

## MSc Strength and Conditioning

2025-26 timetable

11 and 12 September 2025: Postgraduate induction

| <b>Semester one<br/>2025</b>                   |   |  |                               |
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| <b>Week commencing</b>                         | <b>Tuesday</b>  | <b>Thursday</b>                                | <b>Friday</b>                 |
| 8 September                                    |   | <b>Postgraduate induction</b>                  | <b>Postgraduate induction</b> |
| <b>Trimester 1,<br/>Week 1</b><br>22 September | <b>Performance Profiling and Testing for Athletes</b><br>(10.00am -12.00pm; on site)<br><br><b>Applied Practice in Strength and Conditioning</b> (1.00pm-3.00pm; on site)   | <b>The Research Process</b><br>(4-5pm; online) |                               |
| <b>Trimester 1,<br/>Week 2</b><br>29 September | <b>Performance Profiling and Testing for Athletes</b><br>(10.00am -12.00pm; on site)<br><br><b>Applied Practice in Strength and Conditioning</b> (1.00pm-3.00pm; on site)<br><br><b>Postgraduate Industry Placement Experience</b><br>(3:30pm-5pm; on site) | <b>The Research Process</b><br>(4-5pm; online) |                               |
| <b>Trimester 1,<br/>Week 3</b><br>6 October    | <b>Performance Profiling and Testing for Athletes</b><br>(10.00am -12.00pm; on site)<br><br><b>Applied Practice in Strength and Conditioning</b> (1.00pm-3.00pm; on site)   | <b>The Research Process</b><br>(4-5pm; online) |                               |
| <b>Trimester 1,<br/>Week 4</b><br>13 October   | <b>Performance Profiling and Testing for Athletes</b><br>(10.00am -12.00pm; on site)<br><br><b>Applied Practice in Strength and</b>   | <b>The Research Process</b><br>(4-5pm; online) |                               |

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|   | <b>Conditioning</b> (1.00pm-3.00pm; on site)<br><br><b>Postgraduate Industry Placement Experience</b> (3:30pm-5pm; on site)   |   |  |
| <b>Trimester 1, Week 5</b><br>20 October  | <b>Performance Profiling and Testing for Athletes</b> (10.00am -12.00pm; on site)<br><br><b>Applied Practice in Strength and Conditioning</b> (1.00pm-3.00pm; on site)  | <b>The Research Process</b> (4-5pm; online) |  |
| <b>Trimester 1, Week 6</b><br>27 October  | <b>Performance Profiling and Testing for Athletes</b> (10.00am -12.00pm; on site)<br><br><b>Applied Practice in Strength and Conditioning</b> (1.00pm-3.00pm; on site)<br><br><b>Postgraduate Industry Placement Experience</b> (3:30pm-5pm; on site) | <b>The Research Process</b> (4-5pm; online) |  |
| <b>Trimester 1, Week 7</b><br>3 November  | <b>Performance Profiling and Testing for Athletes</b> (10.00am -12.00pm; on site)<br><br><b>Applied Practice in Strength and Conditioning</b> (1.00pm-3.00pm; on site)  | <b>The Research Process</b> (4-5pm; online) |  |
| <b>Trimester 1, Week 8</b><br>10 November | <b>Performance Profiling and Testing for Athletes</b> (10.00am -12.00pm; on site)<br><br><b>Applied Practice in Strength and Conditioning</b> (1.00pm-3.00pm; on site)<br><br><b>Postgraduate Industry Placement Experience</b> (3:30pm-5pm; on site) | <b>The Research Process</b> (4-5pm; online) |  |

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| <b>Trimester 1,<br/>Week 9</b><br>17 November  | <b>Performance Profiling and Testing for Athletes</b><br>(10.00am -12.00pm; on site)<br><br><b>Applied Practice in Strength and Conditioning</b> (1.00pm-3.00pm; on site)   | <b>The Research Process</b><br>(4-5pm; online) |  |
| <b>Trimester 1,<br/>Week 10</b><br>24 November | <b>Performance Profiling and Testing for Athletes</b><br>(10.00am -12.00pm; on site)<br><br><b>Applied Practice in Strength and Conditioning</b> (1.00pm-3.00pm; on site)<br><br><b>Postgraduate Industry Placement Experience</b><br>(3:30pm-5pm; on site) | <b>The Research Process</b><br>(4-5pm; online) |  |
| <b>Trimester 1,<br/>Week 11</b><br>1 December  | <b>Performance Profiling and Testing for Athletes</b><br>(10.00am -12.00pm; on site)<br><br><b>Applied Practice in Strength and Conditioning</b> (1.00pm-3.00pm; on site)   | <b>The Research Process</b><br>(4-5pm; online) |  |
| <b>Trimester 1,<br/>Week 12</b><br>8 December  | <b>Performance Profiling and Testing for Athletes</b><br>(10.00am -12.00pm; on site)<br><br><b>Applied Practice in Strength and Conditioning</b> (1.00pm-3.00pm; on site)   | <b>The Research Process</b><br>(4-5pm; online) |  |
| 15 December                                    | <b>Assessment period 1</b>  |  |  |
| 22 December                                    | <b>Holiday</b>  |  |  |
| 29 December                                    | <b>Holiday</b>  |  |  |
| 5 January                                      | <b>Study week</b>   |  |  |
| 12 January                                     | <b>Assessment period 1</b>  |  |  |
| 19 January                                     | <b>Assessment period 1</b>  |  |  |

| Semester two<br>2026                  |  |           |          |
|---------------------------------------|--|-----------|----------|
| Week commencing                       | Tuesday  | Wednesday | Thursday |
| Trimester 2,<br>Week 1<br>27 January  | <b>Planning and Monitoring</b> (10.00am-12.00pm; on site)<br><br><b>Conditioning for Physical Performance</b> (1.00-3.00pm; on site)<br><br><b>Skill Acquisition for Strength and Conditioning</b> (90min pre-recorded; online)  |           |          |
| Trimester 2,<br>Week 2<br>2 February  | <b>Conditioning for Physical Performance</b> (10.00am-12.00pm; on site)<br><br><b>Skill Acquisition for Strength and Conditioning</b> (1.00-3.00pm; on site)<br><br><b>Planning and Monitoring</b> (90min pre-recorded; online)<br><br><b>Postgraduate Industry Placement Experience</b> (3:30pm-5pm; on site) |           |          |
| Trimester 2,<br>Week 3<br>9 February  | <b>Planning and Monitoring</b> (10.00am-12.00pm; on site)<br><b>Skill Acquisition for Strength and Conditioning</b> (1.00-3.00pm; on site)<br><br><b>Conditioning for Physical Performance</b> (90min pre-recorded; online)  |           |          |
| Trimester 2,<br>Week 4<br>16 February | <b>Planning and Monitoring</b> (10.00am-12.00pm; on site)  |           |          |

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|   | <b>Conditioning for Physical Performance</b><br>(1.00-3.00pm; on site)<br><br><b>Skill Acquisition for Strength and Conditioning</b> (90min pre-recorded; online)<br><br><b>Postgraduate Industry Placement Experience</b><br>(3:30pm-5pm; on site) |  |   |
| <b>Trimester 2, Week 5</b><br>23 February | <b>Conditioning for Physical Performance</b><br>(10.00am-12.00pm; on site)<br><br><b>Skill Acquisition for Strength and Conditioning</b> (1.00-3.00pm; on site)<br><br><b>Planning and Monitoring</b> (90min pre-recorded; online)                  |  |   |
|   | <b>Consolidation Week: Tutorials, content catch-up, and gym access</b>  |  |   |
| <b>Trimester 2, Week 6</b><br>2 March     | <b>Planning and Monitoring</b> (10.00am-12.00pm and 1.00-3.00pm; on site)<br><br><b>Postgraduate Industry Placement Experience</b><br>(3:30pm-5pm; on site)   | <b>Skill Acquisition for Strength and Conditioning</b> (10.00am-12.00am and 1.00-3.00pm) | <b>Conditioning for Physical Performance</b> (10.00am-12.00pm and 1.00-3.00pm; on site) |
| <b>Trimester 2, Week 7</b><br>9 March     | <b>Planning and Monitoring</b> (10.00am-12.00pm; on site)<br><br><b>Skill Acquisition for Strength and Conditioning</b> (1.00-3.00pm; on site)<br><br><b>Conditioning for Physical Performance</b> (90min pre-recorded; online)                     |  |   |
| <b>Trimester 2, Week 8</b><br>16 March    | <b>Planning and Monitoring</b> (10.00am-12.00pm; on site)   |  |   |

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|  | <b>Conditioning for Physical Performance</b><br>(1.00-3.00pm; on site)<br><br><b>Skill Acquisition for Strength and Conditioning</b> (90min pre-recorded; online)<br><br><b>Postgraduate Industry Placement Experience</b><br>(3:30pm-5pm; on site) |  |  |
| <b>Trimester 2, Week 9</b><br>24 March | <b>Conditioning for Physical Performance</b><br>(10.00am-12.00pm; on site)<br><br><b>Skill Acquisition for Strength and Conditioning</b> (1.00-3.00pm; on site)<br><br><b>Planning and Monitoring</b> (2hr pre-recorded; online)                    |  |  |
| Easter Week 1<br>30 March              | <b>Planning and Monitoring</b> (10.00am-12.00pm; on site)<br><br><b>Skill Acquisition for Strength and Conditioning</b> (1.00-3.00pm; on site)<br><br><b>Conditioning for Physical Performance</b><br>(2hr pre-recorded; online)                    |  |  |
| Easter Week 2<br>6 April               | <b>Planning and Monitoring</b> (10.00am-12.00pm; on site)<br><br><b>Conditioning for Physical Performance</b><br>(1.00-3.00pm; site)<br><br><b>Skill Acquisition for Strength and Conditioning</b> (2hr pre-recorded; online)                       |  |  |
| Easter Week 3<br>13 April              | <b>Holiday</b>  |  |  |
|  | <b>Consolidation Week: Tutorials, content catch-up, and gym access</b>  |  |  |

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| <b>Trimester 2,<br/>Week 10</b><br>20 April | <b>Planning and<br/>Monitoring</b> (10.00am-<br>12.00pm and 1.00-<br>3.00pm; on site)<br><br><b>Postgraduate Industry<br/>Placement Experience</b><br>(3:30pm-5pm; on site) | <b>Conditioning for<br/>Physical Performance</b><br>(10.00am-12.00pm and<br>1.00-3.00pm; on site) | <b>Skill Acquisition for<br/>Strength and<br/>Conditioning</b> (10.00am-<br>12.00am and 1.00-<br>3.00pm; on site) |
| <b>Trimester 2,<br/>Week 11</b><br>27 April |   |   |   |
| <b>Trimester 2,<br/>Week 12</b><br>4 May    | <b>Postgraduate Industry<br/>Placement Experience</b><br>(3:30pm-5pm; on site)  |   |   |
| 11 May                                      | <b>Assessment period 2</b>  |   |   |
| 18 May                                      | <b>Assessment period 2</b>  |   |   |
| 25 May                                      | <b>Assessment period 2</b>  |   |   |
| <b>Trimester 3,<br/>Week 1</b><br>1 June    |   |   |   |
| <b>Trimester 3,<br/>Week 2</b><br>8 June    |   |   |   |
| <b>Trimester 3,<br/>Week 3</b><br>15 June   |   |   |   |
| <b>Trimester 3,<br/>Week 4</b><br>22 June   |   |   |   |
| <b>Trimester 3,<br/>Week 5</b><br>29 June   |   |   |   |
| <b>Trimester 3,<br/>Week 6</b><br>6 July    |   |   |   |
| <b>Trimester 3,<br/>Week 7</b><br>13 July   |   |   |   |
| <b>Trimester 3,<br/>Week 8</b><br>20 July   |   |   |   |
| <b>Trimester 3,<br/>Week 9</b><br>27 July   |   |   |   |
| <b>Trimester 3,<br/>Week 10</b><br>3 August |   |   |   |
| 10 August                                   |   |   |   |
| 17 August                                   |   |   |   |
| 24 August                                   |   |   |   |
| 31 August                                   |   |   |   |
| 7 September                                 | <b>Final Assessments</b>  |   |   |
| 14 September                                |   |   |   |