MSc / PGDip / PGCert Strength and Conditioning

Programme Specification

1. Programme title	MSc Strength and Conditioning (MSc) Post Graduate Diploma Strength and Conditioning (PGDip) Post Graduate Certificate Strength and Conditioning (PGCert)
2. Awarding institution	Middlesex University
3. Teaching institution	Middlesex University
4. Details of accreditation by professional/statutory/regulatory body	N/A
5. Final qualification	MSc/ PGDip/ PGCert Strength and Conditioning
6. Year of validation **Year of amendment**	2019/2020
7. Language of study	English
8. Mode of study	Full-time, part-time (MSc Only), and distance education (DE)

9. Criteria for admission to the programme

Students will require an undergraduate degree in a sport or exercise related field (2.2 or above). Students with undergraduate degrees in non-related areas will be considered subject to relevant industry experience and professional qualifications. Additionally, distance education students will also be required to work within the field of athletic development, this may include professional clubs, governing bodies and/or private athletic training.

Students for whom English is a second language must have achieved IELTS 6.5 (with minimum 6.0 in all components) or equivalent.

If you have relevant qualifications or work experience, academic credit may be awarded towards your Middlesex University programme of study. For further information please visit our Accreditation of Prior Learning page (https://www.mdx.ac.uk/study-with-us/undergraduate/entry-requirements-for-undergraduates/recognition-of-previous-learning).

10. Aims of the programme
The programme aims to: 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 in line with scope of practice for graduate strength and conditioning coach professional standards. 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. Develop soft coaching and self-reflection skills in line with evidence-based practice 6. Prepare the students for the certification requirements of the UKSCA and NSCA.

11. Programme outcomes*	
A. Knowledge and Understanding **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 strength and conditioning training and adaptation 3. Designing and implementing a sport specific, individualised periodised programme for able-bodied, Paralympic and youth athletes 4. 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, case studies and practical demonstrations.
B. 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	**Teaching/learning methods** **Cognitive:** Students learn cognitive skills through lectures, discussions, formative assessment, peer-review of seminar presentations, debates and directed reading.

2. Devise and critically evaluate a sport-specific training intervention 3. Design, implement, document and critically evaluate a series of performance testing and monitoring procedures 4. Demonstrate mastery of technique and coaching ability across the various exercise modalities 5. Select and administer performance tests and movement screens with a high level of accuracy 6. Communicate results of research to peers, demonstrating expertise in application of theory and advanced research skills	**Practical:** Students learn practical skills through attending laboratory classes, formative assessment, practical skills and sessions. **Assessment Method** Students' cognitive skills are assessed by written work, peer-assessment, self-assessment, examinations and case studies. Practical: Students' practical skills are assessed by practical examinations, laboratory reports, and portfolio work. Students also complete a work placement covering exercise delivery, monitoring and performance testing including corrective exercises.
For DE student only – Due to the Corona pandemic the face to face residential is optional for the academic year of 2020-2021. It is strongly suggested that students attend the residential where possible, providing government restriction do not hinder attendance. Should you be unable to attend the residential for the above reason it will NOT impact your ability to complete the course and meet the learning outcomes, therefore providing you with the opportunity to graduate. **For Taught students only –** Due to the Corona pandemic the face to face sessions will be held once a month where every opportunity will be taken in ensuring the safety of the students and tutors. Should COVID-19 result in restrictions to campus attendance, online learning resources will be used to provide remote learning opportunities for laboratory and practical sessions.	

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

12. 1 Overall structure of the programme

MSc Strength and Conditioning (Full Time)				
SES4014	SES4015	SES4030	SES4013	SES4095
Strength and Conditioning Science	Performance Training and Corrective Exercise	Research Methods	Professional Placement	Dissertation
30 credits	30 credits	30 credits	30 credits	60 credits
Semester 1	Semester 2	Semester 1 and 2	Semester 1,2,3	Semester 3
Core		Shared		

MSc Strength and Conditioning (Part Time)				
Year 1			**Year 2**	
SES4014	SES4015	SES4030	SES4013	SES4095
Strength and Conditioning Science	Performance Training and Corrective Exercise	Research Methods	Professional Placement	Dissertation
30 credits	30 credits	30 credits	30 credits	60 credits
Semester 1	Semester 2	Semester 1 and 2	Semester 1,2,3	Semester 1,2,3
Core		Shared	Shared	

Post Graduate Diploma in Strength and Conditioning (PGDip)			
SES4014	SES4015	SES4030	SES4013
Strength and Conditioning Science	Performance Training and Corrective Exercise	Research Methods	Professional Placement
30 credits	30 credits	30 credits	30 credits
Semester 1	Semester 2	Semester 1 and 2	Semester 1,2,3
Core		Shared	

Postgraduate Certificate in Strength and Conditioning (PGCert)	
SES4014	SES4015
Strength and Conditioning Science	Performance Training and Corrective Exercise
30 credits	30 credits
Semester 1	Semester 2
Core	

NB – All modules must be successfully completed in order to gain the full MSc.

12.2 Levels and modules

Level 7 (1)

COMPULSORY	OPTIONAL	PROGRESSION REQUIREMENTS
Students must take all of the following: SES4014 (Strength and Conditioning Science), SES4015 (Performance Training and Corrective Exercise), SES4030 (Research Methods), SES4013 (Professional Placement), SES4095 (Dissertation)	N/A	Must complete SES4030 (Research Methods) before progressing onto SES4095 (Dissertation).

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

13. Curriculum map

See below.

14. Information about assessment regulations

Internal Documentation:

- MU Learning and Quality Enhancement Handbook 2018/19
- Middlesex University Regulations 2019/20

External Documentation:

- Quality Assurance Agency (2014) The Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies, Gloucester: QAA

15. Placement opportunities, requirements and support

Students are required to complete 50 hours of work placement. Students are encouraged to explore organisations that work within the student's area of interest and suitable applications are supported by the Programme Leader.

Where a student is not already working within the field of strength and conditioning/sport science the programme staff may be able to advise of suitable work placements. It should be noted that the program leader and the University offers no guarantee of work/placement and therefore it is strongly encouraged for students to seek opportunities themselves.

In light of the Covid pandemic accessibility to placement maybe compromised due to government restrictions. Therefore, in light of being unable to train athletes face to face (due to Covid) we have accounted for this within our assessment strategy to provide a fair opportunity for students to be assessed appropriately while maintaining our learning outcomes, critical in developing as an S&C coach.

16. Future careers (if applicable)

Career opportunities (full-time and part-time) exist for well-qualified strength and conditioning in both professional and amateur sports.

Previous graduates of the course are currently working in soccer (English Premier League, English Championship, the FA); Rugby (Premiership, Championship); multiple Olympic sports (working for the English Institute of Sport in sports such as taekwondo, wheelchair rugby, para-swimming, triathlon), National Football League (NFL Academy) and Cricket (County and international)

Graduates will also be capable of establishing their own consultancy business or progressing to additional study/research including MPhil/PhD.

17. Particular support for learning (if applicable)

Course content can also be accessed off site via the university MyUniHub platform, where lecture notes, reading material and journals are available.

The university provides library facilities and Academic Writing and statistical support which can be accessed via UniHelp.

18. JACS code (or other relevant coding system)	C600
19. Relevant QAA subject benchmark group(s)	QAA Subject Benchmarking Group: *Medicine* (Master's degree subjects).

20. Reference points

Internal Documentation:

- MU Learning and Quality Enhancement Handbook 2018/19
- Middlesex University Regulations 2019/20

External Documentation:

- Quality Assurance Agency (2014) The Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies, Gloucester: QAA

21. Other information

All students will require access to a computer and the internet in order to access course content.

All students will be required to attend the set assessment dates.

Furthermore, it is suggested that all students have access to a webcam with good quality sound to ensure they receive the best learning experience.

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.

Curriculum map for MSc / PGDip / PGCert Strength and Conditioning

This section shows the highest level at which programme outcomes are to be achieved by all graduates, and maps programme learning outcomes against the modules in which they are assessed.

Programme learning outcomes

Knowledge and Understanding:	
A1	Apply appropriate research methodology in order to advance existing knowledge and inform practice
A2	The principles of strength and conditioning training and adaptation
A3	Designing and implementing a sport-specific, individualised and periodized programme
A4	The validity and reliability of performance tests including data analysis and feedback
Skills:	
B1	Critically evaluate research and published literature, debate and articulate ideas, protocols and actions
B2	Demonstrate an ability to work independently and responsibility as an advanced practitioner in dealing with the elements of unpredictability and complexity that present in practice
B3	Design, implement, document, critically evaluate and communicate a series of performance testing and monitoring procedures
B4	Demonstrate mastery of technique and coaching ability across various exercise modalities

Mapping for MSc/ PGDip / PGCert Strength and Conditioning

Programme Outcomes										
A1	A2	A3	A4	B1	B2	B3	B4			
Highest level achieved by all graduates										
7	7	7	7	7	7	7	7			

Module Title	Module Code by Level	A1	A2	A3	A4	B1	B2	B3	B4
Strength and Conditioning Science	SES4014		X		X			X	
Performance Training and Corrective Exercise	SES4015		X	X				X	X
Research Methods	SES4030				X	X			
Professional Placement	SES4013		X	X			X	X	
Dissertation	SES4095	X			X			X	

Mapping for Postgraduate Diploma in Strength and Conditioning

Programme Outcomes										
A1	A2	A3	A4	B1	B2	B3	B4			
Highest level achieved by all graduates										
7	7	7	7	7	7	7	7			

Module Title	Module Code by Level	A1	A2	A3	A4	B1	B2	B3	B4
Strength and Conditioning Science	SES4014		X		X			X	
Performance Training and Corrective Exercise	SES4015		X	X				X	X
Research Methods	SES4030				X	X			
Professional Placement	SES4013		X	X			X	X	

A1 will not be met in the PGDip

Mapping for Postgraduate Certificate in Strength and Conditioning

Programme Outcomes

A1	A2	A3	A4	B1	B2	B3	B4			
Highest level achieved by all graduates										
7	7	7	7	7	7	7	7			

Module Title	Module Code by Level	A1	A2	A3	A4	B1	B2	B3	B4
Strength and Conditioning Science	SES4014		X		X			X	
Performance Training and Corrective Exercise	SES4015		X	X				X	X

A1, B1 and B2 will not be met in the PGCert