

**KEY PROGRAMME INFORMATION**

<b>Originating institution(s)</b> Bournemouth University	<b>Faculty responsible for the programme</b> Faculty of Health and Social Sciences
<b>Final award(s), title(s) and credit</b> Master of Science (MSc) Strength and Conditioning (180 credits; 90 ECTS credits)	
<b>Intermediate award(s), title(s) and credits</b> Postgraduate Certificate of Higher Education (PGCert) Strength and Conditioning (60 credits; 30 ECTS credits)  Postgraduate Diploma of Higher Education (PGDip) Strength and Conditioning (120 credits; 60 ECTS credits)	
<b>UCAS Programme Code(s) (where applicable and if known)</b>	<b>HECoS (Higher Education Classification of Subjects) Code and balanced or major/minor load</b>  100433 - Sport and Exercise Science 100372 - Information Technology 101278 - Employability 100095 - Sports Coaching 100962 - Research Skills
<b>External reference points</b> QAA UK Quality Code for Higher Education (2018); Quality Assurance Agency for Higher Education Subject Benchmark Statements for Events, Hospitality, Leisure, Sport and Tourism (2019); Part A: Setting and maintaining academic standards; Chapter A1: UK and European reference points for academic standards (October 2013) - incorporates Framework for Higher Education Qualifications, and subject benchmark statements;  <a href="#">UK Strength and Conditioning Association (UKSCA)</a>  <a href="#">National Strength and Conditioning Association (NSCA)</a> <a href="#">NSCA (Certified Strength and Conditioning Specialist)</a>	
<b>Professional, Statutory and Regulatory Body (PSRB) links</b> Not applicable	
<b>Places of delivery</b> Bournemouth University, Talbot and Lansdowne Campus	
<b>Mode(s) of delivery</b> Full- time Part- time	<b>Language of delivery</b> English
<b>Typical duration</b> Full-time 12 months, including 150-hour placement Part-time 24 months, including 150-hour placement	
<b>Date of first intake</b> September 2024	<b>Expected start dates</b> September

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<b>Maximum student numbers</b> Not applicable	<b>Placements</b> Placement, of at least 150 hours, is compulsory. The placement will typically be undertaken during semester 2 and 3. Students are required to identify and organise their own placement, but a dedicated placement development coordinator and advisor will be available to assist students where necessary.
<b>Partner(s)</b> Not applicable	<b>Partnership model</b> Not applicable
<b>Date of this Programme Specification</b> March 2024	
<b>Version number</b> 1.0-0924	
<b>Approval, review or modification reference numbers</b> E232422 EC242502 – no change to version number	
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**Programme Specification - Section 2**

**PROGRAMME STRUCTURE**

<b>Programme Award and Title: MSc Strength and Conditioning</b>									
<b>Level 7</b>									
Students are required to complete all 6 core units and 1 optional unit.									
Unit Name	Core/ Option	No. of Credits	Assessment Element Weightings				Expected Contact hours per unit	Unit Version No.	HECoS Code (plus balanced or major/ minor load)
			Exam 1	Exam 2	Cwk 1	Cwk 2			
Advanced Physiological Responses to Exercise	Core	20	50%		50%		36	HSS 1.0	100433 (Major)
Neuromuscular Adaptation	Core	20			100%		36	HSS 1.0	100095 (Balanced) 100433 (Balanced)
Periodisation and Programme Design	Core	20			100%		36	HSS 1.0	100095 (Balanced) 100433 (Balanced)
Practical Strength and Conditioning	Core	20	100%				36	HSS 1.0	100095 (Balanced) 100433 (Balanced)
Independent Project	Core	60			100%		36	HSS 1.0	100433 (Balanced) 100372 (Balanced) 100962 (Balanced)
Professional Practice and Placement	Core	20			25%	75%	36	HSS 1.0	100433 (Balanced) 101278 (Balanced)
Insights through Data Visualisation	Option	20			100%		36	HSS 1.0	100358 (Major)
Data Science for Sport	Option	20			100%		36	HSS 1.0	100358 (Major)
Nutrition, Health and Psychology	Option	20			100%		30	HSS 2.0	100247 (Major)
Understanding Safe Sport	Option	20			100%		36	BUBS 1.0	100095 (Major)
Inclusive Practices in Sport	Option	20			100%		26	BUBS 1.0	100095 (Major)
<b>Exit qualification:</b>									
Master of Science (MSc) Strength and Conditioning requires 180 credits at Level 7									
Postgraduate Certificate of Higher Education (PGCert) Strength and Conditioning requires 60 credits at Level 7									
Postgraduate Diploma of Higher Education (PGDip) Strength and Conditioning requires 120 credits at Level 7									

### AIMS OF THE DOCUMENT

The aims of this document are to:

- define the structure of the programme;
- specify the programme award titles;
- identify programme and level learning outcomes;
- articulate the regulations governing the awards defined within the document.

### AIMS OF THE PROGRAMME

The profession of strength and conditioning is crucial for optimizing athletic performance and resilience. By applying evidence-based training methodologies and personalized programming, strength and conditioning professionals play a pivotal role in enhancing athletes' physical capabilities, resilience, and overall well-being. This programme is crafted with a practical focus, emphasising the application and evolution of theory in real-world scenarios to cultivate skilled and professional practitioners.

This programme aims to develop critically informed, agile and resourceful graduates, who:

- Independently analyse and address complex and unpredictable issues within the field of strength and conditioning, integrating a range of traditional, contemporary, and innovative approaches.
- Apply a contemporary understanding of knowledge and critical awareness to identify and solve current problems in strength and conditioning, utilising evidence-based interventions and communicating findings effectively.
- Critically apply established techniques, procedures, and methodologies in strength and conditioning to cater to diverse populations, while adeptly communicating these concepts to both specialist and non-specialist audiences.
- Exhibit essential graduate employment skills, including creativity, adaptability, flexibility, independent learning, initiative, and personal responsibility, necessary for effectively managing professional practice challenges in the sport and exercise industry.
- Contribute to the advancement of knowledge within the profession through comprehensive independent study relevant to their area of interest, demonstrating independence, originality, and the ability to effectively communicate conclusions and recommendations to various audiences.

This programme has been aligned to the Quality Assurance Agency for Higher Education Subject Benchmark Statements for Events, Hospitality, Leisure, Sport and Tourism (2019) and the contents are aligned to the United Kingdom Strength and Conditioning Association (UKSCA) personal accreditation. Examples of unique features, include:

- Developing professional skills through real-world placement experiences, working with different populations in practical settings, incorporating guest speakers and field trips.
- Theory and knowledge are complemented by practical application using specialist spaces throughout, including computer suites and field settings.
- Research is embedded with the aim of providing the tools for evidence-based practice, develop critical thinking and challenging the traditional methods where appropriate.
- Inter- and Multidisciplinary team-based learning is embedded within at least one unit, allowing cross-fertilisation of ideas and experiences from other sport or nutrition-based MSc programmes.
- Choice of option units in semester 1 to tailor the programme to the students desired path.
- BU is proud of its reputation as a leading university in sustainability therefore UNSDGs are strongly embedded throughout the programme (BU is currently ranked in the top 3% of universities across the world in the THE Impact Rankings 2022 for our contribution to the UNSDGs).

### **ALIGNMENT WITH THE UNIVERSITY'S STRATEGIC PLAN**

MSc Strength and Conditioning is aligned with Bournemouth University's 2025 (BU2025) strategic vision to be recognised world-wide as a leading university for inspiring learning, advancing knowledge, and enriching society through the Fusion of education, research and practice. The BU2025 core values of excellence, inclusivity, creativity and responsibility in order to impact society are explicitly reflected in the aims and outcomes of the MSc Strength and Conditioning degree which seeks to develop graduates who, not only have the detailed knowledge and understanding of the theory underpinning the various sub-disciplines within sports science, but have the skills to apply this knowledge to meet the diverse needs of different populations and individuals within various sporting contexts.

This programme embeds a distinctive Fusion learning approach into content delivery and assessment. The curriculum is both research-led and practice based. It contains opportunities for students to co-create and engage with guest industry speakers, local community stakeholders and elite sport clubs through learning and assessment. There is a comprehensive range of co-curricular learning opportunities for students to enhance their experience and develop transferable skills for employment, entrepreneurship, or further study and in addition, all students engage in a placement (minimum 150 hours) with the opportunity for international study. Crucially, the programme provides opportunities for interdisciplinary learning within units of study whilst maintaining a core strength and conditioning focus underpinned by BU2025. The curriculum supports students to develop graduate attributes including collaboration and teamwork, citizenship and societal contribution, global outlook, and innovation.

Through our wider postgraduate community, we aim to drive social and economic growth and advance knowledge by fostering creativity and innovation to positively impact the world and the challenge it faces.

More details of Bournemouth University's Strategic plan can be found here:

<https://www.bournemouth.ac.uk/about/bu2025-our-vision-values-strategic-plan>

#### **Technology Enhanced Learning (TEL)**

The programme strategy on Technology Enhanced Learning to enhance the student experience is expressed principally using the current Virtual Learning Environment, 'Brightspace'.

The Strength and Conditioning programme uses 'Panopto' technology to record theory sessions so that students can use/review content at a time of their convenience. This supports the notion of flipped classroom, where students are asked to review material before attending class so that the classroom time can be used interactively. This is important in learning approaches that involve interprofessional units.

Students are exposed to the use of broader social media to support professional learning. Digital healthcare is a research interest within the Faculty and students are able to benefit from extra-curricular workshops and study events which explore its use in modern health provision demonstrating the transferability of core skills developed within the programme.

#### **Employability**

Employability skills will be developed through the units of study embedded within the programme, as presented in the unit specifications. All students will further develop their professional practice by completing a core placement.

Student placements and sharing of education and research with employers enables staff to benchmark the skills required by employers and integrate them into the programmes.

#### **Entrepreneurship**

To introduce students to the possibilities of entrepreneurship, an extra curriculum event will be provided within the academic year.

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### **Globalisation**

The MSc Strength and Conditioning programme warmly welcomes international students, offering a global perspective to enhance the learning experience. The flexibility of the programme is demonstrated through the opportunity for student placements abroad, providing valuable international exposure. Moreover, the institution has established student exchange partnerships, with ongoing efforts to develop additional programme exchanges. To further enrich their educational journey, students can also take advantage of the Turing scheme, ensuring access to a diverse range of opportunities and experiences beyond the borders of their home institution.

### **Sustainability**

The MSc Strength and Conditioning programme aligns itself with the UN Sustainable Development Goals. All programme units have at least one UNSDG mapped against them. Where possible, units include online resources and documentation along with online submission for assessments, which will be more environmentally friendly than a paper document.

## **LEARNING HOURS AND ASSESSMENT**

Bournemouth University taught programmes are composed of units of study, which are assigned a credit value indicating the amount of learning undertaken. The minimum credit value of a unit is normally 20 credits, above which credit values normally increase at 20-point intervals. 20 credits are the equivalent of 200 study hours required of the student, including lectures, seminars, assessment, and independent study. 20 University credits are equivalent to 10 European Credit Transfer System (ECTS) credits.

The assessment workload for a unit considers the total time devoted to study, including the assessment workload (i.e. formative and summative assessment) and the taught elements and independent study workload (i.e. lectures, seminars, preparatory work, practical activities, reading, critical reflection).

Assessment per 20 credit unit should normally consist of 3,000 words or equivalent. Level 7 Final Projects are distinct from other assessment types.

## **STAFF DELIVERING THE PROGRAMME**

Students will usually be taught by a combination of senior academic staff with others who have relevant expertise including, where appropriate according to the content of the unit, qualified professional practitioners, demonstrators/technicians and research students.

**INTENDED LEARNING OUTCOMES – AND HOW THE PROGRAMME ENABLES STUDENTS TO ACHIEVE AND DEMONSTRATE THE INTENDED LEARNING OUTCOMES**

**PROGRAMME (LEVEL 7) INTENDED PROGRAMME OUTCOMES**

<p><b>A: Subject knowledge and understanding</b></p> <p>This programme provides opportunities for students to develop and demonstrate knowledge and understanding of:</p>	<p>The following learning and teaching and assessment strategies and methods enable students to achieve and to demonstrate the programme learning outcomes:</p>
<p>A1. Critically analyse literature on physiological and biomechanical adaptations to diverse physical training methods, encompassing acute and chronic responses.</p> <p>A2. Critically appraise knowledge of motor learning and control theories with a critical perspective in strength and conditioning practice.</p> <p>A3. Critically evaluate current understanding of the dose-response relationship in physical training, considering factors such as intensity, volume, and frequency.</p> <p>A4. Critically evaluate planning and programming strategies within various models of periodisation used by strength and conditioning practitioners, incorporating appropriate testing, training, monitoring, and recovery strategies tailored to individual needs.</p> <p>A5. Effectively convey knowledge and expertise to athletes and coaches across a variety of settings, showcasing the development of coaching practice through behaviour modification and problem-based learning.</p>	<p>Learning and teaching strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> <li>• Lectures (A1, A2, A3)</li> <li>• Seminars (A1, A2, A3, A4, A5)</li> <li>• Directed reading (A1, A3, A4)</li> <li>• Use of the VLE (A1, A2, A3, A4)</li> <li>• Independent study (A1, A2, A3, A4, A5)</li> <li>• Group work (A2, A3, A4, A5)</li> <li>• Independent research (A1, A3, A4, A5)</li> <li>• Placement (A2, A3, A4, A5)</li> </ul> <p>Assessment strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> <li>• Practical Exam (A2, A5)</li> <li>• Written Essay/Report (A1, A2, A3)</li> <li>• Presentation (A1, A3, A4, A5)</li> <li>• Portfolio (A2, A3, A4)</li> <li>• Infographic (A3)</li> <li>• Dissertation / Research Report (A1, A2, A3)</li> </ul>
<p><b>B: Intellectual skills</b></p> <p>This programme provides opportunities for students to:</p>	<p>The following learning and teaching and assessment strategies and methods enable students to achieve and to demonstrate the programme outcomes:</p>
<p>B1. Demonstrate an ability to fully engage in postgraduate level academic inquiry through the application of cognitive skills, including critical thinking, analysis, and synthesis, to systematically address and evaluate complex issues within the field of strength and conditioning.</p> <p>B2. Showcase self-direction and originality by identifying, analysing, and formulating creative solutions, while evaluating strategies within the context of strength and conditioning, developing a capacity for innovative problem-solving and strategic thinking.</p>	<p>Learning and teaching strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> <li>• Lectures (B1, B3, B4, B5)</li> <li>• Seminars (B1, B2, B4, B5)</li> <li>• Directed reading (B1, B2, B3, B4, B5)</li> <li>• Use of the VLE (B1, B4, B5)</li> <li>• Independent study (B1, B2, B3, B4, B5)</li> <li>• Group work (B1, B2, B4, B5)</li> <li>• Independent research (B1, B2, B4, B5)</li> <li>• Placement (B2, B4, B5)</li> </ul>

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<p>B3. Critically analyse and appreciate diverse perspectives, values, and strategies of applied practitioners in the field, synthesising these with theory to address complex issues systematically and creatively with clear communication to both specialist and non-specialist audiences.</p> <p>B4. Design, implement, and evaluate research in a contemporary area of strength and conditioning, demonstrating a critical analysis of the research process, appropriate research methods, and the analysis, interpretation, and dissemination of data.</p> <p>B5. Systematically evaluate information from various sources and synthesise it to arrive at reflective and informed conclusions.</p>	<p>Assessment strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> <li>• Practical Exam (B1, B2, B5)</li> <li>• Written Essay/Report (B1, B2, B3)</li> <li>• Presentation (B1, B3, B4, B5)</li> <li>• Portfolio (B2, B3, B4, B5)</li> <li>• Infographic (B1, B2, B4, B5)</li> <li>• Dissertation / Research Report (B1, B2, B4, B5)</li> </ul>
<p><b>C: Practical skill</b></p> <p>This programme provides opportunities for students to:</p>	<p>The following learning and teaching and assessment strategies and methods enable students to achieve and to demonstrate the programme learning outcomes:</p>
<p>C1. Demonstrate an ability to work independently and responsibly as an advanced practitioner, dealing with unpredictability and complexity in practice. Critically evaluate published literature and practical approaches, articulating ideas, protocols, and actions with expertise in the application of theory and advanced research skills.</p> <p>C2. Demonstrate competency in delivering strength and conditioning services, showcasing industry-required practical competencies, strategies and planning ability.</p> <p>C3. Develop and implement critical self-reflection and an independent, autonomous approach to learning for continuing professional and personal development as a reflective practitioner to build effective relationships with stakeholders.</p> <p>C4. Devise and critically evaluate sport-specific analyses of performance, demonstrating mastery of strength and conditioning coaching practices and techniques. Select and administer appropriate analyses relevant to theoretical principles and within applied contexts, communicating results effectively to peers.</p>	<p>Learning and teaching strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> <li>• Lectures (C2, C3, C4)</li> <li>• Seminars (C2, C3)</li> <li>• Directed reading (C1, C2, C3, C4)</li> <li>• Use of the VLE (C1, C2)</li> <li>• Independent study (C1, C2, C3, C4)</li> <li>• Group work (C3, C4)</li> <li>• Independent research (C1, C2, C4)</li> <li>• Placement (C1, C2, C3, C4)</li> </ul> <p>Assessment strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> <li>• Practical Exam (C1, C2, C4)</li> <li>• Written Essay/Report (C1, C2, C3)</li> <li>• Presentation (C1, C3, C4, C5)</li> <li>• Portfolio (C1, C2, C3)</li> <li>• Infographic (C1, C2)</li> <li>• Dissertation / Research Report (C1, C4)</li> </ul>
<p><b>D: Transferable skills</b></p> <p>This programme provides opportunities for students to:</p>	<p>The following learning and teaching and assessment strategies and methods enable students to achieve and to demonstrate the programme learning outcomes:</p>
<p>D1. Effectively communicate information, ideas, problems, and solutions to both specialist and non-specialist audiences using various media sources. Develop the ability to make decisions and apply initiative in planning and managing projects, meeting the needs of diverse stakeholders involved.</p>	<p>Learning and teaching strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> <li>• Lectures (D1, D3, C4)</li> <li>• Seminars (D1, D3)</li> <li>• Directed reading (D1, D2, D3, D4)</li> </ul>



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<p>D2. Demonstrate initiative and personal responsibility when working alone or collaboratively on applied problems or tasks. Use systematic and creative methods to make decisions in complex applied situations and communicate conclusions clearly to relevant audiences.</p> <p>D3. Communicate effectively with a wide range of individuals using various means, demonstrating self-awareness and sensitivity to diversity in people and contexts, including issues of sustainability. Take personal responsibility for conducting oneself in a professional manner, emphasizing time management, prioritisation, and accountability.</p> <p>D4. Take responsibility for personal and professional learning and development, acting autonomously, considering wellbeing in planning and implementing tasks. Utilise problem-solving skills in a variety of theoretical and practical situations, fostering a holistic approach to learning and personal growth.</p>	<ul style="list-style-type: none"><li>• Use of the VLE (D1, D2, D3, D4)</li><li>• Independent study (D1, D4)</li><li>• Group work (D1, D2, D3, D4)</li><li>• Independent research (D1, D2, D4)</li><li>• Placement (D1, D2, D3, D4)</li></ul> <p>Assessment strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"><li>• Practical Exam (D1, D2, D3)</li><li>• Written Essay/Report (D2, D3)</li><li>• Presentation (D1, D2, D4)</li><li>• Portfolio (D1, D2, D4)</li><li>• Infographic (D2, D3)</li><li>• Dissertation / Research Report (D2, D3)</li></ul>
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Programme Specification - Section 2

Programme Skills Matrix

Units (In order of delivery)		Programme Intended Learning Outcomes																	
		A 1	A 2	A 3	A 4	A 5	B 1	B 2	B 3	B 4	B 5	C 1	C 2	C 3	C 4	D 1	D 2	D 3	D 4
L E V E L 7	Advanced Physiological Responses to Exercise	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓		
	Neuromuscular Adaptation	✓	✓		✓	✓	✓		✓		✓			✓					
	Data Science for Sport (Option)			✓		✓		✓	✓	✓			✓		✓	✓			
	Insights through Data Visualisation (Option)			✓		✓		✓		✓			✓	✓	✓	✓	✓		
	Nutrition, Health and Psychology (Option)			✓		✓						✓		✓					
	Understanding Safe Sport (Option)					✓	✓	✓			✓						✓		✓
	Inclusive Practices in Sport (Option)					✓	✓	✓			✓					✓	✓		✓
	Professional Practice and Placement		✓	✓	✓	✓	✓		✓	✓		✓	✓		✓	✓	✓	✓	✓
	Practical Strength and Conditioning	✓	✓	✓	✓		✓		✓			✓		✓	✓		✓	✓	✓
	Periodisation and Programme Design		✓	✓	✓		✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓
Independent Project	✓	✓	✓			✓	✓		✓	✓	✓			✓		✓	✓		

## **ADMISSION REGULATIONS**

Admissions regulations for this programme can be found here: [Courses | Bournemouth University](#)

## **PROGRESSION ROUTES**

Recognition arrangements provide formally approved entry or progression routes through which students are eligible to apply for a place on a programme leading to a BU award. Recognition does not guarantee entry onto the BU receiving programme only eligibility to apply. In some cases, additional entry criteria such as a Merit classification from the feeder programme may also apply. Please see the [recognition register](#) for a full list of approved Recognition arrangements and agreed entry criteria.

## **ASSESSMENT REGULATIONS**

The regulations for this programme are the University's Standard Postgraduate Assessment Regulations.

<https://intranetsp.bournemouth.ac.uk/pandptest/6a-standard-assessment-regulations-postgraduate.pdf>

## **WORK BASED LEARNING (WBL) AND PLACEMENT ELEMENTS**

All students will undertake a short placement consisting of at least 150 hours. Placements sit within the 'Professional Practice and Placement' unit.