



Course information for applicants

This information applies to the course as it will be delivered to students starting the course in 2027/28.

Information provided here was confirmed on 04/09/2026

General information

Programme code

PDSAC

Target award

If you complete this course successfully you will be eligible for the award of:

PGDip Strength and Conditioning

Delivery mode

- ☒ On campus
☐ Distance learning

Where you will study

The majority of teaching will be at Headingley campus but on occasion may be at City campus.

Professional accreditation or recognition

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.

Awarding body

Leeds Beckett University

Regulator

Office for Students

Level of qualification

Level 7 of the Framework for Higher Education Qualifications

Course duration

If you are made an offer of a place on the course, your offer letter will include the start date.

This course can be studied:

12 months full-time

24 months part-time

Part-time study

This course can be studied part-time.

If you study the course part-time, it will usually take twice as long to complete compared with the equivalent full-time course. The modules may be delivered in a different sequence than on the full-time course, but you will study the same modules at each academic level. With the agreement of the course team, you may be able to increase your pace of study to shorten the overall course duration.

Entry requirements

Admissions criteria are available on the online prospectus entry for this course.

If you have previous relevant qualifications or experience, you could be exempt from certain parts of your course. Recognition of prior learning (RPL) allows you to start your course at a point appropriate to the learning and skills that you may have developed in a professional, vocational or community setting.

Find out more here: <https://www.leedsbeckett.ac.uk/student-information/course-information/recognition-of-prior-learning>

If you have questions about entry requirements and admissions, contact AdmissionsEnquiries@leedsbeckett.ac.uk

Course fees

Course fees and a breakdown of any additional costs is included on the online prospectus entry for this course.

If you have questions about fees for this course, contact Fees@leedsbeckett.ac.uk

Timetable

You will receive your full timetable for the year during induction week.

What you will study

Course aims

The aims of the course are 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.

Teaching and learning activities

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.

Students will be engaged through a variety of teaching and learning approaches whilst studying the 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.

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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.
- Students will be provided with the opportunities to reflect on their own practice and or opportunities to undertake work-based learning within a placement.

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.

Course structure

This information is correct for students progressing through the course within standard timescales. If you have to repeat study or take time out during your course, you may be taught alternative modules which meet the overall course learning outcomes.

Level 7

Compulsory modules – full-time

Module title	Credits	Semester/teaching period
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
Total number of credits of compulsory modules:	120	

Compulsory modules – part-time

Module title	Credits	Semester/teaching period
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
Total 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 feedback

Level 7

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

Workload

You can expect to spend a total of 100 hours learning per 10 credits.

Typically, a student on this course can expect to divide their time like this:

Overall workload	Level 7
Teaching, learning and assessment	216 hours
Independent study	884 hours
Placement study	100 hours*

* All students are provided with opportunities to gain professional practice opportunities of which some may be with external stakeholders/organisations.