

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)	

TW5 21 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)	The Research Process (4-5pm; online)	
TW6 28 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)	
TW7 4 November	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)	
TW8 11 November		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)	
TW9 18 November		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)	
TW10 25 November		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 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	Assessment period 1			
23 December	Holiday			
30 December	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)		

		<p>Skill Acquisition for Strength and Conditioning (1.30-3.30pm; on site)</p> <p>Planning and Monitoring (90min pre-recorded; online)</p> <p>Postgraduate Industry Placement Experience (4-4.30pm; online)</p>		
<p>TW3 3 February</p>	<p>High Performing Environments (10.30am-12.30pm; on site)</p>	<p>Planning and Monitoring (10.30am-12.30pm; on site)</p> <p>Skill Acquisition for Strength and Conditioning (1.30-3.30pm; on site)</p> <p>Contemporary Issues in Strength and Conditioning (90min pre-recorded; online)</p>		
<p>TW4 10 February</p>	<p>High Performing Environments (10.30am-12.30pm; on site)</p>	<p>Planning and Monitoring (10.30am-12.30pm; on site)</p> <p>Contemporary Issues in Strength and Conditioning (1.30-3.30pm; on site)</p> <p>Skill Acquisition for Strength and Conditioning (90min pre-recorded; online)</p> <p>Postgraduate Industry Placement Experience (4-4.30pm; online)</p>		

<p>TW5 17 February</p>	<p>High Performing Environments (10.30am-12.30pm; on site)</p>	<p>Contemporary Issues in Strength and Conditioning (10.30am-12.30pm; on site)</p> <p>Skill Acquisition for Strength and Conditioning (1.30-3.30pm; on site)</p> <p>Planning and Monitoring (90min pre-recorded; online)</p>		
<p>Consolidation Week: Tutorials, content catch-up, and gym access</p>				
<p>TW6 24 February</p>	<p>High Performing Environments (10.30am-12.30pm; on site)</p>	<p>Planning and Monitoring (10.30am-12.30pm and 1.30-3.30pm; on site)</p> <p>Postgraduate Industry Placement Experience (4-4.30pm; online)</p>	<p>Skill Acquisition for Strength and Conditioning (10.30am-12.30am and 1.30-3.30pm)</p>	<p>Contemporary Issues in Strength and Conditioning (10.30am-12.30pm and 1.30-3.30pm; on site)</p>
<p>TW7 3 March</p>	<p>High Performing Environments (10.30am-12.30pm; on site)</p>	<p>Planning and Monitoring (10.30am-12.30pm; on site)</p> <p>Skill Acquisition for Strength and Conditioning (1.30-3.30pm; on site)</p> <p>Contemporary Issues in Strength and Conditioning (90min pre-recorded; online)</p>		
<p>TW8 10 March</p>	<p>High Performing Environments (10.30am-12.30pm; on site)</p>	<p>Planning and Monitoring (10.30am-12.30pm; on site)</p> <p>Contemporary Issues in Strength and Conditioning (1.30-3.30pm; on site)</p>		

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

		Skill Acquisition for Strength and Conditioning (2hr pre-recorded; online)		
	Consolidation Week: Tutorials, content catch-up, and gym access			
7 April		Planning and Monitoring (10.30am-12.30pm and 1.30-3.30pm; on site)	Contemporary Issues in Strength and Conditioning (10.30am-12.30pm and 1.30-3.30pm; on site)	Skill Acquisition for Strength and Conditioning (10.30am-12.30am 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			