

DEFINITIVE COURSE RECORD

Course Title	MSci Strength and Conditioning
Awarding Bodies	University of Suffolk
Level of Award ¹	FHEQ Level 7
Professional, Statutory and Regulatory Bodies Recognition	None
Credit Structure ²	480 Credits Level 4: 120 Credits Level 5: 120 Credits Level 6: 120 Credits Level 7: 120 Credits
Mode of Attendance	Full-time and Part-time
Standard Length of Course ³	4 years full-time
Intended Award	MSci Strength and Conditioning
Named Exit Awards	BSc (Hons) Strength and Conditioning DipHE Strength and Conditioning CertHE Strength and Conditioning
Entry Requirements ⁴	<p>Typical Offer:</p> <p>2017 Entry: 120 UCAS tariff points (or above), BBB (A-Level), DDM (BTEC).</p> <p>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).</p> <p>Students taking a BTEC qualification will need to be studying a Sports Studies/Science related subject.</p>
Delivering Institution(s)	Ipswich
UCAS Code	C630

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

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

³ 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](#).

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

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This definitive record sets out the essential features and characteristics of the MSci Strength and Conditioning course. The information provided is accurate for students entering level 4 in the 2017-18 academic year.⁵

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 four-year Integrated Master's degree combines undergraduate and postgraduate study into a single degree. It 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
- 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

⁵ 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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- Enable students to evaluate the efficacy of strength and conditioning exercise protocols and prescribe appropriate and critically justified training interventions
- 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
- Enable students to develop their independent postgraduate research skills in the field of strength and conditioning science
- 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 MSci 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 7 awards as set out by the UK Quality Assurance Agency (QAA).⁶

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
6. Meaningfully contribute to long-term athlete development programmes in elite sport settings with strength and conditioning detail
7. Use contemporary equipment and technologies to test, analyse and monitor athlete development, and responses to strength and conditioning interventions

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

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8. Demonstrate sound professional competencies when working with child and youth athletes
9. Consistently show ability to work autonomously with complex subject matter, and make confident, correct decisions in demanding environments

Course Design

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

- Hospitality, Leisure, Sport and Tourism (2008)

Course Structure

The MSci Strength and Conditioning comprises modules at levels 4, 5, 6 and 7.

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
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
	Introduction to Sport and Exercise Psychology	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
Level 6			
	Dissertation	40	M
	Designing Sport Specific Periodised Training	20	M
	Ergonomics in Sport	20	O
	Clinical Exercise Biomechanics	20	O

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	Sports Performance Physiology	20	O
	Nutrition for Sport Performance	20	O
	Reflective Practice for Sports Professionals	20	M
Level 7			
	Masters Dissertation	60	M
	Managing Strength and Biomechanical Conditioning Strategies in Sport	40	O
	Managing Physiological Conditioning, Recovery and Nutrition Strategies in Sport	40	O
	Professional Practice and Ethics	20	M

Awards

On successful completion of the course, students will be awarded an MSci Strength and Conditioning. Students who leave the course early may be eligible for a BSc (Hons) Strength and Conditioning on successful completion of 360 credits including all mandatory modules at levels 4, 5 and 6, or 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 MSci Strength and Conditioning course are likely to have approximately 300 contact hours for level 4, 300 contact hours for level 5, 300 contact hours for level 6 and 300 contact hours for level 7. 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 MSci Strength and Conditioning course is offered within the Department of Science and Technology in the Faculty of Health, Science and Technology. 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 MSci 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	£11,580 per year
Part-time International	£1,930 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 Integrated Master's Awards and other academic policies and procedures of the University and published on the [website](#).