

**DEFINITIVE COURSE RECORD**

|   |   |
|---|---|
| Course Title  | <b>BSc (Hons) Strength and Conditioning</b>   |
| Awarding Bodies   | <b>University of Suffolk</b>  |
| Level of Award <sup>1</sup>                               | <b>FHEQ Level 6</b>   |
| Professional, Statutory and Regulatory Bodies Recognition | <b>None</b>   |
| Credit Structure <sup>2</sup>                             | <b>360 Credits<br/>Level 4: 120 Credits<br/>Level 5: 120 Credits<br/>Level 6: 120 Credits</b>   |
| Mode of Attendance  | <b>Full-time and part-time</b>  |
| Standard Length of Course <sup>3</sup>                    | <b>3 years full-time</b>  |
| Intended Award  | <b>BSc (Hons) Strength and Conditioning</b>   |
| Named Exit Awards   | <b>DipHE Strength and Conditioning<br/>CertHE Strength and Conditioning</b>   |
| Entry Requirements <sup>4</sup>                           | <p><b>Typical Offer:</b></p> <p><b>2018 Entry: 120 UCAS tariff points (or above), BBB (A-Level), DDM (BTEC).</b></p> <p><b>Students taking A-Levels will be required to have a science subject at grade B or above (which may include P.E., Psychology and/or Sport Science).</b></p> <p><b>Students taking a BTEC qualification will need to be studying a Sports Studies/Science related subject.</b></p> |

<sup>1</sup> For an explanation of the levels of higher education study, see the [QAA Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies \(2014\)](#)

<sup>2</sup> All academic credit awarded as a result of study at the University adheres to the [Higher education credit framework for England](#).

<sup>3</sup> Where the course is delivered both full-time and part-time, the standard length of course is provided for the full-time mode of attendance only. The length of the part-time course is variable and dependent upon the intensity of study. Further information about mode of study and maximum registration periods can be found in the [Framework and Regulations for Undergraduate Awards](#).

<sup>4</sup> Details of standard entry requirements can be found in the [Admissions Policy](#)

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|                           |         |
|---------------------------|---------|
| Delivering Institution(s) | Ipswich |
| UCAS Code                 | C606    |

This definitive record sets out the essential features and characteristics of the BSc (Hons) Strength and Conditioning course. The information provided is accurate for students entering level 4 in the 2019-20 academic year.<sup>5</sup>

### Course Summary

Strength and Conditioning practitioners help lead the physical development and conditioning of athletes for elite sport performance, and assist medical teams with exercise-based rehabilitation. They support the complete development of athletes, using scientific evidence to substantiate their directing of training design, to improve physical performance and reduce injury risk. They possess a comprehensive understanding of how the human body functions during sport performance, and work in both exercise laboratory and sports field environments. Modern technologies allow the Strength and Conditioning practitioner to work with immediate information on the physical work performed by every athlete, during every second of every training session and competition. This enables the sport scientist to adjust training requirements for a specific athlete, or a whole team, to maximize competitive performance. Strength and Conditioning practitioners also use their expertise to avoid over-training of athletes during long competitive seasons.

Students will gain the theoretical knowledge and practical skillset required to practice in elite sport. Subject themes focus on specialist strength and conditioning topics, and develop the core disciplines of sport and exercise science (specifically biomechanics and physiology). This includes athlete growth and maturation phases, and agility, strength, power, and sport-specific functional performance. Physiology topics include cardiorespiratory and musculoskeletal demands of various sports, nutrition strategies to aid sport performance and recovery, and the use of technologies to monitor and prescribe athlete-conditioning programmes.

This degree is specially designed to provide students with the theoretical knowledge and practical skillset required to work in Strength and Conditioning in elite sport settings. The degree blends university education and research-based learning.

### Course Aims

- Enable students to make effective use of their knowledge and understanding of the principles of strength and conditioning
- Engender in students a critical understanding of the role of strength and conditioning within the sport sciences
- Provide students with the knowledge and skills required for employment, both within the field of strength and conditioning, and general graduate level employment

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<sup>5</sup> The University reserves the right to make changes to course content, structure, teaching and assessment as outlined in the [Admissions Policy](#).

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- Develop the skills necessary for the coherent communication of scientific data and information
- Develop students' ability to monitor and critically evaluate human responses to strength and conditioning testing procedures
- Engender in students the necessary skills to critically evaluate contemporary strength and conditioning science research literature
- Engage students with the contemporary developments in strength and conditioning science, and the meaning for applied practice in elite sport environments
- Provide students with an understanding of the multidisciplinary approach utilised in strength and conditioning to optimise human physical function
- Equip students with the knowledge and skills required to operate in the highly demanding field of elite sport science support
- Make a meaningful contribution to the development of sport science in the region, and beyond
- Enable students to become independent learners

### Course Learning Outcomes

The following statements define what students graduating from the BSc (Hons) Strength and Conditioning course will have been judged to have demonstrated in order to achieve the award. These statements, known as learning outcomes, have been formally approved as aligned with the generic qualification descriptor for level 6 awards as set out by the UK Quality Assurance Agency (QAA).<sup>6</sup>

Demonstrate systematic and critical knowledge of:

1. The biomechanical implications of supporting athletes of varying ages when managing strength and conditioning strategies
2. The variety of complex strength and conditioning support needs in elite sport
3. The meaning and applied value of contemporary research evidence for managing strength and conditioning support strategies in elite sport settings
4. Demonstrate inventiveness in dealing with complex issues in elite sport settings
5. Identify gaps in existing knowledge and justify the need for conducting original research in sport strength and conditioning

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<sup>6</sup> As set out in the [QAA Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies \(2014\)](#)

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6. Use contemporary equipment and technologies to test, analyse and monitor athlete development, and responses to strength and conditioning interventions
7. Demonstrate sound professional competencies when working with child and youth athletes

### Course Design

The design of this course has been guided by the following QAA Benchmark:

- Hospitality, Leisure, Sport and Tourism (2016)

### Course Structure

The BSc (Hons) Strength and Conditioning comprises modules at levels 4, 5 and 6.

Module Specifications for each of these modules are included within the course handbook, available to students on-line at the beginning of each academic year.

|         | Module   | Credits | Module Type <sup>7</sup> |
|---------|--|---------|--------------------------|
| Level 4 |  |         |                          |
|         | Introduction to Strength and Conditioning        | 20      | R                        |
|         | Science in Sport                                 | 20      | R                        |
|         | Introduction to Exercise Physiology              | 20      | R                        |
|         | Mechanics of Human Movement                      | 20      | R                        |
|         | Principles of Coaching                           | 20      | R                        |
|         | Educating Athletes                               | 20      | R                        |
| Level 5 |  |         |                          |
|         | Applied Strength and Conditioning                | 40      | M                        |
|         | Exercise Physiology                              | 20      | O                        |
|         | Sport and Exercise Biomechanics                  | 20      | O                        |
|         | Exercise Metabolism                              | 20      | O                        |
|         | Research Methods for Sport and Exercise Sciences | 20      | M                        |
|         | Statistics for Sport and Exercise Sciences       | 20      | M                        |
|         |  |         |                          |

<sup>7</sup> Modules are designated as either mandatory (M), requisite (R) or optional (O). For definitions, see the [Framework and Regulations for Undergraduate Awards](#)

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| Level 6 |  |    |   |
|---------|--|----|---|
|         | Dissertation                                 | 40 | M |
|         | Designing Sport Specific Periodised Training | 20 | M |
|         | Ergonomics in Sport                          | 20 | O |
|         | Clinical Exercise Biomechanics               | 20 | O |
|         | Sports Performance Physiology                | 20 | O |
|         | Nutrition for Sport Performance              | 20 | O |
|         | Reflective Practice for Sports Professionals | 20 | M |

### Awards

On successful completion of the course, students will be awarded a BSc (Hons) Strength and Conditioning. Students who leave the course early may be eligible for a DipHE Strength and Conditioning on successful completion of 240 credits including all mandatory modules at levels 4 and 5, or a CertHE Strength and Conditioning on successful completion of 120 credits including all mandatory modules at level 4.

### Course Delivery

The course is delivered at Ipswich. Students studying full-time on the BSc (Hons) Strength and Conditioning course are likely to have approximately 300 contact hours for level 4, 300 contact hours for level 5, and 300 contact hours for level 6. The contact hours will be a mix of lecture, practical activity, workshop and seminar. Students will normally be expected to undertake 36 hours of independent study/practice in an average week, but should be prepared for this to vary based on assignment deadlines and class exercises.

### Course Assessment

A variety of assessments will be used on the course to enable students to experience and adapt to different assessment styles. The assessment methods used will be appropriate to assess each module's intended learning outcomes. Assessment on the course overall will be approximately 75% coursework (including essays, reports, presentations, group work, reflective learning journals, research projects and practical observations) and 25% written and practical examinations.

### Course Team

The BSc (Hons) Strength and Conditioning course is offered within the School of Science, Technology and Engineering. All staff are qualified in their subjects with their own specialist knowledge to contribute. Profiles of the academic staff who deliver the course are available [online](#).

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**Course Costs**

Students undertaking BSc (Hons) Strength and Conditioning will be charged tuition fees as detailed below:

| Student Group           | Tuition Fees                |
|-------------------------|-----------------------------|
| Full-time UK/EU         | £9,250 per year             |
| Part-time UK/EU         | £1,454 per 20 credit module |
| Full-time International | £13,330 per year            |
| Part-time International | £2,220 per 20 credit module |

Payment of tuition fees is due at the time of enrolment and is managed in accordance with the Tuition Fee Policy.

**Academic Framework and Regulations**

This course is delivered according to the Framework and Regulations for Undergraduate Awards and other academic policies and procedures of the University and published on the [website](#).