



MSc/PgDip/PgCert **STRENGTH AND CONDITIONING**



COURSE SUMMARY

This course has a strong practice-based element, which means you'll develop the skills you need to pursue a lead role in the field. The course covers all aspects of strength and conditioning research and applied practice, including strength and power development, aerobic conditioning, injury prevention, evaluation of athletic performance and nutrition. There is a strong focus on critically evaluating research findings and appropriate application to real life scenarios.

Much of the theoretical content is delivered online, with taught sessions focusing on critical evaluation and practical application of the research. You'll be able to apply your learning to your job and use case studies from your current area of practice.

The University of Salford was the first European institution with postgraduate courses to be recognised through the National Strength and Conditioning Association Education Recognition Program (ERP).

COURSE CONTENT

In order to achieve an award of MSc Strength and Conditioning you must successfully complete the modules Strength and Conditioning and Injury Prevention and Performance Measurement, along with producing a thesis for the Research Project module.

You will have access to some of the best facilities in the UK, including our purpose-built Human Performance Lab Physiology Lab and Strength and Conditioning suite, which contain almost every type of physiological and biomechanical equipment.

CAREER PROSPECTS

Using the skills you will be taught on this programme, you should be able to develop your career in strength and conditioning, making a difference to the training of your clients.

Graduates are now employed in Premier League and Championship football, Super league Rugby League, Rugby Union, Paralympic weightlifting and the English Institute of Sport. Some graduates have also progressed on to lecturing and doctoral level study.

Follow us for more information at @UoS_MSc_SandC



IN BRIEF

- Part-time study available
- Develop the practical skills and professional knowledge that employers want
- Our staff work in partnership with professional sports teams and individual athletes and have outstanding track records in publishing research in the field
- You will have access to our purpose built Human Performance Lab and Strength and Conditioning suite
- Much of the theoretical content is available online so you can study at a time convenient to you



LOCATION:	Frederick Road Campus
DURATION:	One year full-time or part-time options over two or three years (MSc), one year full-time or two years part-time (PgDip), one year full-time or one year part-time (PgCert)
START DATE:	September
TYPICAL ENTRY:	To apply for this course, students will need to have a BSc (Hons) within an appropriate sports or exercise related subject area (physiotherapy, sports rehabilitation, sports therapy, osteopathy, chiropractic, sports medicine physician). Prospective students will normally be required to have achieved a 2.1 Honours Degree, but consideration will be given to students with a 2.2 Honours Degree with appropriate and extensive industry experience and satisfactory references.
ASSESSMENT:	Case studies, reviews, practical assessments, research proposal
DELIVERY:	Workshops, on-line content, tutorials