

Strength and Conditioning

Final award	MSc
Intermediate awards available	PgCert, PgDip
UCAS code	N/A
Details of professional body accreditation	N/A
Relevant QAA Benchmark statements	N/A
Date specification last up-dated	December 2014

Profile

The summary - programme advertising leaflet

Programme content

This modular programme aims to produce postgraduate students with a sound knowledge of both the theoretical and practical aspects of strength and conditioning, as well as the necessary skills to undertake individual and collaborative research. All students take two specialist subject modules, one optional module and a core module in research skills. To complete the Master's programme, students undertake an individual research project.

MSc Strength and Conditioning at UEL

This programme will blend theory and practice of strength and conditioning to develop individuals with excellent background knowledge and practical experience. This will develop practitioners who will benefit from the 2012 games and their legacy. The main features of the programme include:

- Sound scientific knowledge
- Development of practical skills and experience
- Links with professional sporting organisations
- State of the art laboratories
- An 'Applied' focus throughout
- A broad range of optional modules^a

Admission requirements

For entry to this programme, students are required to have a minimum of a second-class undergraduate honours degree from a UK university in a relevant subject area e.g. sport science or an equivalent qualification and/or experience. Overseas qualifications must be assessed as equivalent to the above by NARIC. All students admitted to the University are required to have GCSE at grade C in maths and English (or equivalent).

In the case of applicants whose first language is not English, then an IELTS score of 6.0 (with a minimum of 6.0 in all components) or equivalent is required. International

qualifications will be checked for appropriate matriculation to UK Higher Education postgraduate programmes.

Students that apply to enter stages of the programme may be admitted through normal Accreditation of Experiential Learning (AEL) or Accreditation of Certificated Learning (ACL) processes, or through an approved articulation agreement. Therefore such applicants must be able to demonstrate and evidence that they have the required learning outcomes as listed in the modules for which they are seeking exemption.

Applicants whose qualifications do not conform to these criteria may be admitted to the programme at the admission tutors discretion, only if they are likely to be successful in gaining an award. This will normally involve an interview.

At UEL we are committed to working together to build a learning community founded on equality of opportunity - a learning community which celebrates the rich diversity of our student and staff populations. Discriminatory behaviour has no place in our community and will not be tolerated. Within a spirit of respecting difference, our equality and diversity policies promise fair treatment and equality of opportunity for all. In pursuing this aim, we want people applying for a place at UEL to feel valued and know that the process and experience will be transparent and fair and no one will be refused access on the grounds of any protected characteristic stated in the Equality Act 2010.

Programme structure

- One year full time or two years part time for MSc and PG Diploma.
- One year part time for PG Certificate.
- Taught modules are delivered in a semesterised system, with semesters running from September to January and February to June. The research projects will run through the summer period

Learning environment

- Learning is encouraged through participation in a wide variety of activities including lectures, seminars, workshops, laboratory-based practicals, web-based learning etc.
- In addition all students are expected to read extensively in their own time. Much of this reading will be directed.
- Success at university depends on developing your ability to study independently using library resources, Computer-assisted learning (CAL), handouts and web-based study activities.
- These skills are reinforced in modules in the first semester. These enable us to assess your independent learning needs at university, and also help to develop those transferable skills so important in working life. The skills with which you start the programme may vary considerably between individuals, so your personal tutor will direct your skills development work on an individual basis.

Assessment

- Students are assessed in practical work and theory.
- The Research Skills module is assessed by coursework involving a variety of forms of presentation.
- The Research Project is assessed mainly by the final written report, with contributions from a poster presentation and portfolio.

- The pass mark for all modules is 50%

Relevance to work/profession

- The curriculum is tailored to current demand in this field.
- Emphasis is placed on progression from an understanding of theory to an application of that theory
- Part-time students in relevant employment may be permitted to carry out research projects at their place of work.
- An optional work-based learning module is designed to enhance employability by gaining valuable practical experience that bridges the gap between the higher education and the workplace.

Thesis/Dissertation/project work

- Project work is an essential component of a Masters degree programme and one that most students enjoy. Small projects and group work exercises feature throughout the programme.
- The individual research project is the culmination of the programme makes up 33% of the programme.
- Project work encourages students to show initiative in their individual work under supervision, using appropriate analytical techniques to generate and interpret new data.

Added value

- Extensive personal support throughout the programme.
- Staff with extensive experience of teaching students from a wide range of backgrounds.
- Sound practical as well as academic training.
- Access to modern research facilities.
- Effective careers advice and support available.

Your future career

Students that successfully complete this degree could follow a range of career pathways. The programme has been written to enable a diverse set of opportunities for successful graduates. Students would be well placed to go on to complete the UK Strength and Conditioning Association accreditation and the National Strength and Conditioning Association's Certified Strength and Conditioning Specialist qualification. Students would be well placed to study for a PhD on successful completion of the programme. Students would be able to work with professional athletes and teams. Regular job advertisements for the strength and conditioning specialists from the English Institute of Sport and other employers request these qualifications and skills.

How we support you

The School of Health and Bioscience provides immediate contact with University support systems.

- When you arrive, you will be allocated a Personal Tutor (a member of staff familiar with your degree). You will see your Tutor at regular intervals to discuss progress and life in general. Your tutor will be responsible for directing your skills development work, by directing you to programmes which will tackle any areas in which your academic background may be deficient.
- The programme tutor may also give support on academic matters, and advice about other specialist help available through the University.
- The School also has a Help Desk to provide administrative assistance and advise how to get the right help.
- Internet homepages are used by many staff to support their teaching and your learning.
- Lecture and practical files, quizzes, mark summaries and much more is now available for several modules via UELPlus Online programme links.
- The placement supervisor for the work-based learning module will give support by helping you negotiate a learning agreement and by discussing with you and your mentor your progress while on placement.

Throughout the programme you will find a number of scheduled support activities devoted to specific aspects e.g. how to write your project report, or more general aspects such as careers. Support for students on a University level includes:

- Libraries and Learning Resource Centres
- Careers advice and information
- Counselling and Advice for practical problems
- Health Centre with a nurse regularly on duty.
- Language tuition
- Dyslexia support
- Accommodation

Bonus factors

- A small and friendly campus.
- A School with staff and facilities to match to the wide interests and backgrounds of students.
- Good connections with NHS, professional sports clubs and other employers.
- Sports facilities at the Atherton Centre, which is just a few minutes walk away.
- Multiplex cinema, theatre, supermarkets, high street shops, restaurants, cafes and pubs a few minutes walk away in Stratford - a major site of new development in East London.
- Central London only 20 minutes away by underground and extensive transport links with all parts of London.

Outcomes

Programme aims and learning outcomes

What is this programme designed to achieve?

This programme is designed to give you the opportunity to:

- continuing academic and professional development through full and part time delivery
- explore the academic knowledge that underpins the application of strength and conditioning
- develop higher-order or applied research skills that encourage research and evaluation in occupational settings
- develop a multi-disciplinary skill-set appropriate for work in this field

What will you learn?

On completion of these postgraduate qualifications, participants will be able to:

Knowledge

- A detailed theoretical underpinning of the scientific factors influencing strength, speed, power and agility
- An evidence based practical application of knowledge for differing athletes and sports
- Evaluation of field and laboratory data with the view to enhancing performance
- The use of appropriate of statistical analysis of data

Thinking skills

- The ability to use integrated approaches to analyse and interpret complex and contradictory scientific information autonomously and to accurately assess and criticise your own and others' work.
- An awareness and understanding of the ethical constraints associated with the subject area and the ability to relate these to your own experience.
- The ability to contribute to the development of the subject through applied study or research.
- The ability to solve problems in science.

Subject-based practical skills

- The ability to select and apply a range of practical skills relevant to strength and conditioning
- A higher level of competence in laboratory skills.
- An ability to isolate, assess and resolve problems independently and to react effectively to unusual and unexpected situations.
- An improved ability to engage in professional and academic communication with others in your specialist field.
- The ability to select and utilise appropriate computer software, and to understand its limitations in presenting scientific data.

Skills for life and work

- Increased ability to take responsibility for your own learning and the ability to work with and motivate others
- Ability to reflect critically on your own and others' performance resulting in the improvement of subsequent actions.
- Increased confidence in your own abilities.
- Improved skills in written and verbal communication of complex information.

Structure

The programme structure

Introduction

All programmes are credit-rated to help you to understand the amount and level of study that is needed.

One credit is equal to 10 hours of directed study time (this includes everything you do e.g. lecture, seminar and private study).

Credits are assigned to one of 5 levels:

- 3 - equivalent in standard to GCE 'A' level and is intended to prepare students for year one of an undergraduate degree programme
- 4 - equivalent in standard to the first year of a full-time undergraduate degree programme
- 5 - equivalent in standard to the second year of a full-time undergraduate degree programme
- 6 - equivalent in standard to the third year of a full-time undergraduate degree programme
- 7 - equivalent in standard to a Masters degree

Credit rating

The overall credit-rating of this programme is 180 for Masters, 60 for PGCert, 120 for PGDip.

Typical duration

The typical duration of this programme is 1 year full-time or 2 years part-time. It is possible to move from full-time to part-time study and vice-versa to accommodate any external factors such as financial constraints or domestic commitments. Many of our students make use of this flexibility and this may impact on the overall duration of their study period.

How the teaching year is divided

The teaching year is divided into two semesters of roughly equal length. A typical student registered in a full-time attendance mode will study two 30 credit modules per semester and a typical student registered in a part-time attendance mode will study one or two modules per semester. The advanced independent research module occurs during the summer period.

What you will study when

The order in which modules are taken will vary for different groups of students, dependent upon their full or part time status.

The programme is designed that the Theory of Strength and Conditioning module must be completed before the Advanced Practice of Strength and Conditioning module. Hence there

is no possibility of a Semester B start. It is also necessary that the Research Skills module should be completed before the start of the project. The optional module will usually be taken in Semester B. The dissertation will take place in the semester C. Full time students complete the whole programme in a single calendar year starting in semester A.

The modules which make up the programme are listed below.

Level	UEL Module Code	Module Title	Credit	Status
7	SE7004	The Theory of Strength and Conditioning	30	Core
7	SE7005	The Advanced Practice of Strength and conditioning	30	Core
Either				
7	SE7001	Research Skills	30	Core
Or				
7	PT7001	Foundations in Research	30	
7	SE7021	Research Project	60	Core
7	BS7017	Physical Activity and Exercise	30	Option
7	PT7113	Managing the Healthy Athlete	30	Option
7	PT7114	Sports Rehabilitation: Injury to optimum performance	30	Option
7	SEM006	Strength and Conditioning Work Based Learning	30	Option
7	SE7007	Sport and Exercise Nutrition	30	Option

Requirements for gaining an award

In order to gain a Postgraduate Certificate, you will need to obtain 60 credits at Level 7.

In order to gain a Postgraduate Diploma, you will need to obtain 120 credits at Level 7.

In order to obtain a Masters, you will need to obtain 180 credits at Level 7.

These credits will include a 60 credit level 7 core module of advanced independent research.

Masters Award Classification

Where a student is eligible for an Masters award then the award classification is determined by calculating the arithmetic mean of all marks and applying the mark obtained as a percentage, with all decimal points rounded up to the nearest whole number, to the following classification

70% - 100% Distinction

60% - 69% Merit

50% - 59% Pass

0% - 49% Not Passed

Assessment

Teaching, learning and assessment

Teaching and learning

Knowledge is developed through

- Lectures
- Seminars and workshops
- Student centred learning – directed reading, assignment preparation.

Thinking skills are developed through

- Tutorials
- Seminars and workshops
- Report writing and assignments
- Project work

Practical skills are developed through

- Laboratory practical sessions
- Individual research project
- Data analysis exercises
- Use of IT and library based resources
- Student presentations

Skills for life and work (general skills) are developed through

- Student centred learning
- Seminar and workshop discussions
- Oral and written presentations
- Computer assignments
- Managing time
- Team work

Assessment

Knowledge and Thinking Skills are assessed by

- Evidence of reading and comprehension of the topics covered in the module being assessed. This will be particularly apparent in essay work and examinations.
- Ability to describe, explain and discuss various aspects of the programme material in the context of class tutorials, group work, presentations and other pieces of assessed coursework for the module.
- The ability to take information presented in any module out of its original context and to utilise this information in the construction of arguments, comparisons, hypotheses etc as required to address the specific assessments in each module.
- Critical review of practical exercises
- Data Interpretation exercises
- The ability to use subject knowledge in setting a piece of practical research work in its scientific context, and to present the results obtained in a logical and coherent manner.

Practical skills are assessed by

- The ability to carry out laboratory practical work effectively, within the time frame allocated.
- The ability to interpret and report on work carried out in the laboratory as evidenced by laboratory notebook entries, practical reports and project dissertation.
- The ability to complete assignments using appropriate resources such as IT and library facilities.
- Evidence of logical planning and management of time in the preparation of materials for assessment.

Skills for life and work (general skills) are assessed by

- The ability to work to strict deadlines
- The ability to select and utilise appropriate problem solving skills
- Demonstration of effective oral and written communication skills
- Evidence of interpersonal skills such as teamwork and /or team leadership
- Evidence of general numeracy skills

Quality

How we assure the quality of this programme

Before this programme started

Before this programme started, the following was checked:

- there would be enough qualified staff to teach the programme;
- adequate resources would be in place;
- the overall aims and objectives were appropriate;
- the content of the programme met national benchmark requirements;
- the programme met any professional/statutory body requirements;
- the proposal met other internal quality criteria covering a range of issues such as admissions policy, teaching, learning and assessment strategy and student support mechanisms.

This is done through a process of programme approval which involves consulting academic experts including some subject specialists from other institutions.

How we monitor the quality of this programme

The quality of this programme is monitored each year through evaluating:

- external examiner reports (considering quality and standards);
- statistical information (considering issues such as the pass rate);
- student feedback.

Drawing on this and other information, programme teams undertake the annual Review and Enhancement Process which is co-ordinated at School level and includes student participation. The process is monitored by the Quality and Standards Committee.

Once every six years an in-depth review of the whole field is undertaken by a panel that includes at least two external subject specialists. The panel considers documents, looks at student work, speaks to current and former students and speaks to staff before drawing its conclusions. The result is a report highlighting good practice and identifying areas where action is needed.

The role of the programme committee

This programme has a programme committee comprising all relevant teaching staff, student representatives and others who make a contribution towards the effective operation of the programme (e.g. library/technician staff). The committee has responsibilities for the quality of the programme. It provides input into the operation of the Review and Enhancement Process and proposes changes to improve quality. The programme committee plays a critical role in the quality assurance procedures.

The role of external examiners

The standard of this programme is monitored by at least one external examiner. External examiners have two primary responsibilities:

- To ensure the standard of the programme;
- To ensure that justice is done to individual students.

External examiners fulfil these responsibilities in a variety of ways including:

- Approving exam papers/assignments;
- Attending assessment boards;
- Reviewing samples of student work and moderating marks;
- Ensuring that regulations are followed;
- Providing feedback through an annual report that enables us to make improvements for the future.

Listening to the views of students

The following methods for gaining student feedback are used on this programme:

- Module evaluation questionnaires
- Student representation on the programme committee (meeting 2 times a year)
- Informal discussions with tutors

Students are notified of the subsequent action taken through:

- Circulating the minutes of the programme committee meetings to all members
- Providing details on the programme notice board
- Oral feedback to students

Listening to the views of others

The following methods are used for gaining the views of other interested parties:

- Feedback from previous students
- Discussions with employers

Further Information

Alternative locations for studying this programme

Location	Which elements?	Taught by UEL staff	Taught by local staff	Method of Delivery
-	-	-	-	-
-	-	-	-	-
-	-	-	-	-
-	-	-	-	-

Where you can find further information

Further information about this programme is available from:

- The UEL web site (<http://www.uel.ac.uk>)
- The student handbook (available on request)
- Module study guides
- UEL Manual of Regulations and Policies (<http://www.uel.ac.uk/qa>)
- UEL Quality Manual (<http://www.uel.ac.uk/qa>)
- School web pages (<http://www.uel.ac.uk/hab>)