

MSc Strength and Conditioning

2024-25 timetable

12 and 13 September 2024: Postgraduate induction

SEMESTER ONE: 2024

Teaching week (TW)	Monday	Tuesday	Thursday	Friday
TW0 09 September			Postgraduate induction	Postgraduate induction
TW1 23 September		Performance Profiling and Testing for Athletes (10.30am -12.30pm; on site) Applied Practice in Strength and Conditioning (1.30pm- 3.30pm; on site)	The Research Process (4-5pm; online)	Postgraduate Dissertation (2-4pm)
TW2 30 September		Performance Profiling and Testing for Athletes (10.30am -12.30pm; on site) Applied Practice in Strength and Conditioning (1.30pm- 3.30pm; on site) Postgraduate Industry Placement Experience (4- 4.30pm; online)	The Research Process (4-5pm; online)	
TW3 7 October	Professional Development Portfolio (9am-5pm; on site)	Performance Profiling and Testing for Athletes (10.30am -12.30pm; on site) Applied Practice in Strength and Conditioning (1.30pm-3.30pm; on site)	The Research Process (4-5pm; online)	
TW4 14 October		Performance Profiling and Testing for Athletes (10.30am -12.30pm; on site) Applied Practice in Strength and Conditioning (1.30pm- 3.30pm; on site) Postgraduate Industry Placement Experience (4- 4.30pm; online)	The Research Process (4-5pm; online)	

		Performance Profiling and	The Research
		Testing for Athletes	Process
		(10.30am -12.30pm; on site)	(4-5pm; online)
TW5		(10.30am -12.30pm, on site)	(+ 5pm, 6mme)
21 October		Applied Practice in Strength	
		and Conditioning (1.30pm-	
		3.30pm; on site)	
		Performance Profiling and	The Research
		Testing for Athletes	Process
		(10.30am -12.30pm; on site)	(4-5pm; online)
TW6		Applied Practice in Strength	
28 October		and Conditioning (1.30pm-	
28 October		3.30pm; on site)	
		Postgraduate Industry	
		Placement Experience (4-	
		4.30pm; online)	
	Professional	Performance Profiling and	The Research
	Development	Testing for Athletes	Process
TW7	Portfolio	(10.30am -12.30pm; on site)	(4-5pm; online)
4 November	(9am-5pm; on site)	Annied Duesties in Strength	
		Applied Practice in Strength	
		and Conditioning (1.30pm-	
		3.30pm; on site) Performance Profiling and	The Research
		Testing for Athletes	Process
		(10.30am -12.30pm; on site)	(4-5pm; online)
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T14/0		Applied Practice in Strength	
TW8		and Conditioning (1.30pm-	
11 November		3.30pm; on site)	
		Postgraduate Industry	
		Placement Experience (4-	
		4.30pm; online)	
		Performance Profiling and	The Research
		Testing for Athletes	Process
TW9		(10.30am -12.30pm; on site)	(4-5pm; online)
18 November		A collection of the collection	
		Applied Practice in Strength	
		and Conditioning (1.30pm-	
		3.30pm; on site) Performance Profiling and	The Research
		Testing for Athletes	Process
		(10.30am -12.30pm; on site)	(4-5pm; online)
TW10		(10.30diii 12.30piii, 0ii 3ite)	(+ 5pm, 6mme)
25 November		Applied Practice in Strength	
2		and Conditioning (1.30pm-	
		3.30pm; on site)	
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		Postgraduate Industry Placement Experience (4- 4.30pm; online)		
TW11 2 December	Professional Development Portfolio (9am-5pm; on site)	Performance Profiling and Testing for Athletes (10.30am -12.30pm; on site) Applied Practice in Strength and Conditioning (1.30pm-3.30pm; on site)	The Research Process (4-5pm; online)	
TW12 9 December		Performance Profiling and Testing for Athletes (10.30am -12.30pm; on site) Applied Practice in Strength and Conditioning (1.30pm- 3.30pm; on site)	The Research Process (4-5pm; online)	
16 December 23 December 30 December	Assessment period 1 Holiday Holiday			
6 January 2025	Assessment period 1			
13 January 2025	Assessment period 1			

SEMESTER TWO: 2025

Teaching week (TW)	Monday	Tuesday	Wednesday	Thursday
TW1 20 January	High Performing Environments (10.30am- 12.30pm; on site)	Planning and Monitoring (10.30am- 12.30pm; on site) Contemporary Issues in Strength and Conditioning (1.30-3.30pm; on site) Skill Acquisition for Strength and Conditioning (90min pre- recorded; online)		
TW2 27 January	High Performing Environments (10.30am- 12.30pm; on site)	Contemporary Issues in Strength and Conditioning (10.30am- 12.30pm; on site)		

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		Skill Acquisition for		
		Strength and		
		Conditioning (1.30-		
		3.30pm; on site)		
		Planning and		
		Monitoring (90min		
		pre-recorded;		
		online)		
		Postgraduate		
		Industry		
		Placement		
		Experience (4-		
		4.30pm; online)		
	High Daufauming			
	High Performing	Planning and		
	Environments	Monitoring		
	(10.30am-	(10.30am-		
	12.30pm; on site)	12.30pm; on site)		
		Skill Acquisition for		
		Strength and		
		Conditioning		
TW3		(1.30-3.30pm; on		
3 February		site)		
		site)		
		C		
		Contemporary		
		Issues in Strength		
		and Conditioning		
		(90min pre-		
		recorded; online)		
	High Performing	Planning and		
	Environments	Monitoring		
	(10.30am-	(10.30am-		
	12.30pm; on site)	12.30pm; on site)		
	12.30pm, on site)	12.30pm, on site)		
		Contemporary		
		Issues in Strength		
		and Conditioning		
		(1.30-3.30pm; on		
		site)		
TW4				
10 February		Skill Acquisition for		
		Strength and		
		Conditioning		
		(90min pre-		
		1 '		
		recorded; online)		
		Postgraduate		
		Industry		
		Placement		
		Experience (4-		
		4.30pm; online)		
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	High Performing	Contemporary		
	Environments	Issues in Strength		
	(10.30am-	and Conditioning		
	12.30pm; on site)	(10.30am-		
	, , , , , , , , , , , , , , , , , , , ,	12.30pm; on site)		
		Skill Acquisition for		
TW5		Strength and		
17 February		Conditioning (1.30-		
		3.30pm; on site)		
		3.30pm, on site)		
		Planning and		
		Monitoring (90min		
		_ ·		
		pre-recorded;		
	6 11111 141 1	online)		
		:: Tutorials, content ca		
	High Performing	Planning and	Skill Acquisition	Contemporary Issues in
	Environments	Monitoring	for Strength and	Strength and
	(10.30am-	(10.30am-12.30pm	Conditioning	Conditioning
	12.30pm; on site)	and 1.30-3.30pm;	(10.30am-	(10.30am-12.30pm and
TW6		on site)	12.30am and	1.30-3.30pm; on site)
24 February			1.30-3.30pm)	
		Postgraduate		
		Industry		
		Placement		
		Experience (4-		
		4.30pm; online)		
	High Performing	Planning and		
	Environments	Monitoring		
	(10.30am-	(10.30am-		
	12.30pm; on site)	12.30pm; on site)		
		Skill Acquisition for		
TW7		Strength and		
3 March		Conditioning (1.30-		
		3.30pm; on site)		
		Contemporary		
		Issues in Strength		
		and Conditioning		
		(90min pre-		
		recorded; online)		
	High Performing	Planning and		
	Environments	Monitoring		
	(10.30am-	(10.30am-		
	12.30pm; on site)	12.30pm; on site)		
	12.30μπ, σπ σπε/	12.30μπ, σπ σπε		
TW8		Contemporary		
10 March		Issues in Strength		
TO INIGICII		_		
		and Conditioning		
1		(1.30-3.30pm; on		
1		site)		

		Skill Acquisition for Strength and Conditioning (90min pre- recorded; online)	
		Postgraduate Industry Placement Experience (4-	
	High Performing Environments (10.30am- 12.30pm; on site)	4.30pm; online) Contemporary Issues in Strength and Conditioning (10.30am-	
TW9 17 March		Skill Acquisition for Strength and Conditioning (1.30- 3.30pm; on site)	
		Planning and Monitoring (2hr pre-recorded; online)	
	High Performing Environments (10.30am- 12.30pm; on site)	Planning and Monitoring (10.30am- 12.30pm; on site)	
TW10 24 March		Skill Acquisition for Strength and Conditioning (1.30- 3.30pm; on site)	
		Contemporary Issues in Strength and Conditioning (2hr pre-recorded; online)	
TW11	High Performing Environments (10.30am- 12.30pm; on site)	Planning and Monitoring (10.30am- 12.30pm; on site)	
31 March		Contemporary Issues in Strength and Conditioning (1.30-3.30pm; site)	

		Skill Acquisition for		
		Strength and		
		Conditioning (2hr		
		pre-recorded;		
		online)		
	Consolidation Week	Tutorials, content ca	tch-up, and gym ac	cess
		Planning and	Contemporary	Skill Acquisition for
		Monitoring	Issues in	Strength and
		(10.30am-12.30pm	Strength and	Conditioning (10.30am-
7 April		and 1.30-3.30pm;	Conditioning	12.30am and 1.30-
		on site)	(10.30am-	3.30pm; on site)
			12.30pm and	
			1.30-3.30pm; on	
			site)	
14 April	Holiday			
21 April	Holiday			
TW12				
28 April				
5 May	Assessment period 2			
12 May	Assessment period 2			
19 May	Assessment period 2			
26 May	Assessment period 2			
2 June	Assessment period 2			
9 June	Assessment period 2			
16 June	Holiday			
23 June	Holiday			
30 June	Holiday			
7 July	Assessment period 3			
14 July	Assessment period 3			
21 July	Assessment period 3			
28 July	Holiday			
4 August	Holiday			
11 August	Holiday			
18 August	Holiday			
25 August	Assessment period 4			
1 September	Assessment period 4			
8 September	Holiday			