Programme Specification

A Programme Specification provides a concise summary of the main features of a programme and its intended learning outcomes. It is intended to be used by prospective students, current students, academic staff, and potential employers.

Programme Title:	
BSc (Hons) Strength and Conditioning **BSc (Hons) Strength and Conditioning with Foundation Year**	
Programme (AOS) Code(s):	**BP1STC1 / BP1STC4**
UCAS Code:	**CC63 / CC64**
Name of Final Award:	**Bachelor of Science with Honours, BSc (Hons)**
Level of Qualification:	**Level 6**
Regime of Delivery:	**Attendance**
Mode(s) of Delivery:	**Full Time**
Typical Length of Study (Years):	**3 Years / 4 Years with Foundation Year**
Professional Body Recognition / Accreditation (including specific requirements where applicable):	**National Strength and Conditioning Association (NSCA)**

Brief Description of the Programme

This programme of study will be of interest to individuals who either have current experience in the field of Strength and Conditioning (S&C) or who have an interest in helping prepare athletes and teams ready for the demands of performance sport. Accredited by the NSCA and closely mapped to the UKSCA/CIMSPA, Graduate Strength and Conditioning Coach (GSCC) professional standard this programme will help to develop the knowledge and skills required by the contemporary S&C practitioner. Combining underlying scientific principles with practical S&C training methods students will study physiology, biomechanics, psychology, data analysis, nutrition, applied S&C, performance analysis, research methods, sports injury and rehabilitation, skill acquisition and learning, exercise referrals and topical issues in S&C.

Programme Aims

1	Enable students to develop and demonstrate a critical understanding of the application of S&C concepts, theories, and techniques to military populations.
2	Develop the skills and knowledge necessary to participate and contribute to the development of the athletes and encourage research in this area of study to inform practice.
3	Develop a critical understanding of the importance of working effectively with allied sports performance professionals, in the promotion of holistic athlete development and wellbeing.
4	Enhance students understanding of research process and encourage the development of critical thinking skills.
5	Enhance employability through the development of a range of transferable skills throughout the programme.

Programme Learning Outcomes

The Bucks Graduate Attributes focus on the development of innovative leaders in professional and creative capacities, who are equipped to operate in the 21st Century labour market and make a positive impact as global citizens. The attributes are developed through the programme.

ID	Learning Outcome
On successful completion of the programme a graduate will be able to:	
Graduate Attribute: Knowledge and its application (K)	
K1	Demonstrate a critical understanding of key concepts, theories, and techniques which underpin effective S&C practice.
K2	Critically evaluate physiological; biomechanical and psychological concepts and theories and apply them in the context of S&C practice.
K3	Demonstrate an ability to conduct laboratory and field-based testing procedures and use the data gathered to evaluate health, wellbeing, and human performance capabilities.
K4	Safely and effectively coach a wide range of S&C training methods including movement skills, weightlifting, resistance, plyometric, speed, agility, aerobic and anaerobic training.
Graduate Attribute: Creativity (C)	
C1	Apply S&C theories, concepts, and techniques to develop creative, evidence-based S&C training programmes.
C2	Evaluate the mechanism of common sports injuries and develop appropriate exercise rehabilitation interventions.
Graduate Attribute: Social and ethical awareness and responsibility (S)	
S1	Demonstrate a critical level of understanding of the core competencies, knowledge, and professional standard requirements of the contemporary S&C practitioner (i.e. UKSCA, NSCA).
S2	Develop a critical understanding as to the importance of working effectively with allied medical and sports professionals, in the promotion of health, wellbeing and performance enhancement.
Graduate Attribute: Leadership and self-development (L)	
L1	Independently compose an appropriate research question, or aim, which may contribute toward a solution to an identified problem.
L2	Formulate, justify, and implement an effective methodology that addresses the research question or aim using primary and/or secondary data.
L3	Critically appraise and apply scientific knowledge from a range of sport science disciplines to arrive at and communicate an independent evidence-based approach to S&C practice.

Programme Structure

Programmes are structured in stages. The number of stages will vary depending on the mode (e.g. full-time, part-time), duration and location of study which will be detailed in the Programme Handbook.

Modules are set at a specific academic level and listed as either core (compulsory) or optional. The level indicates the relative academic difficulty which will increase through the programme. Passing modules will reward you with academic credit. The amount of credits will depend on the complexity of the module and the level of effort required, which is measured in 'notional learning hours'.

Our Academic Advice webpages provide more information on the structure of taught awards offered by the University.

Please note: Not all option modules will necessarily be offered in any one year. Other option modules may also be introduced at a later stage enabling the programme to respond to sector developments.

Foundation Year

Code	Module Title	Credit	Core / Option	Compensable (Normally Yes)
FY026	Preparing for Success Knowledge and Creativity	N/A	C	Yes
FY027	Preparing for Success Self-development and Responsibility	N/A	C	Yes
FY028	Inquiry Based Learning	N/A	C	Yes
FY012	Introduction to Sport Development and Performance	N/A	C	Yes

Level Four

Code	Module Title	Credit	Core / Option	Compensable (Normally Yes)
SL411	An Introduction to Coaching Theory and Practice	15	C	Yes
SL468	Introduction to Health Physiology	15	C	Yes
SL419	Foundations of Exercise Physiology	15	C	Yes
SL473	Foundations of Sports Research	15	C	Yes
SL421	Foundations of Biomechanics	15	C	Yes
SL470	Foundations of Sport and Exercise Psychology	15	C	Yes
SL435	Fundamentals of Strength and Conditioning	15	C	Yes
SL457	Human Anatomy	15	C	Yes

Level Five

Code	Module Title	Credit	Core / Option	Compensable (Normally Yes)
SL519	Coaching and Athlete Development	15	C	Yes
SL520	Research in Sport and Exercise	15	C	Yes
SL525	Applied Exercise Physiology	15	C	Yes

SL528	Sports Nutrition	15	C	Yes
SL572	Applied Biomechanics	15	C	Yes
SL531	Performance Analysis in Sport	15	C	Yes
SL532	Applied Sport & Performance Psychology	15	C	Yes
SL566	Applied Strength and Conditioning	15	C	Yes

Level Six

Code	Module Title	Credit	Core / Option	Compensable (Normally Yes)
SL615	Contemporary Coaching Issues	15	C	Yes
SL620	Research Dissertation	30	C	No
SL627	Sports Injury and Rehabilitation	15	C	Yes
SL629	Exercise Referral	15	C	Yes
SL653	Skill Acquisition and Learning in Sport	15	C	Yes
SL673	Advanced Strength and Conditioning	15	C	Yes
SL674	Topical Issues in Strength and Conditioning	15	C	Yes

Learning and Teaching Activities

Please see the Academic Advice pages for a description of learning and teaching activities that are recognised by the University. Detailed information on this specific programme is outlined below:

A range of specific learning and teaching mechanisms that will be use in the programme are outlined below:

Seminars: Enable open discussion, contribution by lecturers and practitioners. Students will be enabled to practice the articulation of ideas, questions, test their knowledge and listen to other's points of view, thus enabling their critical thinking abilities to develop.

Lectures: Provide information and opportunities for the visual presentation of ideas, concepts, and theories. Students may be involved in interactive activities which have some of the characteristics of seminars listed above.

Practical/Laboratory Sessions: Students will work in small groups that aim to develop collaborative and communication skills, networking, sharing, and supporting each other to learn and acquire vocational experience of tests and procedures conducted in laboratory and field settings.

Self-Directed Study: Develops students' independent working, autonomy, and self-awareness. The ability to manage projects, manage time and identify own learning needs supported by formal and informal learning opportunities throughout the course. Self-directed study is key to successfully managing and achieving the course learning outcomes. The Learning Development Unit (LDU) is available to support students with learning difficulties and those wishing to enhance their study skills.

Tutorials: Both individual and in small groups help to focus students on evaluating their own work and identifying directions for study and research. Lecturers will question and advise students, presenting alternatives and challenging decisions, in order to help students to realise their full potential and to develop critical and evaluative skills.

PlacementPlus: In order to enhance students' transition into highly skilled graduate level employment, this programme has been mapped to the PlacementPlus framework at levels, 4, 5 & 6. At all stages throughout the programme, the PlacementPlus framework provides opportunities for students to make links between career success and academic and subject-knowledge development. At Foundation Year and Level 4, PlacementPlus will be delivered centrally by appropriately qualified teams within the Directorate for Student Success. At Levels 5 and 6, in which the focus is on the application and creation of knowledge in specific professional contexts, PlacementPlus will be delivered as an integral part of the programme curriculum.

Additional Course Costs

There are costs associated with all studies, additional to the tuition fee, which require consideration, when planning and budgeting for expenditure. Costs are indicative and for the total length of the course shown unless otherwise stated and will increase with inflation; depending on the programme they may include equipment, printing, project materials, study trips, placement activities, DBS and/or other security checks.

All core texts will be in the library for students to borrow for free, and wherever possible texts on reading lists will also be purchases in the library. Students may be required to purchase texts and journals to support their study programme. The average cost of books for students studying on a degree course is assumed as £100 per year.

Potential additional course costs may include the following optional elements:

- Overseas Work Placement to the United States (2019/20 - £2500)
- UKSCA Associative membership (2019/2020 - £60)
- NSCA Student membership (2019/20 - £50)

Contact Hours

1 unit of credit is the equivalent of 10 notional learning hours. Full time undergraduate students' study 120 credits (1200 hours) and full-time postgraduate students' study 180 credits (1800 hours) per year or 'stage' of the course.

Course Stage	Scheduled Activities (Hours)	Guided Independent Study (Hours)	Placement / Study Abroad / Work Based Learning (Hours)
Year One	325	875	
Year Two	352	836	12
Year Three	259	914	27
Total	936	2625	39

Assessment Methods

The Assessment and Examination webpages provide further information on how assignments are marked and moderated, including a description of assessment activities. These also include further information about how feedback on assessed work is provided to students, including our commitment to ensure this is provided to students within 15 working days (the 'three-week turnaround').

The majority of modules within this programme will have only one summative assessment element which will be either a written essay, report, presentation and/or viva. Several of the more applied modules will also have a second practical summative assessment point. All summative assessments will be mapped to the programme specification and individual module descriptor learning outcomes.

Classification

Calculation of final award:	**Level 5 - 33% / Level 6 – 67%**

For full details of assessment regulations for all taught programmes please refer to our Results webpages. These include the criteria for degree classification.

Admissions Requirements

Please see the Application webpages for more information on how to apply, including a statement on how we support students from a variety of backgrounds. Please also see our general entry requirements for taught programmes. Applicants who do not meet our published entry requirements are encouraged to contact our admissions team for further advice and guidance.

Typical applicant profile and any programme-specific entry requirements

Applicants should have a qualification at Level 3, to demonstrate the ability to study in the academic environment. Study at A level in PE or Biology and /or BTEC courses in sport & exercise science is desirable. Students are likely to enjoy active learning and 'hands-on' experiences during their undergraduate programme. The entry criteria are flexible, realistic and recognise a range of prior qualifications and experience. Accreditation of prior learning (APEL) will be considered in case of mature students wishing to embark on the programme without formal level 3 qualifications.

Do applicants required a Disclosure and Barring Service (DBS) Check?	**No**

Opportunities for students on successful completion of the programme

Upon competition of this programme graduates will encouraged to sit the UKSCA accreditation assessment and the NSCA Certified Strength and Conditioning Specialist (CSCS) exam. In addition, graduates will also be well placed to work in the field of strength and conditioning in a range of environments, such as the military, national governing bodies of sport, professional sports teams, national institutes of sport, and private sports science providers. Students who graduate with a 1st or 2nd class BSc (Hons) will also be well prepared for postgraduate study at MSc level.

Recognition of Prior Learning

Previous study, professional and / or vocational experiences may be recognised as the equivalent learning experience and permit exemption from studying certain modules. Please refer to our Credit Accumulation webpages for further guidance.

Student Support

During the course of their studies, students will be supported in the following ways:

- At the start of their studies all students will receive a full **induction** to the programme which will include introduction to the staff responsible for delivering the course, and access to library and IT facilities
- The **Programme Handbook** will outline the exact nature of the course and how it is structured, including the availability of option modules
- Each student will be allocated a **Personal Tutor** who will support their academic development, be able to advise and guide them with their studies and, where necessary, give advice on study options
- Students will be able to access our full range of **support services**, including the Learning Development Unit for skills and study support, the Library, the Careers and Employability Team, Student Finance Team, Accommodation and Counselling Services

Programme specific support (if applicable)

Appendices

Quality Assurance

Awarding Body:	**Buckinghamshire New University**
Language of Study:	**English**
QAA Subject Benchmark Statement(s):	**Hospitality, Sport, Leisure and Tourism (2019)**
Assessment Regulations:	***Academic Assessment Regulations*, accessible via the Academic Advice webpages (https://bucks.ac.uk/students/academicadvice)**
Does the Fitness to Practise procedure apply to this programme?	**No**
Ethics Sub-committee	
Date Published / Updated:	**September 2020, April 2021, Sept 2022**

Other awards available on programme (Exit Qualifications)

Please refer to the *Academic Qualifications Framework* for Exit Qualifications recognised by the University and credit and module requirements.

Name of Exit Qualification:	**Certificate of Higher Education (CertHE)**
Full name of Qualification and Award Title:	**Certificate in Strength and Conditioning**
Credits requirements:	**120 Credits**
Module requirements:	**ALL 120 Credits at Level 4**
Learning Outcome	
Develop a critical understanding of key concepts, theories, and techniques which underpin effective strength and conditioning (S&C) practice.	
Critically evaluate physiology; biomechanical and sport psychology concepts and theories and apply them in the context of S&C practice.	

Name of Exit Qualification:	**Diploma of Higher Education (DipHE)**
Full name of Qualification and Award Title:	**Diploma in Strength and Conditioning**
Credits requirements:	**240 Credits**
Module requirements:	**ALL 120 Credits at Level 4** **ALL 120 Credits at Level 5**
Learning Outcome	
Develop a critical understanding of key concepts, theories, and techniques which underpin effective strength and conditioning (S&C) practice.	
Critically evaluate physiology; biomechanical and sport psychology concepts and theories and apply them in the context of S&C practice.	

Demonstrate an ability to conduct laboratory and field-based testing procedures and use the data gathered to evaluate health, wellbeing, and human performance capabilities.
Safely and effectively coach a wide range of S&C training methods including movement skills, weightlifting, resistance, plyometric, speed, agility, aerobic and anaerobic training.

Name of Exit Qualification:	**Ordinary Degree**
Full name of Qualification and Award Title:	**Degree in Strength and Conditioning**
Credits requirements:	**330 Credits**
Module requirements:	**ALL 120 Credits at Level 4** **ALL 120 Credits at Level 5** **90 Credits at Level 6**
Learning Outcome	
Develop a critical understanding of key concepts, theories, and techniques which underpin effective strength and conditioning (S&C) practice.	
Critically evaluate physiology; biomechanical and sport psychology concepts and theories and apply them in the context of S&C practice.	
Demonstrate an ability to conduct laboratory and field-based testing procedures and use the data gathered to evaluate health, wellbeing, and human performance capabilities.	
Safely and effectively coach a wide range of S&C training methods including movement skills, weightlifting, resistance, plyometric, speed, agility, aerobic and anaerobic training.	
Apply S&C theories, concepts, and techniques to develop creative, evidence-based S&C training programmes.	
Evaluate the mechanism of common sports injuries and develop appropriate exercise rehabilitation interventions.	
Demonstrate a critical level of understanding of the core competencies, knowledge, and professional standard requirements of the contemporary S&C practitioner (i.e. UKSCA, NSCA).	
Develop a critical understanding as to the importance of working effectively with allied medical and sports professionals, in the promotion of health, wellbeing and performance enhancement.	