

# Strength and Conditioning

## BSc (Hons)

STUDY MODE  
Full time / Part time

LOCATION  
Moulton

LEVEL  
Level 6

START DATE  
Sep 2022

DURATION  
3 years / 5 years

AWARDING BODY  
University of  
Northampton



Our BSc(Hons) Strength and Conditioning degree is the ideal route for students who are excited by working with sports performers, developing your career within the fitness industry. Our BSc(Hons) Strength and Conditioning course will develop your knowledge and skills in training programme design, delivery and evaluation. Making use of our state-of-the-art dedicated sports facilities and science laboratories you'll learn how to critically analyse the application of strength and conditioning programmes and consider their impact on an athlete.

There is no better time to join the fitness industry with roughly 6.7 thousand health and fitness clubs in the United Kingdom with approximately 9.7 million members. Strength and conditioning coaches are also employed in many professional sports organisations and are a compulsory requirement for player support in the Premier League.

At Moulton you will develop your own coaching style to enhance physical performance. Guided by our expert lecturers with professional experience you will gain theoretical and practical knowledge of the fitness industry which can be applied to a wide variety of sectors.

## What you'll learn

This programme comprises of different modules, which focus on strength and conditioning specific modules and options from the key sport science disciplines. The modular structure of the programme gives you flexibility and choice in years 2 and 3 to tailor your degree to your own interests.

Modules you will cover during this course include:

- Functional Anatomy and Kinesiology
- Principles of Strength and Conditioning
- Introduction to Exercise Physiology
- Sports Biomechanics
- Coaching and Theory and Practice 1
- Study Skills for HE Science
- Sports Injuries
- Advanced Strength and Conditioning
- Applied Physiology for Sport
- Applied Performance and Technical Analysis
- Sport Research Methods
- Strength and Conditioning for the Young Athlete
- Applied Conditioning for Performance
- Applied Strength for Performance

- Strength and Conditioning Placement
- Sports Injuries and Rehabilitation
- Research Project

## What will this course cost me?

For information about course fees please refer to our [Fees and Financial Support](#) pages.

## How will I be assessed?

Assessments for our sports studies courses vary depending on your level of study. Expect everything from written work and practical tests, to presentations and work-based learning assessments. Your course could also include end-of-year exams, research projects and laboratory reports

## Where can it lead to?

These courses will give you the opportunity to work within sport coaching, teaching, high performance coaching and talent identification and performance conditioning.

## Entry requirements

96 UCAS points equivalent to MMM for Level 3 Extended Diploma, DD for Level 3 Diploma, or CCC for A-Levels

Visit this course on our website: <https://www.moulton.ac.uk/courses/pbhsc/strength-and-conditioning-bsc-hons-level-6>

For further information please contact the college: <https://www.moulton.ac.uk/contact>