

## 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.

<b>Programme Title:</b>	
<b>BSc (Hons) Strength and Conditioning (Armed Forces)</b>	
<b>Programme (AOS) Code(s):</b>	<b>BH1STC9</b>
<b>UCAS Code:</b>	<b>N/A</b>
<b>Name of Final Award:</b>	<b>Bachelor of Science with Honours, BSc (Hons)</b>
<b>Level of Qualification:</b>	<b>Level 6</b>
<b>Regime of Delivery:</b>	<b>Flexible &amp; Distributed Learning: Blended Learning</b>
<b>Mode(s) of Delivery:</b>	<b>Part Time</b>
<b>Typical Length of Study (Years):</b>	<b>2 Years</b>
<b>Professional Body Recognition / Accreditation (including specific requirements where applicable):</b>	<b>United Kingdom Strength and Conditioning Association (UKSCA) Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) National Strength and Conditioning Association (NSCA)</b>

### Brief Description of the Programme

The following programme is a part-time, flexible & distributed Learning BSc (Hons) in Strength and Conditioning 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). Within the Armed Forces PTIs are responsible for developing and maintaining the physical preparedness of military personnel in readiness for military operations. In addition, PTIs are also involved in the rehabilitation of Wounded, Injured and Sick (WIS) service personnel, sports coaching and officiating, and the delivery of Adventurous Training (AT).

This programme will provide 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, knowledge, and professional standard requirements of the UKSCA, CIMSPA, and the NSCA. Furthermore, it has been designed to address the specific educational needs of the service PTI and will educate students for both in-service applications and to prepare them for civilian life. Building upon current skills, knowledge and experience students will develop their practical coaching, research, and critical thinking abilities in order to critique, synthesise and apply the latest sport science research within their own practice.

The role of PTI is similar to that of the modern Strength and Conditioning (S&C) coach. The discipline of S&C requires a practitioner to be both an effective coach and an inter-disciplinary sport scientist. Therefore, on this programme, students will develop an understanding of the concepts, theories, and techniques which underpin effective S&C practice. Areas of study will include biomechanics, physiology, psychology, nutrition, applied S&C, performance analysis, research methods, sports injury and rehabilitation, skill acquisition and learning, advanced S&C, topical issues in S&C and the application of S&C in tactical populations.

Buckinghamshire New University is well placed to meet the specific needs of the Armed Forces. The university already delivers bespoke undergraduate courses to the Royal Air Force (RAF) and the course leader for this programme is an ex-Royal Army Physical Training Corps Instructor (RAPTCI) with over 15-years military experience. Furthermore, Buckinghamshire New University is a signatory of the Armed Forces Covenant and is registered as a Ministry of Defence (MOD), Enhanced Learning Credits Scheme Administration Service (ELCAS) training provider.

## 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 tactical athlete and encourage research in this area of study to inform practice.
3	Develop students understanding of the importance of working effectively with allied health professionals, in the promotion of holistic soldier development and wellbeing.
4	Enhance students understanding of research process and encourage the development of critical thinking skills.
5	Enhance student employability for life outside the military 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:	
<b>Graduate Attribute: Knowledge and its application (K)</b>	
K1	Demonstrate a critical understanding of key concepts, theories, and techniques which underpin effective strength and conditioning (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.
<b>Graduate Attribute: Creativity (C)</b>	
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	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.
S2	Critically reflect upon the unique physiological and psychological demands of military service and consider how improved physical preparedness can help individuals cope with such demands.

**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.*

**Level Five**

Code	Module Title	Credit	Core / Option	Compensable (Normally Yes)
SL573	Data Analysis in Sport and Exercise	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 and Performance Psychology	15	C	Yes
SL566	Applied Strength and Conditioning	15	C	Yes

## Level Six

Code	Module Title	Credit	Core / Option	Compensable (Normally Yes)
SL620	Research Dissertation	30	C	No
SL627	Sports Injury and Rehabilitation*	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
SL675	Strength and Conditioning in Tactical Populations	30	C	Yes

\* Qualified Exercise Rehabilitation Instructors (ERI's) will be exempt from this module.

## 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:

This programme of study will be part-time, flexible, and distributed learning format delivered over a 24-month period starting in September each year. To accommodate for the particular 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 using the universities Blackboard Virtual Learning Environment (VLE).

### Example Year 1 Delivery:

- **Sep:** Enrolment, Course Introduction, Professional and Academic Skills
- **Oct:** SL525 Applied Exercise Physiology
- **Nov:** SL572 Applied Biomechanics
- **Dec:** SL532 Applied Sport and Performance Psychology
- **Jan:** Assessment Period
- **Feb:** SL566 Applied Strength and Conditioning
- **Mar:** SL573 Data Analysis in Sport and Exercise
- **Apr:** SL528 Sports Nutrition
- **May:** SL531 Performance Analysis in Sport
- **Jun:** SL520 Research in Sport and Exercise
- **Jul:** Assessment Period

### Example Year 2 Delivery:

- **Sep:** SL620 Research Dissertation
- **Oct:** SL653 Skill Acquisition and Learning in Sport
- **Nov:** SL673 Advanced Strength and Conditioning
- **Dec:** SL627 Sports Injury and Rehabilitation
- **Jan:** Assessment Period
- **Feb:** SL620 Research Dissertation
- **Mar:** SL674 Topical Issues in Strength and Conditioning
- **Apr:** SL675 Strength and Conditioning in Tactical Populations
- **May:** SL675 Strength and Conditioning in Tactical Populations
- **Jun:** Assessment Period

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. Students will receive online teaching activities and study materials by means of Blackboard VLE and will be able to interact with their tutors and peers on-line through the use of discussion boards, video conferencing and via e-mail.

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.

### **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.

Potential additional course costs may include the following optional elements:

- 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	352	848	12
Year Two	197	853	138
<b>Total</b>	549	1701	150

## 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.

Students will be provided information on the summative assessment elements during the residential study period for each module. All written and/or practical assessments will be required for submission during set assessment periods in the months of January and July. Feedback to students will be provided within 3 weeks of submission.

## 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

Students who enrol upon this programme must currently be serving 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.

Both the AAPTI and RAPTCI courses have been mapped to Level 4 via an extensive Accreditation of Prior Experiential Learning (APEL) process conducted by a Credit Accumulation Transfer Scheme (CATS) Committee, in accordance with AQD Regulation on the Credit Accumulation and Transfer Scheme date June 2011. This APEL has been extended to cover the equivalent RAF and RN/RM PTI courses. Based upon this extensive APEL mapping process all students will commence this programme at Level 5. In addition, qualified joint service, Exercise Rehabilitation Instructors (ERIs) will also gain an additional 15-credit APL at Level 6 and will not be required to complete the 15-credit SL627 Sports Injuries and Rehabilitation module.

Subject to APL/APEL panel approval individuals with a validated foundation degree in the Sports Science disciplines may enrol upon this programme of study at Level 6 as a "top-up" to achieve a full BSc (Hons) qualification.

**Do applicants required a Disclosure and Barring Service (DBS) Check?**

**No**

## Opportunities for students on successful completion of the programme

Upon completion 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 1<sup>st</sup> or 2<sup>nd</sup> 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)

At the beginning of the programme there will be a mandatory 2-day 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. Throughout the programme Learning Development Unit (LDU) tutors will be available to provide advice and guidance to students.

## Appendices

### Quality Assurance

<b>Awarding Body:</b>	Buckinghamshire New University
<b>Language of Study:</b>	English
<b>QAA Subject Benchmark Statement(s):</b>	Hospitality, Sport, Leisure and Tourism (2019)
<b>Assessment Regulations:</b>	<i>Academic Assessment Regulations</i> , accessible via the Academic Advice webpages ( <a href="https://bucks.ac.uk/students/academicadvice">https://bucks.ac.uk/students/academicadvice</a> )
<b>Does the Fitness to Practise procedure apply to this programme?</b>	No
<b>Ethics Sub-committee</b>	
<b>Date Published / Updated:</b>	September 2020
<b>Date programme re-approval required:</b>	September 2024

### 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.

<b>Name of Exit Qualification:</b>	Diploma of Higher Education (DipHE)
<b>Full name of Qualification and Award Title:</b>	Diploma in Strength and Conditioning
<b>Credits requirements:</b>	240 Credits
<b>Module requirements:</b>	ALL 120 Credits at Level 4 (APEL Awarded) ALL 120 Credits at Level 5
<b>Learning Outcome</b>	
1. Demonstrate a critical understanding of key concepts, theories, and techniques which underpin effective strength and conditioning (S&C) practice.	
2. Critically evaluate physiology; biomechanical and sport psychology concepts and theories and apply them in the context of S&C practice.	
3. Demonstrate an ability to conduct laboratory and field-based testing procedures and use the data gathered to evaluate health, wellbeing, and human performance capabilities.	
4. Safely and effectively coach a wide range of S&C training methods including movement skills, weightlifting, resistance, plyometric, speed, agility, aerobic and anaerobic training.	

<b>Name of Exit Qualification:</b>	<b>Ordinary Degree</b>
<b>Full name of Qualification and Award Title:</b>	<b>Degree in Strength and Conditioning</b>
<b>Credits requirements:</b>	<b>330 Credits</b>
<b>Module requirements:</b>	<b>ALL 120 Credits at Level 4 ALL 120 Credits at Level 5 90 Credits at Level 6</b>
<b>Learning Outcome</b>	
1.	Demonstrate a critical understanding of key concepts, theories, and techniques which underpin effective strength and conditioning (S&C) practice
2.	Critically evaluate physiology; biomechanical and sport psychology concepts and theories and apply them in the context of S&C practice.
3.	Demonstrate an ability to conduct laboratory and field-based testing procedures and use the data gathered to evaluate health, wellbeing, and human performance capabilities.
4.	Safely and effectively coach a wide range of S&C training methods including movement skills, weightlifting, resistance, plyometric, speed, agility, aerobic and anaerobic training.
5.	Apply S&C theories, concepts, and techniques to develop creative, evidence-based S&C training programmes.
6.	Evaluate the mechanism of common sports injuries and develop appropriate exercise rehabilitation interventions.
7.	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.
8.	Critically reflect upon the unique physiological and psychological demands of military service and consider how improved physical preparedness can help individuals cope with such demands.