

Overview

Programme Code	35880
Programme Title	Strength and Conditioning
Awarding Institution	Liverpool John Moores University
Programme Type	Masters
Language of Programme	All LJMU programmes are delivered and assessed in English
Programme Leader	Carl Langan-Evans
Link Tutor(s)	

Awards

Award Type	Award Description	Award Learning Outcomes
Target Award	Master of Science - MS	See Learning Outcomes Below
Alternative Exit	Postgraduate Certificate - PC	Demonstrate a critical understanding of strength and conditioning and be able to implement this knowledge into athlete-centred practical advice. Demonstrate an in-depth critical understanding of the physiological, biomechanical and psychological factors affecting strength and conditioning applied practice. Demonstrate an understanding of training and pre- and rehabilitation strategies and be able to translate this into clear and informative delivery to athletes. Demonstrate an ability to select and implement appropriate strength and conditioning assessment techniques and demonstrate a critical awareness of the limitations of all of these. Demonstrate a critical awareness of research design and statistical analysis. Demonstrate effective communication with athletes, coaches and support staff.
Alternative Exit	Postgraduate Diploma - PD	Demonstrate a critical understanding of strength and conditioning and be able to implement this knowledge into athlete-centred practical advice. Demonstrate an in-depth critical understanding of the physiological, biomechanical and psychological factors affecting strength and conditioning applied practice. Demonstrate an understanding of training and pre- and rehabilitation strategies and be able to translate this into clear and informative delivery to athletes. Demonstrate an ability to select and implement appropriate strength and conditioning assessment techniques and demonstrate a critical awareness of the limitations of all of these. Demonstrate a critical awareness of research design and statistical analysis. Demonstrate effective communication with athletes, coaches and support staff.

Alternate Award Names	
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External Benchmarks

Subject Benchmark Statement	
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Programme Offering(s)

Mode of Study, Mode of Delivery	Intake Month	Teaching Institution	Programme Length
Full-Time, Face to Face	September	LJMU Taught	1 Years

Aims and Outcomes

Educational Aims of the Programme

To develop the students' theoretical and practical skills in strength and conditioning; To provide students with the knowledge and critical analytical skills to challenge current strength and conditioning paradigms; To develop qualities and transferable skills necessary for employment in roles requiring initiative and personal responsibility, decision-making in complex and unpredictable situations, and independent learning-ability required for continuing professional development; To develop graduates, who are able to embark on a career as world-class strength and conditioning practitioners and/or in academics; To enable students to become accredited by the UK Strength and Conditioning Association (UKSCA) by aligning the programme with the UKSCA accreditation requirements.

Learning Outcomes

Code	Description
PLO1	Demonstrate a critical understanding of the fundamental principles of strength and conditioning, supported by in-depth critical knowledge of classical and contemporary literature.
PLO2	Apply problem solving skills to the nutritional care of athletes.
PLO3	Implement knowledge of evidence based strength and conditioning and apply this to the management of athletes' needs.
PLO4	Produce a piece of independent research in journal article format.
PLO5	Assimilate, integrate and critically discuss research findings.
PLO6	Communicate effectively and work with athletes and coaching staff.
PLO7	Develop and implement effective strength and conditioning advice to athletes/workers.
PLO8	Critically evaluate the need for reflective practice and demonstrate reflection within strength and conditioning consultancy.
PLO9	Accurately assess physiological, biomechanical and psychological factors underpinning athlete performance.
PLO10	Demonstrate a critical understanding of the limitations of the above assessments/techniques.
PLO11	Develop note taking and interviewing techniques when working with elite athletes
PLO12	Demonstrate a comprehensive and critical understanding of strength and conditioning techniques.
PLO13	Use IT to prepare, process and present information.
PLO14	Recognise and describe problems, plan and implement solutions.
PLO15	Interpret numerical information.
PLO16	Communicate effectively with peers and members of the sports/applied community.
PLO17	Demonstrate a critical understanding of the physiological factors that affect strength and conditioning practice, supported by classical and contemporary literature.
PLO18	Demonstrate a critical understanding of the biomechanical factors that affect strength and conditioning practice, supported by classical and contemporary literature.

Code	Description
PLO19	Demonstrate a critical understanding of the psychological factors that affect strength and conditioning practice, supported by classical and contemporary literature.
PLO20	Demonstrate a comprehensive understanding of research methods applicable to strength and conditioning and an ability to design, implement and interpret novel research projects in strength and conditioning.
PLO21	Critically evaluate the appropriateness of a research design.
PLO22	Critically evaluate data analysis procedures.
PLO23	Apply report and interpret a range of data analysis procedures.

Programme Structure

Programme Structure Description

To obtain an MSc in Strength and Conditioning, students must pass 180 Level 7 credits. Intermediate awards are Postgraduate Certificate (all taught modules comprising a total of 60 Level 7 credits except module 7150SPOSCI Applied Placement for Strength and Conditioning) and Postgraduate Diploma (all taught modules comprising a total of 120 Level 7 credits except module 7150SPOSCI Applied Placement for Strength and Conditioning).

Programme Structure - 180 credit points	
Level 7 - 180 credit points	
Level 7 Core - 180 credit points	CORE
[MODULE] 7108SPOSCI Research Methods Approved 2022.01 - 20 credit points	
[MODULE] 7150SPOSCI Applied Placement in Strength and Conditioning Approved 2022.01 - 60 credit points	
[MODULE] 7151SPOSCI Applied Practice in Coaching, Planning and Monitoring Sciences Approved 2022.01 - 20 credit points	
[MODULE] 7152SPOSCI Fundamental Strength and Conditioning Applied Practices Part 1 Approved 2022.02 - 20 credit points	
[MODULE] 7153SPOSCI Fundamental Strength and Conditioning Applied Practices Part 2 Approved 2022.02 - 20 credit points	
[MODULE] 7154SPOSCI Physiology of Strength and Conditioning Approved 2022.01 - 20 credit points	
[MODULE] 7155SPOSCI Biomechanics of Strength and Conditioning Approved 2022.01 - 20 credit points	

Module specifications may be accessed at <https://proformas.ljmu.ac.uk/Default.aspx>

Teaching, Learning and Assessment

Lectures, seminars, group work, laboratory practicals, tutorial support. Laboratory reports, case studies, literature reviews, essays, oral presentations, exams, statistical reports, viva voce.

Opportunities for work related learning

Work-related learning will be a key aspect of this degree and will be built into the four applied modules. Module Leaders of these four modules will have significant experience in strength and conditioning research and applied practice. Moreover, industry experts will be invited to give guest lectures on highly specialised topics. However, the major work-based learning will occur in Semester 3, when students will complete a work placement in an appropriate sport/applied setting. This module will build upon the work-related skills taught in the two semester 1 and one semester 2 applied modules, and will give the students the chance to practise these skills in a real working context. As well as being supervised by a highly experienced academic researcher/practitioner, the student will receive on-site supervision through the placement provider. Placements will be secured with various sports/applied working organisations.

Entry Requirements

Type	Description
Other international requirements	Overseas students whose first language is not English will require an IELTS score of 6.5 or above and 5.5 in each component.
Alternative qualifications considered	Candidates would normally be expected to have a good honours degree (first class or upper second class) in sport science or a related discipline. The MSc Strength and Conditioning programme will typically register 15 students in the first year, followed by 20 students thereafter. Applicants will be selected on merit, alongside an obvious desire to pursue a career in strength and conditioning. Within the application, the Personal Statement should be regarded as an important opportunity to evidence (i) recent achievements, (ii) passion for strength and conditioning, and (iii) career trajectory.

Extra Entry Requirements