELTS 6.5 or TOEFL 575 (paper test) or 237 (computer test) and 4.5 in Test of Written English, or equivalent. |

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| **10. Aims of the programme** |
| The programme aims to:   1. Prepare the students for the certification requirements of the UKSCA and NSCA 2. Enable students to design evidence-based, sport-specific training interventions based on athlete needs analysis 3. Develop the student’s practical skills essential to communication, coaching and technique demonstration 4. Provide the students with the ability to select and administer a wide variety of performance tests and critically evaluate their validity and reliability 5. Provide students with the ability to critically appraise the current research literature in Strength & Conditioning training 6. Provide students with work experience within the major disciplines of strength & conditioning training and support |

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| **11. Programme outcomes** | |
| **A. Mastery of knowledge**  On completion of this programme the successful student will have mastery of knowledge of :   1. The physiological functioning of the human body during and in response to exercise 2. The principles of training and adaptation 3. Designing and implementing a sport specific, individualised periodised programme 4. The validity and reliability of performance tests | **Teaching/learning methods**  Students gain knowledge and understanding through attending lectures, participatory seminars, small group discussions, directed learning, laboratory and practical sessions. An understanding of the subject is both summatively and formatively assessed.  **Assessment Method**  Students’ knowledge and understanding is assessed by seminar presentations, written assignments, laboratory reports, unseen examinations and practical demonstrations. |
| **B. Cognitive (thinking) skills**  On completion of this programme the successful student will be able to:   1. Critically evaluate appropriate research and published literature, debate and articulate ideas, protocols and actions 2. Devise and evaluate a sport-specific training intervention 3. Design, implement, document and evaluate a series of performance testing and monitoring procedures | **Teaching/learning methods**  Students learn cognitive skills through lectures, discussions, formative assessment, peer-review of seminar presentations, debates and directed reading.  **Assessment Method**  Students’ cognitive skills are assessed by written work, peer-assessment, self-assessment, examinations and case studies. |
| **C. Practical skills**  On completion of the programme the successful student will be able to:   1. Demonstrate mastery of technique and coaching ability across the various exercise modalities 2. Select and administer performance tests with a high level of accuracy 3. Communicate results of research to peers, demonstrating expertise in application of theory and advanced research skills 4. Utilise advanced sport techniques | **Teaching/learning methods**  Students learn practical skills through attending laboratory classes, formative assessment, practical skills and sessions.  **Assessment**  Students’ practical skills are assessed by practical examinations, laboratory reports, and portfolio work.  Complete 5 hours work experience in each of the following disciplines: S&C, performance testing and sport psychology/corrective exercise |
| **D. Graduate Skills**  On completion of this programme the successful student will be able to:   1. Develop communication and presentation skills 2. Demonstrate competent use of information technology 3. Demonstrate competence in numeracy and problem solving techniques 4. Develop critical research skills | **Teaching/learning methods**  Students acquire graduate skills through reading, group work exercises, structured and directed learning, reflection and development of portfolio material and formative assessment.  **Assessment**  Students’ graduate skills are assessed by written work in the form of portfolios, case studies, logbook, presentations, peer assessment and self-assessment and project work. |

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| **12. Programme structure (levels, modules, credits and progression requirements)** |
| **12. 1 Overall structure of the programme** |
| **See page *11*** |

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| **12.2 Levels and modules**  **Starting in academic year 2010/11 the University is changing the way it references modules to state the level of study in which these are delivered. This is to comply with the national Framework for Higher Education Qualifications. This implementation will be a gradual process whilst records are updated. Therefore the old coding is bracketed below.** | | |
| Level 7 | | |
| COMPULSORY | OPTIONAL | PROGRESSION REQUIREMENTS |
| Students must take all of the following:   * SES4001 Advanced Strength and Conditioning Training * SES4002 Applied Physiological & Biomechanical Assessment | Students must also choose from the following:   * SES4003 Psychology of Elite Performance   **OR**   * SES4004 Movement Analysis and Corrective Exercise   **OR**   * SES4011 Biometric Modelling and Performance Profiling * WBS4835 Research Methods   **OR**   * IPL4430 Methods of Critical Enquiry in the Study of Healthcare Services | Students must complete the research module before progressing on to the dissertation module (NB, students can change between WBS and IPL modules)   * IPL4095 MSc Dissertation   **OR**   * WBS4861 Work Based Learning |

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| ***12.3 Non-compensatable modules (note statement in 12.2 regarding FHEQ levels)*** | |
| ***Module level*** | ***Module code*** |
| No module may be compensated | |

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| **13. A curriculum map relating learning outcomes to modules** |
| **See Curriculum Map attached** |

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| **14. Information about assessment regulations** |
| Regulations follow those set out in the Middlesex University Regulations document |

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| **15. Placement opportunities, requirements and support (if applicable)** |
| Placements are not required for this programme however; work within a relevant field would be beneficial to the candidate as it would enable them to apply much of the programme content within a professional environment.  To ensure all students are given this opportunity, and to highlight the significance of practical application with a professional setting, students will also complete a minimum of 5 hours work experience as part of each module |

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| **16. Future careers (if applicable)** |
| Full-time and part-time career opportunities exist within professional and semi-professional sports across the UK and worldwide. Most team sports now also employ fitness/conditioning coaches, on either a part-time or full-time basis dependent on their level of funding or competition. There are also opportunities to engage in the internship programmes run by the (English Institute of Sport) EIS or any of the UK equivalent institutes, with progression routes to S&C Coach and Lead S&C Coach.  Opportunities are also available in Universities to provide support for athletes through TASS (Talented Athlete Scholarship Scheme); however, this is subject to accredited membership with the UKSCA and a postgraduate qualification.  It is envisaged that some students may choose to continue their academic studies through an MPhil or PhD, or to progress in to teaching after completing a PGCE or PGCHE. |

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| **17. Particular support for learning (if applicable)** |
| ILRS facilities at Middlesex including CAL suite and internet access.  Access to English Language and Learning Support  Support for modules available on Oasis  Specialist laboratory (Human Performance Lab), gymnasium and clinical facilities for the development of practical skills |

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| **18. JACS code (or other relevant coding system)** | C600 |
| **19. Relevant QAA subject benchmark group(s)** | QAA Subject Benchmarking Group: Hospitality, Leisure, Sport and Tourism (Unit 25) |

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| **20. Reference points**  The following reference points were used in designing the Programme.  **Internal documentation:**   1. London Sport Institute Validation report 2011 2. MU Learning and Quality Enhancement Handbook 2008/9 3. Middlesex University (2006) Learning Framework Document   **External Documentation:**   1. Quality Assurance Agency (2001) Framework for Higher Qualifications, London, QAA (QAA Draft 2008 in consultation)   UKSCA Guidelines |

Please note programme specifications provide a concise summary of the main features of the programme and the learning outcomes that a typical student might reasonably be expected to achieve if s/he takes full advantage of the learning opportunities that are provided. More detailed information about the programme can be found in the student programme handbook and the University Regulations.