



LEEDS
BECKETT
UNIVERSITY

Course Specification

Postgraduate Diploma Strength and Conditioning

Course Code: PDSAC

2026/27

leedsbeckett.ac.uk

Postgraduate Diploma Strength and Conditioning (PDSAC)

Applicant Facing Course Specification for 2026/27 Entrants

Confirmed at 11/2025

General Information

Award	Postgraduate Diploma Strength and Conditioning
Contained Awards	Postgraduate Certificate Strength and Conditioning
Awarding Body	Leeds Beckett University
Level of qualification and credits	Level 7 of the Framework for Higher Education Qualifications, with 120 credit points at Level 7 of the Higher Education Credit Framework for England.
Course lengths and standard timescales	<p>Start dates will be notified to students via their offer letter. The length and mode of delivery of the course is:</p> <ul style="list-style-type: none">• 12 months (full time, campus based)• 24 months (part time, campus based)
Part time study	<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 from that defined within this information set but the modules offered within each level are consistent. Please note that a work placement option is not generally available to PT students.</p>
Location(s) of delivery	<p>The majority of teaching will be at Headingley campus but on occasion may be at City campus.</p>
Entry requirements	<p>Admissions criteria are confirmed in your offer letter. Details of how the University recognises prior learning and supports credit transfer are located here: https://www.leedsbeckett.ac.uk/student-information/course-information/recognition-of-prior-learning/</p> <p>Admissions enquiries may be directed to: AdmissionsEnquiries@leedsbeckett.ac.uk.</p>
Course fees	<p>Course fees are confirmed in your offer letter. A breakdown of any additional costs is included on the online prospectus entry for this course.</p> <p>Fees enquiries may be directed to Fees@leedsbeckett.ac.uk.</p>

Policies, Standards and Regulations

<https://www.leedsbeckett.ac.uk/our-university/public-information/academic-regulations/>

Standard University Regulations apply to this course, with one exception:

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.

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.

Timetable

Timetables for Semester 1 will be made available to students during induction week via:

- i) The Student Portal (MyBeckett)
- ii) The Leeds Beckett app

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

Key Contacts

Your Course Director

Dr Lauren Duckworth

Your Course Leader

Dr Alex Dinsdale

Your Course Administrator

SchoolOfSportPGAdmin@leedsbeckett.ac.uk

Course Overview

This is 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	Undertake and 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. Many modules (20-credits) are delivered over a 12-week semester (see modules for exceptions), with students expected to attend on campus each week, at least a 1-hour large group session and at least a 2-hour smaller group seminar/practical session. Recorded lectures and directed activity will be provided around these study hours. Each module will therefore provide 36 hours of taught content, with students expected to dedicate at least 164 hours of independent study across each semester for each module.

Your modules

This information is correct for students progressing through the programme within standard timescales. Option modules listed are indicative of a typical year. There may be some variance in the availability of option modules. 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

Compulsory modules

Module title	Credits	Semester/ period	teaching
Biomechanics of strength and power	20	Semester 1	
Physiology of Sports Conditioning	20	Semester 1	
Research Process	20	Semester 1	
The Planning, Delivery and Evaluation of training	40	Semester 2	
Professional Practice in Strength and Conditioning	20	Semester 1 & 2	
Number of credits of compulsory modules	120		

Level 7 – Part Time

Compulsory modules

Module title	Credits	Semester/ period	teaching
Biomechanics of strength and power	20	Semester 1 – Year 1	
Physiology of Sports Conditioning	20	Semester 1 – Year 1	
The Planning, Delivery and Evaluation of training	40	Semester 2 – Year 1	
Research Process	20	Semester 1 – Year 2	
Professional Practice in Strength and Conditioning	20	Semester 1 & 2- Year 2	
Number of credits of compulsory modules	120		

The full-time and part-time study pattern outlined above reflects a recommended course study structure. However, it is recognised that for some students undertaking part-time study more flexibility will be needed in terms of number of modules completed each year as well as the order of modules studied.

Assessment and Scheduled Learning and Teaching Activities

The assessment balance and overall workload associated with this course are calculated from core modules and typical option module choices undertaken by students on the course. They have been reviewed and confirmed as representative by the Course Director, but applicants should note that the specific option choices students make may influence both assessment and workload balance.

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

Level 7

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

Workload

Overall Workload	Level 7
Teaching, learning and assessment	216 hours
Independent study	984 hours