

## PROGRAMME SPECIFICATION

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### Section 1 Regulatory Details

|  |   |
|--|---|
| <b>Awarding body</b>                                   | Wrexham University  |
| <b>Teaching institution</b>                            | Wrexham University  |
| <b>Final award and programme title (Welsh)</b>         | MSc Cryfder & Chyflyru  |
| <b>Final award and programme title (English)</b>       | MSc Strength & Conditioning   |
| <b>Exit awards and titles</b>                          | Post Graduate Diploma in Strength & Conditioning<br>Post Graduate Certificate in Strength & Conditioning  |
| <b>Credit requirements</b>                             | <ul style="list-style-type: none"> <li>• Postgraduate Certificate in Football Science and Coaching: 60 credits at Level 7</li> <li>• Science and Coaching: 120 credits at Level 7</li> <li>• MSc in Football Science and Coaching: 180 credits at Level 7</li> </ul>  |
| <b>Does the programme offer Foundation Year route?</b> | No  |
| <b>Placement / Work based learning</b>                 | <p>The MSc Strength and Conditioning 150-hour work-based learning placement, offers practical experience in a strength and conditioning (S&amp;C) setting with either a university-affiliated or external organisation. This module allows students to apply theoretical knowledge in real-world scenarios and is essential in developing reflective, career-ready S&amp;C professionals.</p> <p>Key learning objectives include effective teamwork, critical reflection, self-appraisal of skills, and creation of a career action plan. Assessment will focus on reflective portfolios to evaluate practical experience and self-reflection skills. Placement opportunities are secured through partnerships with reputable organisations, but students are encouraged to network and source their own placements. The module leader will oversee placement management, ensuring quality and relevance through regular evaluations and feedback.</p> <p>Placement providers are vetted to ensure they meet high standards and offer qualified mentorship. Both students and providers will receive training to align expectations. Students are responsible for engaging fully with their placement, maintaining professional standards, and documenting their experiences for assessment. Structured reflection sessions will support students in integrating practical experience with academic learning.</p> |
| <b>Length and level of the placement</b>               | 150 Hours, Level 7 (SIR701 – Placement)   |
| <b>Faculty / Department</b>                            | Faculty of Social and Life Sciences/Sport Injury Rehabilitation   |
| <b>HECoS Code</b>                                      | 100098  |
| <b>Intake Points</b>                                   | September   |

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|--|--|
| <b>Mode of Attendance</b>  | Full & part time   |
| <b>Normal Programme Length</b>   | 1 year (full time)<br>2 years (part time)  |
| <b>Mode of Study and Location of delivery</b>                          | Campus based - Wrexham   |
| <b>Language of delivery</b>  | English  |
| <b>Welsh Medium Provision</b>  | The programmes will be delivered through the medium of English. Students are entitled to submit assessments in the medium of Welsh. If students wish to converse in Welsh, they will be assigned a Welsh speaking personal tutor. Support can also be made available for Welsh language students via Coleg Cymraeg Cenedlaethol where students can present their research at their conferences through the Welsh Language. Students will be sign posted to relevant opportunities via the VLE and MS Teams page.   |
| <b>Professional, Statutory or Regulatory Body (PSRB) accreditation</b> | Not currently accredited, however National Strength and Conditioning Association accreditation will be sought following validation.<br><br><b>This information is correct at the time of validation, please refer to the PSRB register for current accreditation status.</b>   |
| <b>External reference points</b>                                       | <a href="#">Leisure, Sport &amp; Tourism QAA Benchmark Statement</a><br><a href="#">UK Strength &amp; Conditioning Association Competency Document</a><br><a href="#">Higher Education Credit Framework CQFW</a>   |
| <b>Entry Requirements</b>  | The entry requirements for this programme are 2:2 or above in any undergraduate degree.<br><br>International entry qualifications are outlined on the UK National Information Centre for global qualifications and skills (UK ENIC) as equivalent to the relevant UK entry qualification.<br><br>In addition to the academic entry requirements, all applicants whose first language is not English or Welsh must demonstrate English language proficiency.<br><br>European students are able to provide this evidence in a number of ways (please see <a href="#">academic-entry-requirements</a> for details), including IELTS.<br><br>International students are required to provide an English Language Certificate which meets the requirements of the University (please see <a href="#">English-language-requirements</a> for details). |
| <b>Record of Prior (Experiential) learning</b>                         | Applicants may enter the programme at various levels with Recognition of Prior Learning (RPL) or Recognition of Prior Experiential learning (RPEL) in accordance with the University <a href="#">Recognition of Prior Learning Procedure</a>   |
| <b>Is DBS check required on entry?</b>                                 | No   |

|  |            |
|--|------------|
| <b>Does the Suitability for Practice Procedure apply to the programme?</b> | No         |
| <b>Derogation to Academic Regulations</b>                                  | N/A        |
| <b>Date of Approval</b>  | 05/02/2025 |
| <b>Date and type of Revision</b>   | N/A        |

## Section 2 Programme Details

### Aims of the programme

The MSc in Strength and Conditioning will foster career-ready students through a combination of theoretical, experiential, and applied learning to facilitate the development of advanced knowledge, practical skills, and critical thinking. The program aims to achieve the following:

- **Develop expertise in applied S&C practices:** Students will gain a deeper understanding of training solutions, program design, performance assessment, and data analysis.
- **Refine practical coaching skills:** Through coursework, practical sessions, and a placement experience, students will develop and refine their coaching skills and pedagogical understanding for effective program implementation and athlete interaction.
- **Foster critical thinking and self-reflection:** The program emphasises critical evaluation and self-reflection on learning experiences and S&C practices, promoting a skills audit and career action plan to prepare students for the world of work.
- **Cultivate professional readiness:** Students develop career planning skills and gain valuable practical experience through a placement and research project, preparing them to confidently enter the S&C workforce.

By achieving these aims, this program graduates well-rounded S&C professionals who can design and deliver evidence-based training programs, analyse athlete performance data, and effectively communicate with athletes and colleagues.

### Programme Structure Diagram, including delivery schedule

#### Full-time delivery

| Level   | Module Code | Module Title   | Credit Value | Core/Option | Delivery (i.e. semester 1,2) |
|---------|-------------|--|--------------|-------------|------------------------------|
| Level 7 | SPT701      | Dissertation   | 40           | Core        | 1,2,3                        |
| Level 7 | SPT702      | Research Practice & Examination in the Sport & Exercise Sciences                 | 20           | Core        | 1,2                          |
| Level 7 | SIR701      | Placement  | 20           | Core        | 1                            |
| Level 7 | SIR702      | Data Management & Handling   | 20           | Core        | 2                            |
| Level 7 | SPT703      | Strength Training Exercise Physiology Principles                                 | 20           | Core        | 2                            |
| Level 7 | SIR703      | Coaching & Professional Practice   | 20           | Core        | 1                            |
| Level 7 | SIR704      | Applied Strength & Conditioning Principles 1 – Performance Measurement           | 20           | Core        | 1                            |
| Level 7 | SIR705      | Applied Strength & Conditioning Principles 2 – Programme Design & Implementation | 20           | Core        | 2                            |

**Part-time delivery**

| Level   | Module Code | Module Title   | Credit Value | Core/ Option | Delivery (i.e. semester 1,2) | Year of Study |
|---------|-------------|--|--------------|--------------|------------------------------|---------------|
| Level 7 | SPT701      | Dissertation   | 40           | Core         | 1,2,3                        | Y2            |
| Level 7 | SPT702      | Research Practise & Examination in the Sport & Exercise Sciences                 | 20           | Core         | 1,2                          | Y1            |
| Level 7 | SIR701      | Placement  | 20           | Core         | 1                            | Y1            |
| Level 7 | SIR702      | Data Management & Handling   | 20           | Core         | 2                            | Y1            |
| Level 7 | SPT703      | Strength Training Exercise Physiology Principles                                 | 20           | Core         | 2                            | Y1            |
| Level 7 | SIR703      | Coaching & Professional Practice   | 20           | Core         | 1                            | Y1            |
| Level 7 | SIR704      | Applied Strength & Conditioning Principles 1 – Performance Measurement           | 20           | Core         | 1                            | Y2            |
| Level 7 | SIR705      | Applied Strength & Conditioning Principles 2 – Programme Design & Implementation | 20           | Core         | 2                            | Y2            |

## Programme Learning Outcomes

- **K** –Knowledge and understanding. The knowledge and understanding that a student will be expected to have upon completion (such as “theoretical knowledge of the principles and methods of psychology” or “knowledge of the major types of construction”
- **I** –Intellectual skills for example; ability to analyse, criticise or synthesis, ability to formulate and test concepts and hypotheses, ability to solve problems and ability to learn independently.
- **S** –Subject skills for example, laboratory skills, scientific report writing, research skills and methods, etc.
- **P** –Practical, professional and employability skills such as Skills associated with employment in their specific area /generic skills – leadership/ numeracy

## Postgraduate Template

| No. | Learning Outcome   | K                                   | I                                   | S                                   | P                        | PG Cert                             | PG Dip                              | MA/MSc                              | Optional Ref (PSRB standards) |
|-----|--|-------------------------------------|-------------------------------------|-------------------------------------|--------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------|
| 1   | Critically engage with academic disciplines aligned to the application of advanced strength and conditioning   | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |                               |
| 2   | Develop, apply, and evaluate strength and conditioning practices across a variety of contexts  | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            |                               |
| 3   | Critically engage in an independent research project and advanced research methods to evaluate S&C related data  | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            | <input checked="" type="checkbox"/> |                               |
| 4   | Develop an understanding of professional standards in coaching and strength and conditioning practice.   | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            |                               |
| 5   | Ability to critically evaluate contemporary research literature in strength and conditioning.  | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |                               |
| 6   | Proficiency in formulating hypotheses and designing experiments to test concepts related to sport and exercise science.  | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            | <input checked="" type="checkbox"/> |                               |
| 7   | Capability to solve complex problems by applying theoretical knowledge to practical scenarios in strength and conditioning.  | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            | <input checked="" type="checkbox"/> |                               |
| 8   | Critique, synthesise, and apply evidence to support advanced strength and conditioning practice  | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            | <input checked="" type="checkbox"/> |                               |
| 9   | Select and apply evidence-based strength and conditioning programs for diverse athletic populations.   | <input type="checkbox"/>            | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |                               |
| 10  | Identify, evaluate and address physical limitations, in a variety of populations, to optimise performance within specified time frames using appropriate interventions | <input type="checkbox"/>            | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            |                               |

| No. | Learning Outcome   | K                                   | I                        | S                                   | P                                   | PG<br>Cert                          | PG<br>Dip                           | MA/MSc                              | Optional Ref (PSRB<br>standards) |
|-----|--|-------------------------------------|--------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|----------------------------------|
| 11  | Utilise advanced Data Management and Handling tools for research or practical applications in sport science  | <input type="checkbox"/>            | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |                                  |
| 12  | Select and apply contemporary coaching and professional competency models for the provision of athlete support   | <input type="checkbox"/>            | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            |                                  |
| 13  | Develop strong leadership and communication skills, essential for effective coaching and collaboration within multidisciplinary teams  | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |                                  |
| 14  | Create proficiency through a range of practical techniques for monitoring performance improvements   | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            |                                  |
| 15  | Develop analytical skills necessary for data-driven decision making in professional practice   | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |                                  |
| 16  | Critically reflect upon the development of your professional practice, identifying goals, setting targets and initiating plans and activities for your professional development. | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            | <input checked="" type="checkbox"/> |                                  |

## Learning and teaching strategy

This MSc Strength and Conditioning program utilises a variety of learning and teaching methods aligned with the Active Learning Framework (ALF) to achieve the program's intended learning outcomes.

**Knowledge and Understanding:** Core modules will be delivered through a combination of interactive lectures, seminars, and directed reading. Students will engage with academic resources, textbooks, and online materials to solidify their understanding of S&C principles.

**Developing Practical Skills:** Hands-on workshops and practical sessions will provide students with opportunities to practice and refine their skills under the guidance of experienced instructors. The program culminates in a placement experience, offering real-world application of learned skills and fostering professional development.

**Critical Thinking and Self-Reflection:** Tutorials and group work will encourage critical analysis of S&C practices, research methods, and data. Reflective writing exercises and portfolio development will promote self-reflection on learning experiences, preparing students for lifelong learning and adaptation.

**Assessment Strategies:** A variety of assessment methods will be used to evaluate student learning. Written examinations and essays will assess knowledge and understanding. Practical assessments and presentations will evaluate practical skills and communication abilities. The placement portfolio, incorporating critical reflection and skill evaluation, will assess a holistic set of learning outcomes.

**Work-Based Learning:** A mandatory 150-hour placement experience integrates work-based learning into the program. Students will gain practical experience under the supervision of qualified S&C professionals, applying their theoretical knowledge in real-world settings. The placement experience will be supported by pre-placement workshops and post-placement reflection opportunities.

This program actively engages students in their learning journey, fostering a deep understanding of S&C principles, practical skill development, and critical thinking abilities essential for success in the field.

## Assessment strategy

This MSc Strength & Conditioning program implements a diverse assessment strategy aligned with the Active Learning Framework (ALF) and the principles of Transforming Assessment. A variety of methods ensure students have opportunities to demonstrate achievement of all learning outcomes. Modules will typically include written examinations in the form of portfolios or gathered evidence and essays to assess knowledge and understanding of S&C principles. Practical skills will be evaluated through in-class assessments, presentations, and potentially video or in-person analysis of coaching techniques. Critical thinking and self-reflection will be fostered through assignments requiring analysis of research or case studies, as well as reflective writing exercises. The culminating placement experience will be assessed through a portfolio that integrates critical reflection on experiences, skills evaluation by the placement supervisor, and a potential presentation on learnings from the placement. This multifaceted approach provides a comprehensive picture of student learning and ensures graduates possess the theoretical knowledge, practical skills, and critical thinking abilities necessary for success in Strength and Conditioning.



## Disclaimer

Through out quality assurance processes we have ensured that this programme engages with and is aligned to:

- Academic Regulations: <https://wrexham.ac.uk/academic-regulations-policies-and-procedures/>
- The University Skills Framework: <https://wrexham.ac.uk/careers/skills-framework/>
- Welsh Language Policy: <https://wrexham.ac.uk/about/welsh-at-wrexham-university/>
- Equality and Diversity Policy: <https://wrexham.ac.uk/about/equality-and-diversity/>
- The Student Union offers support for students, please access their website <https://www.wrexhamglyndwrsu.org.uk/>