BSc (Hons) Strength and Conditioning

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Subject	Level	Study Mode	Duration	Start Date	UCAS Code
Sport and Exercise Science	Bachelors Degree (Level 6)	Full-Time	3 years	September 2027	SC21

The Course

This programme is currently undergoing a refresh to ensure you get the best experience and opportunity to achieve as an employment-ready graduate. Full details of the newly refreshed programme will be available later in the year, subject to approval, and will be communicated to all applicants at the earliest opportunity. Strength and conditioning is a strand of sport science with its foundations grounded in physiology, biomechanics, nutrition and coaching sciences. This degree will help you to become a practitioner within strength and conditioning, guided by evidence-based practice. You will be able to physically and physiologically prepare athletes for sporting performance and improve health outcomes within clinical and general populations.

Course Aims

- Engage you academically, practically and professionally within the core disciplines of strength and conditioning, exercise physiology, biomechanics and their impact upon sport performance, health and fitness. Develop you into a critically informed, reflective and adaptable graduate. Ensure you are capable of contributing to rising demand of employment, innovation and practice within the strength and conditioning sector. Ensure you can demonstrate a knowledge and critical understanding of core elements of strength and conditioning science and the application to improve sporting performance. Help you to be aware of the wider applications and impact of strength training and conditioning sciences within the wider sport, health and exercise science settings. Teach you to maintain an evidence-based approach to enhancement of sporting performance or health through critical analysis of empirical scientific data. Ensure you are critically aware of the collection and analysis of data, including recording, presentation and evaluation methods. Make sure you are capable of communicating effectively with colleagues, clients or members of an interdisciplinary team. Help you to manage and reflect on your own personal development and continued learning. Ensure you can demonstrate, supervise and coach practical activities using appropriate laboratory, field-based and experimental skills. Develop your ability to plan, prepare, implement and evaluate advanced goal-orientated training programmes.

What You Will Study

Year 1

- Academic, Employment and Professional Skills
- Functional Anatomy and Biomechanics
- Fundamentals of Sport and Exercise Psychology
- Fundamentals of Strength and Conditioning
- Introduction to Diet and Nutrition
- Introduction to Research Skills
- Physiology of Sport Performance

Year 2

- Applied Sport and Movement Analysis
- Nutrition for Exercise and Sports Performance
- Practical Strength and Conditioning
- Professional Practice and Development
- Programming and Monitoring Athletic Development
- Research Methods

Year 3

- Advanced Strength and Conditioning
- Conditioning Youth Athletes
- Dissertation
- Sports Injury: Prevention and Rehabilitation
- Supervised Experience

Entry Requirements

You will be required to have:

- A minimum of 96 UCAS points

AND

- GCSE English at grade 4 or above, or an equivalent qualification

- A suitable reference

UCAS points may be from qualifications such as A Levels, T Levels, BTEC Level 3 Extended Diplomas, Access to Higher Education Diplomas, and City and Guilds Advanced Technical Diplomas amongst others. Please use the UCAS Tariff points calculator to determine the UCAS points value of your qualifications.

Life and/or experience of non-traditional students will be taken into account when considering applications. The successful completion of an entry task may be required when considering applications without the required formal entry qualifications.

If your first language is not English, or a Tier 4 student visa to study is required and GCSE grade C/4 English or equivalent is not held, English language proficiency level such as International English Language Testing System (IELTS) 6.0 overall (with a minimum 5.5 in each skill) will need evidencing.

Advanced entry may be possible due to prior experience or certificated learning; applicants will need to complete the accreditation of prior learning approval process. Students with an appropriate HNC can apply for direct entry to Year 2.

Teaching and Learning Approach

This programme is delivered with a variety of learning and teaching approaches. For all modules, theory lectures are delivered that aim to deliver the core content and provide the underpinning knowledge. To complement the theory lectures, students have group seminars/practical sessions that are used to reinforce concepts delivered theoretically. The teaching methods focus on facilitating a student-centred approach to enhance the independent learning that takes place outside of the classroom. You will learn from experienced, supportive and motivated staff with both academic and industrial experience. Your experience will be supplemented by guest lectures, demonstrations, offsite trips and access to our online learning platform.

Time Required on Campus

Contact time includes approximately 12-16 hours a week to include lectures, seminars, practicals and tutorials. You are also expected to carry out a significant amount of independent study in addition to contact time (approximately 25-30 hours a week). Independent study includes reading around the subject, preparing for tutorials and seminars, preparing for, and completing, module assessments and revision for examinations; forming an essential part of your learning journey. You can expect to receive your timetable during induction week.

Work Experience

You will be required to participate in a mandatory work-related placement at Level 6 to apply the skills developed across the programme to an appropriate area of career interest. During this time, you must achieve 80 hours in a suitable placement. In addition, you will have the opportunity to engage and work with the Bishop Burton Sports Academies across a range of sports through our existing coaching academy, and work with our existing and growing industry partners.

How You're Assessed

Assessment includes written assignments, seminars, poster presentations, practical coaching or role-plays, reports, portfolios, case studies and presentations. Some elements may be assessed by formal examination. Opportunities for feedback on assessments are available prior to the final submission to support your development and achievement. Staff aim to return assessed work within a 20 working day timeframe (not including holidays) so that you can most benefit from the feedback.

Clothing, Equipment and Additional Costs

- UCBB sportswear for practical sessions, work placement and internal coaching roles. Costs vary depending on the clothing purchased, with an approximate bundle price of &pound 100 (this is subject to annual supplier price changes).
- You may require an enhanced DBS Disclosure, which would be at your own expense. You can check the current cost on the www.gov.uk website.
- Trips and short courses may also be offered at extra cost.
- A suitable electronic device e.g. a laptop or tablet, with internet connectivity is required for accessing online learning.
- On successful completion of the programme, you will have the opportunity to graduate at a ceremony wearing formal dress. The hire of the formal dress is an additional cost.

Progression

The programme is designed to enable you to progress to postgraduate study in a range of areas related to Strength and Conditioning or Sport and Exercise Science.

Careers

Upon graduation from this programme you could follow a career as a strength and conditioning coach, sports club fitness coach, health and fitness specialist, physiological development coach or rehabilitation assistant.

Financial Information

Find the full details of the fees associated with this programme and the financial support available on our https://www.bishopburton.ac.uk/degree-level-courses/information/fees-and-finance.

How to Apply

To apply, scan the QR code at the top of this page!

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