

Programme Specification 2025-26

1.	Programme title	MSc High Performance Sport Management (Distance Education)
2.	Awarding institution	Middlesex University
3a	Teaching institution	Middlesex University London
3b	Language of study	English

4a	Valid intake dates and mode of study
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Mode of Study	Cohort	Delivery Location	Duration
Full-time (FT)	Semester 1	Hendon	1 Years
Part-time (PT)	Semester 1	Hendon	2 Years

4c	Delivery method	Distance Education
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5. Professional/Statutory/Regulatory body (if applicable)
N/A

6.	Apprenticeship Standard (if applicable)	N/A
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7. Final qualification(s) available
Target Award Title(s)
MSc High Performance Sport Management (Distance Education)
Exit Award Title(s)
PGCert High Performance Sport Management (Distance Education)
PGDip High Performance Sport Management (Distance Education)

8. Academic year effective from	2025-26
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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 are welcomed and will be considered at discretion.

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

The University aims to ensure that its admissions processes are fair, open and transparent and aims to admit students who, regardless of their background, demonstrate potential to successfully complete their chosen programme of study where a suitable place exists and where entry criteria are met. The University values diversity and is committed to equality in education and students are selected on the basis of their individual merits, abilities and aptitudes. The University ensures that the operation of admissions processes and application of entry criteria are undertaken in compliance with the Equality Act.

We take a personalised and fair approach to how we make offers. We feel it's important that our applicants continue to aspire to achieving great results and make offers which take into account pieces of information provided to us on the application form.

This includes recognition of prior learning and experience. If you have been working, or you have other learning experience that is relevant to your programme, then we can count this towards your entry requirements and even certain modules once you start studying.

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:

Upon completing this programme, graduates will be fully prepared for a dynamic career in high-performance sport. It is designed for individuals who are passionate about leading performance teams, working with individual athletes, and driving innovation within the high-performance sport sector.

Graduates will have developed a comprehensive range of skills essential for leading multidisciplinary teams, including effective communication, conflict management, and a deep understanding of business management frameworks and psychological processes. They will be adept at interpreting and critically analysing data from various disciplines, enabling them to make unbiased and informed decisions. They will possess the ability to search for and critically appraise literature to inform their practice across multiple fields. Additionally, they will have a thorough understanding of testing and monitoring protocols in areas such as sport injury management, strength and conditioning, performance analysis, and nutrition.

Innovative features of this online, distance education programme include a comprehensive range of topics covering cutting-edge technology and methodologies used in high-performance sport. Students will have an opportunity to attend an in-person residential, which takes place within the London Sport Institute world class facilities. Unique selling

points of the programme are its interdisciplinary approach, combining theoretical knowledge with application, and its focus on developing leadership and management skills tailored to the sports industry. The first of its kind in the UK.

Graduates of this programme will be able to demonstrate a high level of expertise in their chosen field, the ability to lead and manage multidisciplinary teams, and the skills to make informed, data-driven decisions. They will be well-equipped to contribute to the advancement of high-performance sport and to excel in a competitive and evolving industry

11. Programme learning outcomes

Programme - Knowledge and Understanding

On completion of this programme the successful student will have a knowledge and understanding of:

1. Sports performance from an applied and multi-disciplinary perspective.
2. Implementation of theoretical research-based knowledge across sport sub-disciplines
3. How to plan and modify solutions to a variety of problems in the sporting context.
4. Business functions and management processes.
5. Independent problem solving in applied settings.
6. Appropriate research methodology in order to advance existing knowledge and inform practice.

Programme - Skills

On completion of this programme the successful student will be able to:

7. Critically evaluate appropriate research and published literature, debate and articulate ideas, protocols and actions.
8. Design, implement, document and critically evaluate a series of performance testing and monitoring procedures.
9. Devise and critically evaluate sport- specific analyses of performance.
10. Identify and develop skills and capabilities relevant to progression of sport and exercise psychology practice.
11. Communicate advanced concepts and address issues related to sports injury diagnostics and return to play to the multidisciplinary team.
12. Critique and apply methodologies of nutritional status of individuals and assess the derivation and use of energy, macronutrients and micronutrients.

12. Teaching/learning methods

This distance education programme is undertaken via a range of online materials, tutorials and seminars with an optional residential. Resources for those unable to attend the residential on practice-based skills are available on the module pages. Students engage in a mix of synchronous and asynchronous learning through research-informed teaching, pre-recorded online content (in the form of key concept videos), seminars, workshops, and

practice led-learning. A focus on active participation is central, with opportunities for students to lead discussions, collaborate in small groups, and engage in problem-solving tasks. This approach fosters inclusivity, co-leadership, digital literacy, and adaptability; while providing the flexibility for students to learn at their own pace through self-directed study.

Students learn skills through formative and summative assessments, participation in synchronous and asynchronous seminars, practicals (via optional on-campus residential), problem-based learning and workshops. Peer-review, self-reflection skills are also developed. An inclusive curriculum approach is fostered particularly through collaborative working which is embedded throughout the programme.

Graduate competencies are integrated within all modules, and students are given a chance to apply the theory and skills they have learnt in class to practice via the on-campus residential and optional dissertation (practice) module, which encourage student employability. Employer engagement is encouraged and integrated throughout the programme design and delivery through authentic assessments, guest speakers and employability initiatives. The programme has a strong focus on both good health and wellbeing, as well as high quality education, in line with the UN's sustainable development goals.

Approx. number of timetabled hours per week (at each level of study, as appropriate), including on-campus and online hours

FT 8

PT 4

Approx. number of hours of independent study per week (at each level of study, as appropriate)

FT 32

PT 16

Approx. number of hours on placement (including placement, work-based learning or year abroad, as appropriate).

N/A

N/A

13. Employability

13a Development of graduate competencies

13b Employability development

Approaches to learning ensure that graduate competencies are developed. Through problem-based learning, students become adept at problem solving, developing into curious learners who work collaboratively to produce innovative group work. The course encourages applying innovative methodologies to real-world issues within their discipline. Technological agility is supported through various software and online platforms integrated into group work, assessments, and learning. Group and individual presentations enhance communication skills, resilience, and adaptability. High-performance sport is integrated into the curriculum, teaching principles of physical conditioning, mental resilience, and strategic planning. Students engage with sports science and technology, gaining insights into elite athletic training and competition, fostering a culture of excellence and continuous improvement. Additionally, entrepreneurial skills are incorporated, encouraging students to think creatively, identify opportunities, and develop innovative solutions, preparing them to navigate and succeed in dynamic professional

environments.

Employers are engaged in the design and delivery of this programme to ensure that the academic content aligns with industry changes and expectations. Modules in the programme may include guest speakers from leading industry experts and authentic assessments where assessments replicate real-world tasks. Students have a chance to apply what they have learnt into practice, whilst also having the potential to research and impact practice. Combined, this ensures students gain a deeper understanding of industry expectations and enhances students' career readiness and graduate outcomes.

13c Placement and work experience opportunities (if applicable)

N/A

13d Future careers / progression

Graduates of MSc in High Performance Sport Management can look forward to a diverse range of career opportunities in the dynamic sports industry. Potential roles include high-performance managers or leading roles within performance support, and widening their existing skillsets to work as part of a multidisciplinary team that includes sports scientists, strength and conditioning coaches, and performance analysts. These positions are available in various settings such as professional sports teams, national and international performance institutes, university research centres, and government or non-government funded sports programs. Additionally, graduates may find opportunities in sports consultancy, sports facility management, and international sports development. The skills acquired during the program, such as data analysis, strategic planning, and leadership, are highly valued and can lead to impactful careers in enhancing athletic performance and organisational success. Graduates will also be capable of establishing their own consultancy business or progressing to additional study/research including MPhil/PhD.

14. Assessment methods

Knowledge and understanding

Students' knowledge and understanding is assessed by a range of methods such as presentations, written assignments, case studies and placement logbooks. Where appropriate, assessments will be adapted for DE learners.

Skills

Students' skills are assessed by presentations, written assignments, case studies and placement. Finally, via self-reflection and peer review. Where appropriate assessments will be adapted for DE learners.

15. Programme Structure (level of study, modules, credits and progression requirements)

Structure is indicative for Part-time routes.

Students must take all of the compulsory modules and choose following programme requirements from the optional modules.

Non-compensatable modules are noted below.

Available Pathways

Not Applicable

Year 1

Year 1 Level 7 FT and PT

Code	Type	Module Title	Credits at FHEQ Level
SES4074	Compulsory	Integrated Physical Performance 2025-26	30 at Level 7
SES4067	Compulsory	Performance Analysis 2025-26	15 at Level 7
SES4043	Compulsory	Diagnostics in Sport Performance 2025-26	15 at Level 7
SES4075	Compulsory	Sport Psychology and Business Development 2025-26	30 at Level 7
SES4030	Compulsory	Research Methods 2025-26	30 at Level 7
SES4097	Compulsory	Independent Project 2025-26	60 at Level 7

Year 2

Year 2 Level 7 PT

Code	Type	Module Title	Credits at FHEQ Level
SES4097	Compulsory	Independent Project 2026-27	60 at Level 7
SES4030	Compulsory	Research Methods 2026-27	30 at Level 7

*Please refer to your programme page on the website re availability of option modules

16. Programme-specific support for learning

Students studying on Middlesex University London programmes in Distance education modes, will have access to relevant programme-specific software relating to statistical analysis and office-suites.
Academic supervisors from the University are assigned to students to guide them through the shared modules for this programme.

Course content can also be accessed via the University MyMDX learning platform, where all learning materials are available. In addition, University wide services will be available on the same platform.

17. HECos code(s)

100433: Sport and Exercise Sciences

18. Relevant QAA subject benchmark(s)

19. University Regulations

This programme will run in line with general University Regulations: [Policies | Middlesex University](#)

20. Reference points

21. Other information (if applicable)

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 they take 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.

22. Curriculum map for MSc High Performance Sport Management

22a. Programme learning outcomes

Knowledge and understanding

A1	Sports performance from an applied and multi-disciplinary perspective.
A2	Implementation of theoretical research-based knowledge across sport sub-disciplines.
A3	How to plan and modify solutions to a variety of problems in the sporting context.
A4	Business functions and management processes.
A5	Independent problem solving in applied settings.
A6	Appropriate research methodology in order to advance existing knowledge and inform practice.

Skills

B1	Critically evaluate appropriate research and published literature, debate and articulate ideas, protocols and actions.
B2	Design, implement, document and critically evaluate a series of performance testing and monitoring procedures.
B3	Devise and critically evaluate sport- specific analyses of performance.
B4	Identify and develop skills and capabilities relevant to progression of sport and exercise psychology practice.
B5	Communicate advanced concepts and address issues related to sports injury diagnostics and return to play to the multidisciplinary team.
B6	Critique and apply methodologies of nutritional status of individuals and assess the derivation and use of energy, macronutrients and micronutrients.

Programme outcomes - Highest level achieved by all graduates

A1	A2	A3	A4	A5	A6	B1	B2	B3	B4	B5	B6
7	7	7	7	7	7	7	7	7	7	7	7

22b. Mapping by level of study and module

Module Title	Module Code by Level	A 1	A 2	A 3	A 4	A 5	A 6	B 1	B 2	B 3	B 4	B 5	B 6
Integrated Physical Performance	SES4074	✓	✓			✓		✓	✓	✓		✓	✓
Sport Psychology and Business Development	SES4075	✓	✓	✓	✓	✓		✓	✓	✓			
Diagnostics in Sport Performance	SES4043	✓	✓	✓	✓	✓		✓	✓	✓		✓	
Performance Analysis	SES4067	✓	✓			✓		✓	✓		✓		
Research Methods	SES4030	✓						✓			✓		
Independent Project	SES4097	✓					✓						✓