

PROGRAMME SPECIFICATION DOCUMENT

1. Qualification Master of Science	2. Programme Title Strength and Conditioning	3. UCAS Code	4. Programme Type Part time or Full time		
<p>5. Main Purposes and Distinctive Features of the Programme</p> <ul style="list-style-type: none"> • To develop the appropriate transferable knowledge and skills which reflect theoretical and practical developments in the field of Strength and Conditioning • To develop research skills necessary for the investigation of Strength and Conditioning • To develop vocational skills appropriate for Strength and Conditioning. • To develop general transferable skills in preparation for postgraduate employment <p style="text-align: center;">Special Features</p> <ul style="list-style-type: none"> • The course has been developed to address the requirements of applied practitioners. • The course will be delivered by experienced practitioners and academics in a relevant vocational environment. 					
<p>6. What a graduate should know and be able to do on completion of the programme.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; vertical-align: top;"> <p><u>Knowledge and understanding in the context of the subject(s)</u></p> <ul style="list-style-type: none"> • Demonstrate a systematic critical understanding and knowledge of the principles which underpin strength and conditioning as interrelated areas of study • Demonstrate developing expertise in systematic and critical awareness of the principles of strength and conditioning. • Critically and autonomously evaluate the nature of the strength and conditioning industry and critically appraise current academic and vocational developments • Demonstrate a mastery and understanding of the concepts and issues related to the strength and conditioning industry <p><u>Cognitive skills in the context of the subject(s)</u></p> <ul style="list-style-type: none"> • Demonstrate autonomous systematic critical reasoning and analysis. • Comprehensively, and critically evaluate and apply theoretical concepts </td> <td style="width: 50%; vertical-align: top;"> <p><u>Subject-specific practical/professional skills</u></p> <ul style="list-style-type: none"> • Communicate effectively with a variety of audiences (peers/colleagues, industry professionals, athletes and exercisers) • Demonstrate originality, and academic rigour, in tackling, and solving problems related to the strength and conditioning industry. • Demonstrate an originality and appropriate mastery to use accepted strength and conditioning theories and concepts in appropriate vocational settings with a range of client groups. • Critically evaluate and develop appropriate management/counselling skills <p><u>Other skills (e.g. key/transferable) developed in subject or other contexts</u></p> <ul style="list-style-type: none"> • Autonomously plan, conduct and report a programme of research • Communicate effectively in formal and informal scenarios using a variety of means to peers and superiors </td> </tr> </table>				<p><u>Knowledge and understanding in the context of the subject(s)</u></p> <ul style="list-style-type: none"> • Demonstrate a systematic critical understanding and knowledge of the principles which underpin strength and conditioning as interrelated areas of study • Demonstrate developing expertise in systematic and critical awareness of the principles of strength and conditioning. • Critically and autonomously evaluate the nature of the strength and conditioning industry and critically appraise current academic and vocational developments • Demonstrate a mastery and understanding of the concepts and issues related to the strength and conditioning industry <p><u>Cognitive skills in the context of the subject(s)</u></p> <ul style="list-style-type: none"> • Demonstrate autonomous systematic critical reasoning and analysis. • Comprehensively, and critically evaluate and apply theoretical concepts 	<p><u>Subject-specific practical/professional skills</u></p> <ul style="list-style-type: none"> • Communicate effectively with a variety of audiences (peers/colleagues, industry professionals, athletes and exercisers) • Demonstrate originality, and academic rigour, in tackling, and solving problems related to the strength and conditioning industry. • Demonstrate an originality and appropriate mastery to use accepted strength and conditioning theories and concepts in appropriate vocational settings with a range of client groups. • Critically evaluate and develop appropriate management/counselling skills <p><u>Other skills (e.g. key/transferable) developed in subject or other contexts</u></p> <ul style="list-style-type: none"> • Autonomously plan, conduct and report a programme of research • Communicate effectively in formal and informal scenarios using a variety of means to peers and superiors
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<ul style="list-style-type: none"> • Critically synthesise data/information and interpret complex research findings • Apply and master appropriate problem-solving techniques 	<ul style="list-style-type: none"> • Demonstrate initiative and personal responsibility. • Develop appropriate and effective decision-making skills in complex and unpredictable situations. <ul style="list-style-type: none"> • Work independently or as part of a team • Demonstrate autonomous learning ability required for continuing professional development.
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7. Qualities, Skills & Capabilities Profile

A Cognitive	B Practical	C Personal & Social	D Other
Critical reasoning	Investigative skills	Teamwork	Awareness of contemporary issues in Strength and Conditioning.
Analytical ability	Research skills	Independent investigation	Work based skills
Synthesis of knowledge	Information processing	Organisation and time management	
Problem solving techniques	Writing skills	Lifelong learning	
	Coaching Skills	Self evaluation	
	Presentation skills		

8. Duration and Structure of Programme/Modes of Study/Credit Volume of Study Units (1 year full time or 2-3 years part-time). **Master of Science = 180 credits including dissertation, Post Graduate Diploma = 120 credits (all of the 15 credit modules), Post Graduate Certificate = 60 credits (any 4 from the 15 credit modules)**

Part II

M3 Honours Modules	<u>Core Modules</u>	
	<ul style="list-style-type: none"> • Principles of Strength and Conditioning I (15 credits) • Principles of Strength and Conditioning II (15 credits) • Coaching and Leadership in Strength and Conditioning (15 credits) • Research Methods for Strength and Conditioning (15 credits) • Nutrition for Strength and Conditioning (15 credits) • Psychology of Strength and Conditioning (15 credits) • Muscle Physiology (15 credits) • Biomechanics of Strength and Conditioning (15 credits) • Thesis (60 credits) 	
9. Learning, Teaching and Assessment Strategy	10. Other Information (<i>including compliance with relevant Institute policies</i>)	
<u>Learning and Teaching Methods</u> Formal Lectures, seminars, tutorials,	<u>Date programme first offered</u> The programme will be first offered in October 2005.	

case study analysis, IT practicals, supported self-study, Logbook synthesis.

Assessment Methods

Essays, presentations, reports, practical activities, case study analysis and projects.

Assessment Classification System

Pass mark for individual assessments = 40%

All assessments for a module must be completed to a minimum pass standard.

Classification Bands

40% and above – Pass
00 - 39% - Fail

Admissions Criteria

Standard Requirements

- 2nd class degree in Sport and Exercise Science, or related course.

Non Standard Entry

- Relevant work experience
- Mature student evaluation may include interview and /or a diagnostic test

Indicators of Quality and Standards

Programme developed and reviewed with external specialist input (Meridian Sport Science Support), and external examiner monitoring.