

# PROGRAMME SPECIFICATION

## 1. Key Information

<b>Programme Title:</b>	BSc (Hons) Strength and Conditioning in Tactical Populations
<b>Awarding Institution:</b>	Buckinghamshire New University
<b>Teaching Institution(s):</b>	Buckinghamshire New University
<b>Subject Cluster:</b>	Sport & Exercise Science
<b>Award Title (including separate Pathway Award Titles where offered):</b>	BSc (Hons) Strength and Conditioning in Tactical Populations
<b>Pathways (if applicable)</b>	
<b>FHEQ level of final award:</b>	6
<b>Other award titles available (exit qualifications):</b>	Diploma in Strength and Conditioning in Tactical Populations, BSc in Strength and Conditioning in Tactical Populations
<b>Accreditation details:</b>	CIMSPA/UKSCA, Graduate Strength and Conditioning Professional Standard (GSCC)
<b>Length of programme:</b>	2 years
<b>Mode(s) of Study:</b>	Part Time
<b>Mode of Delivery:</b>	Blended learning
<b>Language of study:</b>	English
<b>QAA Subject Benchmark(s):</b>	Events, Hospitality, Events, Sports, and Tourism (2019)
<b>Other external reference points (e.g., Apprenticeship Standard):</b>	
<b>Course Code(s):</b>	BSSCTPBP
<b>UCAS Code(s):</b>	
<b>Approval date:</b>	01/12/2022
<b>Date of last update:</b>	

## 2. Programme Summary

This course is a part-time, blended learning, programme of study aimed at serving Royal Army Physical Training Corps Instructors (RAPTCIs), Royal Air Force Physical Training Instructors (PTIs), and Royal Navy / Royal Marines Physical Trainers (PTs). This programme provides an opportunity for suitably qualified PTIs to undertake a bespoke and closed programme of higher education. The programme content has been aligned to the core competencies and knowledge requirements of the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) and United Kingdom Strength and Conditioning Association (UKSCA), Graduate Strength and Conditioning Coach (GSCC) professional standard. Furthermore, this

course has been designed to address the specific educational needs of the service PTI and will educate learners for both in-service applications and to prepare them for civilian life. The discipline of S&C requires a practitioner to be both an effective coach and an inter-disciplinary sport scientist. Therefore, on this programme, learners will develop an understanding of the concepts, theories, and techniques which underpin effective S&C practice. Furthermore, building upon current skills, knowledge, and experience learners will develop their practical coaching, research, and critical thinking abilities to critique, synthesise and apply the latest sport science research within their own practice.

### 3. Programme Aims and Learning Outcomes

#### Programme Aims

This programme aims to:

1. Expand learners understanding and application of fundamental strength & conditioning concepts, theories, and techniques
2. Develop the knowledge and skills necessary to evaluate performance of the tactical athlete and encourage research in this area of study to inform practice
3. Reinforce learners understanding of the importance of working effectively with allied health professionals in the promotion of holistic athlete development and wellbeing
4. Advance learners' understanding of research processes to develop their ability to critically evaluate arguments, assumptions, and data, make judgements, and develop appropriate solutions to a range of problems
5. Enhance learner employability for life outside the military through the development of a range of transferable skills throughout the programme

#### Programme Learning Outcomes

##### Knowledge and Understanding (K)

On successful completion of the programme, you will be able to:

ID	Learning Outcome
K1	Explain key concepts, theories, and techniques which underpin effective strength and conditioning practice.
K2	Demonstrate scientific knowledge from a range of sport science disciplines to arrive at and communicate an independent evidence-based approach to strength and conditioning practice.
K3	Evaluate mechanismd of common sports injuries and develop appropriate exercise rehabilitation interventions.

##### Analysis and Criticality (C)

On successful completion of the programme, you will be able to:

ID	Learning Outcome
C1	Appraise physiological, biomechanical, and psychological concepts and theories and apply them in the context of strength and conditioning practice.
C2	Analyse the importance of working effectively with allied health and sports professionals, in the promotion of health, wellbeing, and performance enhancement.

<b>C3</b>	Examine the unique physiological and psychological demands of military service and consider how improved physical preparedness can help individuals cope with such demands.
-----------	---

### Application and Practice (P)

On successful completion of the programme, you will be able to:

<b>ID</b>	<b>Learning Outcome</b>
<b>P1</b>	Demonstrate an ability to conduct laboratory and field-based testing procedures and use the data gathered to evaluate health, wellbeing, and human performance capabilities.
<b>P2</b>	Develop safe and effective coaching using a wide range of strength and conditioning training methods including movement skills, weightlifting, resistance, plyometric, speed, agility, aerobic and anaerobic training.
<b>P3</b>	Apply theories, concepts, and techniques to develop creative, evidence-based strength and conditioning training programmes.

### Transferable skills and other attributes (T)

On successful completion of the programme, you will be able to:

<b>ID</b>	<b>Learning Outcome</b>
<b>T1</b>	Address a set research question or aim, which may contribute toward a solution to an identified problem affecting health, wellbeing, or human performance.
<b>T2</b>	Formulate, justify, and implement an effective methodology that addresses the research question or aim using primary and/or secondary data
<b>T3</b>	Demonstrate independent learning skills and reflection to promote lifelong learning.

### Graduate Attributes

The BNU Graduate Attributes of: Knowledge and its application; Creativity; Social and ethical awareness and responsibility; and Leadership and self-development 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 discipline of S&C requires a practitioner to be both an inter-disciplinary sport scientist and an effective coach. Fully aligned to the CIMSPA/UKSCA GSCC professional standard this programme aims to develop learners understanding and application of the concepts, theories, and techniques which underpin effective S&C practice (K1, K2, K3). Furthermore, this programme will aims to develop learners practical coaching (P1, P2, P3), research (T1, T2) and critical thinking abilities (C1, C2, C3) to equip them with the skills need to critique, synthesise, and apply the latest sport science research within their own practice.

## 4. Entry Requirements

The University's [general entry requirements](#) will apply to admission to this programme with the following additions / exceptions:

*Learners who enrol upon this programme must currently be serving (regular or reserve) in the British Army, RAF, or Royal Navy (RN) including Royal Marines (RM). Army personnel must*

*have completed the 9-week, All-Arms Physical Training Instructor (AAPTI) course and the 30-week Royal Army Physical Training Corps Instructors (RAPTCI) course. Whilst RAF and RN/RM personnel must have completed their service specific equivalent courses. Specialist Instructional Officer's, Physical Training (SIO PT) currently employed by the MOD can also enrol upon this programme. However, they must previously have served in either the RAPTC, RAF PT Wing, or RN/RM PT branch.*

If you do not meet the above entry requirements, you will not be able to apply for entry onto this course.

Previous study, professional and / or vocational experiences may be recognised as the equivalent learning experience and permit exemption from studying certain modules in accordance with our [accreditation of prior learning](#) (APL) process.

## 5. Programme Structure

Level	Modules (Code, Title, and Credits)	Exit Awards
<b>Level 5</b>	<p><b>Core modules</b></p> <ul style="list-style-type: none"> <li>• Applied Exercise Physiology (20-Credits)</li> <li>• Approaches to Applied Sport and Performance Psychology (20-Credits)</li> <li>• Applied Biomechanics in Strength and Conditioning (20-Credits)</li> <li>• Applied Strength and Conditioning (20-Credits)</li> <li>• Sports Nutrition (20-Credits)</li> <li>• Military Research Methods &amp; Data Analysis (20-Credits)</li> </ul>	<p><b>Diploma of Higher Education</b>, awarded on achievement of 240 credits, including a minimum of 120 credits at Level 5</p>
<b>Level 6</b>	<p><b>Core modules:</b></p> <ul style="list-style-type: none"> <li>• Advanced Strength and Conditioning (20-Credits)</li> <li>• Sports Injuries and Rehabilitation (20-Credits)</li> <li>• Topical Issues in Strength and Conditioning (20-Credits)</li> <li>• Strength and Conditioning in Tactical Populations (20-Credits)</li> <li>• Military Research Dissertation Project (40-Credits)</li> </ul>	<p><b>Ordinary Degree</b>, awarded on achievement of 300 credits, including 60 credits at Level 6 and 120 credits at each of Levels 4 and 5</p> <p><b>Honours Degree</b>, awarded on achievement of 360 credits, including 120 credits at each of Levels, 4, 5 and 6</p>

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 changes in the subject area.

## 6. Learning, Teaching and Assessment

### Learning and teaching

This programme of study will be based upon a part-time, blended learning model delivered over a 24-month period starting in September each year. To accommodate the needs of service life, modules will be delivered in a sequential format and will combine 2-day, residential study weekends with a series of weekly online teaching activities. Depending upon the specific module residential study, weekends will be held at either Buckinghamshire New Universities, High Wycombe Campus, or the Army School of Physical Training (ASPT) located in Aldershot, Hampshire. Learners will receive online teaching activities and study materials by means of the university VLE and will be able to interact with their tutors and peers on-line using the Microsoft Teams platform and via e-mail. A range of specific learning and teaching mechanisms that will be used in the programme are outlined below:

**Lectures:** Provide information and opportunities for the visual presentation of ideas, concepts, and theories. Learners may be involved in interactive activities which have some of the characteristics of a seminar.

**Seminars:** Enable open discussion, contribution by lecturers and practitioners. Learners 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.

**Practical/Laboratory Sessions:** Learners 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 Learners' 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.

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

### Assessment

Most modules within this programme have only one summative assessment element which will be either a written essay, report, presentation, or viva. However, several of the more applied modules have two practical summative assessment points. All summative assessments are mapped to the programme specification and individual module descriptor learning outcomes.

Learners will be provided information on the summative assessment elements during the residential study period for each module. Assessment deadlines will be provided in assignment briefs with feedback provided within 3 weeks of the submission deadline. Any assessment failures will be required to re-submit within 4 weeks of when they receive their initial marks.

## Contact Hours

Learners can expect to receive 16 hours of scheduled face to face learning activities per monthly study weekend. In addition, learners can also expect to receive 2 – 4 hours of scheduled online learning activities per week.

## 7. Programme Regulations

This programme will be subject to the following assessment regulations:

- Academic Assessment Regulations
- To accommodate for the unique demands of service life any assessment failures will be required to re-submit within 4 weeks of when they receive their initial marks. All marks will be presented to an assessment board in August.

## 8. Support for learners

The following systems are in place to support you to be successful with your studies:

- The appointment of a personal tutor to support you through your programme
- A programme handbook and induction at the beginning of your studies
- Library resources, include access to books, journals, and databases - many of which are available in electronic format – and support from trained library staff
- Access to Blackboard, our Virtual Learning Environment (VLE), which is accessible via PC, laptop, tablet, or mobile device
- Access to the MyBNU portal where you can access all University systems, information, and news, record your attendance at sessions, and access your personalised timetable
- Academic Registry staff providing general guidance on university regulations, exams, and other aspects of learners and course administration
- Central student services, including teams supporting academic skills development, career success, student finance, accommodation, chaplaincy, disability, and counselling
- Support from the Bucks Students' Union, including the Students' Union Advice Centre which offers free and confidential advice on university processes.
- At the beginning of this programme there will be a 2-day bridging package to develop fundamental academic skills including time management and learning strategies, effective research, reading and notetaking, referencing, critical thinking skills, academic writing, and presentation skills.

## 9. Programme monitoring and review

BNU has a number of ways for monitoring and reviewing the quality of learning and teaching on your programme. You will be able to comment on the content of their programme via the following feedback mechanisms:

- Formal feedback questionnaires and anonymous module 'check-ins'
- Participation in external surveys
- Programme Committees, via appointed student representatives
- Informal feedback to your programme leader

Quality and standards on each programme are assured via the following mechanisms:

- An initial event to approve the programme for delivery

- An annual report submitted by the External Examiner following a process of external moderation of work submitted for assessment
- The Annual Monitoring process, which is overseen by the University's Education Committee
- Review by the relevant PSRB(s)
- Periodic Subject Review events held every five years
- Other sector compliance and review mechanisms

## 10. Internal and external reference points

Design and development of this programme has been informed by the following internal and external reference points:

- The Framework for Higher Education Qualifications (FHEQ)
- The QAA Subject Benchmark Statement – Events, Hospitality, Events, Sports, and Tourism (2019)
- CIMSPA/UKSCA, Graduate Strength and Conditioning Professional Standard (GSCC)
- The BNU Qualifications and Credit Framework
- The BNU Grading Descriptors
- The University Strategy



Mapping of Subject Benchmark Statement and any relevant Apprenticeship Standard to Programme Learning Outcomes

Subject Benchmark Statement / Apprenticeship Standard:	Knowledge and understanding (K)				Analysis and Criticality (C)				Application and Practice (P)				Transferable skills and other attributes (T)			
	K1	K2	K3		C1	C2	C3		P1	P2	P3		T1	T2	T3	
<b>QAA Events, Hospitality, Leisure, Sports, and Tourism - Human Responses and Adaptations to Sport and Exercise (2019)</b>																
Make effective use of knowledge and understanding of the disciplines underpinning human structure and function.		X			X		X		X							
Critically appraise and evaluate the effects of sport and exercise intervention on the participant.		X							X		X		X	X		
Demonstrate the skills required to monitor and evaluate human responses to sport, exercise and/or rehabilitation.		X	X		X				X				X	X		

Subject Benchmark Statement / Apprenticeship Standard:	Knowledge and understanding (K)					Analysis and Criticality (C)					Application and Practice (P)					Transferable skills and other attributes (T)				
	K1	K2	K3			C1	C2	C3			P1	P2	P3			T1	T2	T3		
Critically appreciate the relationship between sport and exercise activity and intervention in a variety of participant groups; this could include special populations such as older adults, disabled people, people with a chronic disease and children.		X				X	X				X									
<b>CIMSPA/UKSCA Graduate Strength and Conditioning Coach (GSCC) Professional Standard (2019_</b>																				
Understand the role of the Graduate Strength and Conditioning Coach within an organisation and sector.		X																X		
Understand and demonstrate professional strength and conditioning practice.	X	X					X					X	X							
Understand the role of the Graduate Strength and Conditioning Coach within	X						X													

Subject Benchmark Statement / Apprenticeship Standard:	Knowledge and understanding (K)					Analysis and Criticality (C)					Application and Practice (P)					Transferable skills and other attributes (T)				
	K1	K2	K3			C1	C2	C3			P1	P2	P3			T1	T2	T3		
an organisation and sector.																				
Demonstrate the skills to plan, prepare, deliver, continuously evaluate, review, and adapt strength and conditioning programmes.												X	X							
Understand and demonstrate how to maximise the participant experience via effective coaching modalities.													X							
Understand and demonstrate how to ensure the welfare of participants and provide a safe and inclusive strength and conditioning coaching environment.												X	X							

Mapping of Programme Learning Outcomes to Modules

Programme Learning Outcome	Knowledge and understanding (K)					Analysis and Criticality (C)					Application and Practice (P)					Transferable skills and other attributes (T)					
	Module Code (Core)	K1	K2	K3	K4	K5	C1	C2	C3	C4	C5	P1	P2	P3	P4	P5	T1	T2	T3	T4	T5
<b>Level 5</b>																					
Applied Exercise Physiology		X				X					X								X		
Approaches to Applied Sport and Performance Psychology		X				X					X								X		
Applied Biomechanics in Strength and Conditioning		X				X													X		
Applied Strength and Conditioning	X						X					X							X		
Sports Nutrition		X																	X		
Military Research Methods & Data Analysis		X															X		X		

Programme Learning Outcome	Knowledge and understanding (K)					Analysis and Criticality (C)					Application and Practice (P)					Transferable skills and other attributes (T)					
	Module Code (Core)	K1	K2	K3	K4	K5	C1	C2	C3	C4	C5	P1	P2	P3	P4	P5	T1	T2	T3	T4	T5
<b>Level 6</b>																					
Advanced Strength and Conditioning	X												X						X		
Sports Injury and Rehabilitation			X				X												X		
Topical Issues in Strength and Conditioning												X							X		
Strength and Conditioning in Tactical Populations								X											X		
Military Research Dissertation											X							X			