

# Programme Specification for

MSc Strength and Conditioning



<b>1. Programme title</b>	MSc Strength and Conditioning
<b>2. Awarding institution</b>	Middlesex University
<b>3. Teaching institution</b>	Middlesex University
<b>4. Details of accreditation by professional/statutory/regulatory body</b>	N/A
<b>5. Final qualification</b>	MSc Strength & Conditioning Available Exit points: PG Certificate ; PG Diploma
<b>6. Year of validation</b> <b>Year of amendment</b>	
<b>7. Language of study</b>	English
<b>8. Mode of study</b>	Full-time

## 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 coaching experience within the field of athletic development. 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.

## 10. Aims of the programme

1. Enable students to design evidence-based, sport-specific training interventions based on athlete needs analysis
2. Develop the student's practical skills essential to communication, coaching and technique demonstration
3. Provide the students with the ability to select and administer a wide variety of performance tests and critically evaluate their validity and reliability and interpret and

present results

4. Provide students with the ability to critically appraise the current research literature in strength & conditioning training
5. Provide students with work experience within the major disciplines of strength & conditioning training and support
6. Prepare the students for the certification requirements of the UKSCA and NSCA

## 11. Programme outcomes

### A. Knowledge and understanding

On completion of this programme the successful student will have knowledge and understanding 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 for able-bodied, Paralympic and young athletes  
The validity and reliability of performance tests including data analyses, monitoring and feedback

### 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 methods

Students' cognitive skills are assessed by written work, peer-assessment, self-assessment, examinations and case studies.

<p><b>C. Practical skills</b></p> <p>On completion of the programme the successful student will be able to:</p> <ol style="list-style-type: none"> <li>1. Demonstrate mastery of technique and coaching ability across the various exercise modalities</li> <li>2. Select and administer performance tests and movement screens with a high level of accuracy</li> <li>3. Communicate results of research to peers, demonstrating expertise in application of theory and advanced research skills <ul style="list-style-type: none"> <li>Utilise advanced sport techniques</li> </ul> </li> </ol>	<p><b>Teaching/learning methods</b></p> <p>Students learn practical skills through attending laboratory classes, formative assessment, practical skills and sessions.</p> <p><b>Assessment</b></p> <p>Students' practical skills are assessed by practical examinations, laboratory reports, and portfolio work.</p> <p>Students also complete a work placement covering exercise delivery, monitoring and performance testing including corrective exercises</p>
<p><b>D. Graduate skills</b></p> <p>On completion of this programme the successful student will be able to:</p> <ol style="list-style-type: none"> <li>1. Develop communication and presentation skills</li> <li>2. Demonstrate competent use of information technology</li> <li>3. Demonstrate competence in numeracy and problem solving techniques</li> <li>4. Develop critical research skills</li> </ol>	<p><b>Teaching/learning methods</b></p> <p>Students acquire graduate skills through reading; group work exercises, structured and directed learning, reflection and development of portfolio material and formative assessment.</p> <p><b>Assessment</b></p> <p>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.</p>

## 12. Programme structure (levels, modules, credits and progression requirements)

### 12. 1 Overall structure of the programme

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12.2 Levels and modules		
Level 7		
COMPULSORY	OPTIONAL	PROGRESSION REQUIREMENTS
Students must take all of the following: <ul style="list-style-type: none"> <li>• SES4014 Strength and Conditioning Science</li> <li>• SES4015 Performance training and corrective exercise</li> <li>• SES4013 work experience</li> <li>• SES4030 Research Methods</li> </ul> SES4095 Dissertation	NA	Students must complete the research module (4030) before progressing on to the dissertation module <ul style="list-style-type: none"> <li>• SES4095 MSc Dissertation</li> </ul>

12.3 Non-compensatable modules (note statement in 12.2 regarding FHEQ levels)	
Module level	Module code

13. Curriculum map
See attached.

14. Information about assessment regulations

Regulations follow those set out in the Middlesex University Regulations document

### **15. Placement opportunities, requirements and support (if applicable)**

Placements are a requirement for this programme with student placements facilitated by staff

Work within a relevant field would be beneficial to the candidate as it enables them to apply much of the programme content within a professional environment.

### **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 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.

### **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

<b>18. JACS code (or other relevant coding system)</b>	C630
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<b>19. Relevant QAA subject benchmark</b>	QAA Subject Benchmarking Group:
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**20. Reference points**

The following reference points were used in designing the Programme.

**Internal documentation:**

- i. London Sport Institute Validation report 2011
- ii. MU Learning and Quality Enhancement Handbook 2012/13
- iii. Middlesex University (2006) Learning Framework Document

**External Documentation:**

- i. Quality Assurance Agency (2011) Framework for Higher Qualifications, London, QAA
- ii. UKSCA Guidelines

**21. Other information**

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 rest of your programme handbook and the university regulations.

## Appendix 2: Curriculum Map

### Programme learning outcomes

<b>Knowledge and understanding</b>		<b>Practical skills</b>	
A1	The physiological functioning of the human body during and in response to exercise	C1	Demonstrate mastery of technique and coaching ability across the various exercise modalities
A2	The principles of training and adaptation	C2	Select and administer performance tests with a high level of accuracy
A3	Designing and implementing a sport specific, individualised and periodised programme	C3	Communicate results of research to peers, demonstrating expertise in application of theory and advanced research skills
A4	The validity and reliability of performance tests including data analysis and feedback	C4	Utilise advanced sport techniques
<b>Cognitive skills</b>		<b>Graduate Skills</b>	
B1	Critically evaluate appropriate research and published literature, debate and articulate ideas, protocols and actions	D1	Develop communication and presentation skills
B2	Devise and evaluate a sport-specific training intervention	D2	Demonstrate competent use of information technology



