



LEEDS  
BECKETT  
UNIVERSITY

# Course Specification

Postgraduate Diploma Strength  
and Conditioning

Course Code: PDSAC

2021/22

# ***Postgraduate Diploma Strength and Conditioning (PDSAC)***

## **Material Information Summary for 2021/22 Postgraduate Applicants**

**Confirmed at MAY/2021**

*This is the date the information has been confirmed as correct by the Course Director*

### **General Information**

<b>Award</b>	Postgraduate Diploma Strength and Conditioning
<b>Contained Awards</b>	Postgraduate Certificate Strength and Conditioning
<b>Awarding Body</b>	Leeds Beckett University
<b>Level of Qualification &amp; Credits</b>	Level 7 of the Framework for Higher Education Qualifications, with 120 credit points at Level 7 of the Higher Education Credit Framework for England
<b>Course Lengths &amp; Standard Timescales</b>	<p>Start dates will be notified to students via their offer letter. The length of the course is confirmed below and modes of delivery will be confirmed prior to the start date in line with Government guidance:</p> <ul style="list-style-type: none"><li>• 1 year (full time, campus based)</li><li>• 2 years (part time, campus based)</li></ul>
<b>Part Time Study</b>	<p>PT delivery is usually at half the intensity of the FT equivalent course, although there may be flexibility to increase your pace of study to shorten the overall course duration. Some modules may be delivered in a different sequence to that defined within this information set but the modules offered within each level are consistent.</p>
<b>Location(s) of Delivery</b>	Headingley, Leeds
<b>Entry Requirements</b>	<p>Admissions criteria are confirmed in your offer letter. Details of how the University recognises prior learning and supports credit transfer are located here: <a href="http://www.leedsbeckett.ac.uk/studenthub/recognition-of-prior-learning">www.leedsbeckett.ac.uk/studenthub/recognition-of-prior-learning</a>.</p> <p>Admissions enquiries may be directed to: <a href="mailto:AdmissionsEnquiries@leedsbeckett.ac.uk">AdmissionsEnquiries@leedsbeckett.ac.uk</a>.</p>
<b>Course Fees</b>	<p>Course fees and any additional course costs are confirmed in your offer letter. Fees enquiries may be directed to <a href="mailto:Fees@leedsbeckett.ac.uk">Fees@leedsbeckett.ac.uk</a>.</p>

### **Timetable Information**

Timetables will be made available to students during induction week via:

- i) The Student Outlook Calendar
- ii) The Student Portal (MyBeckett)

iii) The Leeds Beckett app

Any difficulties relating to timetabled sessions may be discussed with your Course Administrator.

## **Policies, Standards and Regulations** ([www.leedsbeckett.ac.uk/academicregulations](http://www.leedsbeckett.ac.uk/academicregulations))

Exemption to Academic Regulation 2.3 'Standard Minimum Entry Requirements'; course entry requirements include IELTS 6.5 with no skills below 6.0, or an equivalent qualification.

### **Key Contacts**

<b>Your Course Director</b>	Dr Gareth Nicholson
<b>Your Academic Advisor</b>	Dr Alex Dinsdale
<b>Your Course Administrator</b>	<a href="mailto:sportpgadmin@leedsbeckett.ac.uk">sportpgadmin@leedsbeckett.ac.uk</a>

## **Professional Accreditation or Recognition Associated with the Course**

### **Professional Body**

Currently, the MSc, PG Dip, PG Cert Strength & Conditioning are not subject to external reference points such as Professional, Statutory or Regulatory Bodies. However, the course aims and learning outcomes are aligned with several of the key competencies required for those students wanting to gain accreditation (e.g. United Kingdom Strength and Conditioning Association: UKSCA & National Strength and Conditioning Association: NSCA). Furthermore, the course content is appropriate for those wanting to prepare for a career in research, applied sport science, strength and conditioning coaching. Lastly, the staff teaching on the course are highly engaged in research, accredited coaches and understand the needs of employers within this area.

### **Accreditation/ Recognition Summary**

N/A

## **Course Overview**

This is a Postgraduate Diploma for students who are developing their undergraduate and/or professional experience and who have a desire to study Strength and Conditioning at a higher level. The philosophy of the course is to focus the student in the study of strength and conditioning, which is academically challenging, vocationally relevant and underpinned by evidence-based practice. Furthermore, it aims to align itself where possible with professional standards set by industry governing organisations such as the United Kingdom Strength and Conditioning Association (UKSCA) and the National Strength and Conditioning Association (NSCA). The breadth of this post-graduate degree is a key aspect of the provision. Students have the opportunity to apply theory to practice, which creates a highly valuable learning experience with clear vocational and professional significance. Therefore, the content of the Postgraduate Diploma in Strength and Conditioning has been carefully designed to provide quality assured professional training to meet the needs of the market and to foster life-long learning in participants.

## Aims

This is a post-graduate programme for students who are developing their undergraduate and/or professional experience and who have a desire to study Strength and Conditioning at a higher level. The course is designed to:

- Develop knowledge and understanding of the principles and applications of strength and conditioning and their application to vocational/professional practice.
- Provide an opportunity to critically assess a broad range of theories, methodologies and research findings in strength and conditioning.
- Develop a critical understanding of how to apply theories, strategies and methodologies in appropriate ways.
- Enable the student to develop empirical rigour in identifying solutions to complex problems.
- Develop the appreciation of inter-related scientific concepts that promote understanding of problems and issues in the study of strength and conditioning.
- Provide a forum for the development of research skills and professional competencies in the field of strength and conditioning.

This programme of postgraduate study will provide students with a training of high academic quality and application to the workplace.

## Course Learning Outcomes

At the end of the course, students will be able to:

1	Apply critical knowledge and understanding of the principles and applications of Strength & Conditioning to vocational/professional practice.
2	Analyse and critically evaluate a broad range of theories, methodologies and research findings in Strength & Conditioning
3	Critically understand how to apply theories, strategies and methodologies in appropriate ways.
4	Understand how research methods and techniques generate different kinds of knowledge and be able to apply and use appropriate research skills in the study of strength and conditioning.
5	Critically reflect upon their professional practice as a practitioner and to develop rigour in identifying solutions to complex problems.
6	Deal with complex issues relevant to the inter-disciplinary concepts of strength and conditioning both systematically and creatively, make sound judgment and competently communicate or present conclusions to specialist and non-specialist audiences.

## Teaching and Learning Activities

### Summary

The learning and teaching on this programme places the student at the centre of the experience by fostering an inclusive, supportive, caring and challenging environment. The teaching and learning approaches adopted within modules are designed to sensitise students to contemporary issues in Strength and Conditioning and challenge their own assumptions and practices in those contexts. The blend of teaching and learning methods in modules will involve a combination of face-to-face facilitated learning - key lectures on substantive areas, complimented by seminars and practicals (staff and student led), online learning (on and offsite), and self-study through directed reading and

independent study tasks. This will differ by module and across the different levels of the postgraduate programme. The main emphasis is face-to-face learning in small seminar groups.

### Learning and Teaching Approaches

Students will be engaged through a variety of teaching and learning approaches whilst studying the PG Dip Strength and Conditioning programme. Challenging and authentic tasks will be used to stretch the students' capabilities in real-world learning and assessment, resulting in a deeper approach to learning. The majority of modules on this degree programme will consist of 20 credits with The Planning, Delivery and Evaluation of training module consisting of 40 credits. A twenty-credit module equates to 200 notional learning hours of which 36 hours will be dedicated to contact time.

Learning and teaching approaches will be continually improved using feedback from mid and end of module evaluations, peer review, focus groups, enhancement and development days and module development days. This will ensure that the students' learning experience is continually enhanced by supporting the professional development needs of the academic members of staff who will facilitate the learning experience.

Students will be engaged through a variety of teaching and learning approaches whilst studying the PG Dip Strength and Conditioning course. Challenging and authentic tasks will be used to stretch the student's capabilities in real world learning and assessment resulting in a deeper approach to learning.

The following learning and teaching strategies will be used across the modules;

- Students will attend interactive lectures where they will be expected to contribute having done some preparatory reading in advance
- Students will participate in tutorials where they will work in small groups to engage with learning activities
- Students will engage and contribute to laboratory/ practical sessions.
- Students will organise and conduct laboratory and field data collection, analysis and interpretation.
- Students will work independently to research the relevant literature predominantly using electronic databases and search engines.
- Students will complete directed activities/ formative assessments which will inform the content of scheduled sessions, providing opportunities for feedback.

The blend of learning approaches will involve a combination of face-to-face facilitated learning, online learning and self-study which will differ by module and across levels.

### Your Modules

This information is correct for students progressing through the programme within standard timescales. Students who are required to undertake repeat study may be taught alternate modules which meet the overall course learning outcomes. Details of module delivery will be provided in your timetable.

### Level 7 Full time

Semester 1	Core (Y)	Semester 2	Core (Y)
Biomechanics of strength and power (20 credits)	Y	Professional Practice in Strength and Conditioning (20 credits)	Y
Physiology of Sports Conditioning (20 credits)	Y		
Research Process	Y		

The Planning, Delivery and Evaluation of training (40 credits)	Y	The Planning, Delivery and Evaluation of training (40 credits)	Y

Outlined below is the typical study route for part-time students for year 1 and year 2. We can however work with all individual students to adapt the mode and credits of study if permitted.

### Part time Year 1

All modules are core

Semester 1	Semester 2
Biomechanics of strength and power (20 credits)	
Physiology of Sports Conditioning (20 credits)	
The Planning, Delivery and Evaluation of training (40 credits)	The Planning, Delivery and Evaluation of training (40 credits)

### Part time Year 2

All modules are core

Semester 1	Semester 2
Research Process (20 credits)	Professional Practice in Strength and Conditioning (20 credits)

## Assessment Balance and Scheduled Learning and Teaching Activities

The assessment balance and overall workload associated with this course are calculated from core modules and a sample of option module choices undertaken by a typical student. They have been reviewed and confirmed as representative by the Course Director.

A standard module equates to 200 notional learning hours, which may be comprised of teaching, learning and assessment, any embedded placement activities and independent study. Modules may have more than one component of assessment.

### Assessment

On this course students will be assessed through a mix of coursework and practical assessments.

### Workload

Overall Workload for the Course	
Teaching, Learning and Assessment	216 hours
Independent Study	984 hours
Placement	-

## Learning Support

If you have a question or a problem relating to your course, your Course Administrator is there to help you. Course Administrators work closely with academic staff and can make referrals to teaching staff or to specialist professional services as appropriate. They can give you a confirmation of attendance letter, and a transcript. You may also like to contact your Course Rep or the Students' Union Advice team for additional support with course-related questions.

If you have any questions about life at our University in general, call into or contact the Student Advice Hub on either campus. This team, consisting of recent graduates and permanent staff, are available to support you throughout your time here. They will make sure you have access to and are aware of the support, specialist services, and opportunities our University provides. There is a Student Advice Hub on the ground floor of the Rose Bowl at City Campus and one in Campus Central at Headingley. You can also find the team in the Gateway in the Leslie Silver Building at City Campus. Email enquiries may be directed to [studentadvicehub@leedsbeckett.ac.uk](mailto:studentadvicehub@leedsbeckett.ac.uk).

Within MyBeckett you will see two tabs (Support and Opportunities) where you can find online information and resources for yourselves. The Support tab gives you access to details of services available to give you academic and personal support. These include Library Services, the Students' Union, Money advice, Disability advice and support, Wellbeing, International Student Services and Accommodation. There is also an A-Z of Support Services, and access to online appointments/registration.

The Opportunities tab is the place to explore the options you have for jobs, work placements, volunteering, and a wide range of other opportunities. For example, you can find out here how to get help with your CV, prepare for an interview, get a part-time job or voluntary role, take part in an international project, or join societies closer to home.