

MSc Strength and Conditioning

2025-26 timetable

11 and 12 September 2025: Postgraduate induction

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

Г			
	Conditioning (1.00pm-		
	3.00pm; on site)		
	Postgraduate Industry		
	Placement Experience		
	(3:30pm-5pm; on site)		
	Performance Profiling	The Research Process	
	and Testing for Athletes	(4-5pm; online)	
	(10.00am -12.00pm; on		
Trimester 1,	site)		
Week 5			
20 October	Applied Practice in		
20 October	Strength and		
	Conditioning (1.00pm-		
	3.00pm; on site)		
	Performance Profiling	The Research Process	
	and Testing for Athletes	(4-5pm; online)	
	(10.00am -12.00pm; on		
	site)		
Trimester 1,	Applied Practice in		
Week 6	Strength and		
27 October	Conditioning (1.00pm-		
	3.00pm; on site)		
	Postgraduate Industry		
	Placement Experience		
	(3:30pm-5pm; on site)		
	Performance Profiling	The Research Process	
	and Testing for Athletes	(4-5pm; online)	
	(10.00am -12.00pm; on		
Trimester 1,	site)		
Week 7			
3 November	Applied Practice in		
2 IAOACIIINEI	Strength and		
	Conditioning (1.00pm-		
	3.00pm; on site)		
	Doubour D. CU	The December	
	Performance Profiling	The Research Process	
	and Testing for Athletes	(4-5pm; online)	
	(10.00am -12.00pm; on		
	site)		
Trimester 1,	Applied Drestics in		
Week 8	Applied Practice in Strength and		
	_		
10 November	Conditioning (1.00pm-		
	3.00pm; on site)		
	Postgraduate Industry		
	Placement Experience		
	(3:30pm-5pm; on site)		
	(3.30pin-3pin, on site)		<u> </u>

	5 (5 ())		1
	Performance Profiling	The Research Process	
	and Testing for Athletes	(4-5pm; online)	
	(10.00am -12.00pm; on		
Trimester 1,	site)		
Week 9			
17 November	Applied Practice in		
	Strength and		
	Conditioning (1.00pm-		
	3.00pm; on site)		
	Performance Profiling	The Research Process	
	and Testing for Athletes	(4-5pm; online)	
	(10.00am -12.00pm; on	, , , ,	
	site)		
7 (
Trimester 1,	Applied Practice in		
Week 10	Strength and		
24 November	Conditioning (1.00pm-		
	3.00pm; on site)		
	Destave due to Industry		
	Postgraduate Industry		
	Placement Experience		
	(3:30pm-5pm; on site)	The Research Process	
	Performance Profiling and Testing for Athletes	(4-5pm; online)	
	(10.00am -12.00pm; on	(4-3pm, omme)	
	site)		
Trimester 1,	site)		
Week 11	Applied Practice in		
1 December	Strength and		
	Conditioning (1.00pm-		
	3.00pm; on site)		
	, , ,		
	Performance Profiling	The Research Process	
	and Testing for Athletes	(4-5pm; online)	
	(10.00am -12.00pm; on		
Trimester 1,	site)		
Week 12			
8 December	Applied Practice in		
· · · · · · · · · · · · · · · · ·	Strength and		
	Conditioning (1.00pm-		
	3.00pm; on site)		
15 December	Assessment period 1		
22 December	Holiday		
29 December	Holiday		
5 January	Study week		
12 January	Assessment period 1		
19 January	Assessment period 1		
22 December 29 December 5 January 12 January	3.00pm; on site) Assessment period 1 Holiday Holiday Study week Assessment period 1		

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

	1		
	Conditioning for		
	Physical Performance		
	(1.00-3.00pm; on site)		
	Skill Acquisition for		
	Strength and		
	Conditioning (90min		
	pre-recorded; online)		
	pre recorded, emine,		
	Postgraduate Industry		
	Placement Experience		
	(3:30pm-5pm; on site)		
	Conditioning for		
	Physical Performance		
	(10.00am-12.00pm; on		
	site)		
Trimester 2,	Skill Acquisition for		
Week 5	Strength and		
23 February	Conditioning (1.00-		
25 (Eb) daily	3.00pm; on site)		
	Planning and		
	Monitoring (90min pre-		
	recorded; online)		
	i ccoraca, orinic,		
	recorded, orimie,		
		ek: Tutorials, content catch	-up, and gym access
	Consolidation Wee		
	Consolidation Wee	Skill Acquisition for	Conditioning for Physical
Trimester 2,	Consolidation Wee Planning and Monitoring (10.00am-	Skill Acquisition for Strength and	Conditioning for Physical Performance (10.00am-
Trimester 2, Week 6	Consolidation Wee Planning and Monitoring (10.00am- 12.00pm and 1.00-	Skill Acquisition for Strength and Conditioning (10.00am-	Conditioning for Physical Performance (10.00am- 12.00pm and 1.00-
Week 6	Consolidation Wee Planning and Monitoring (10.00am-	Skill Acquisition for Strength and Conditioning (10.00am- 12.00am and 1.00-	Conditioning for Physical Performance (10.00am-
I	Consolidation Wee Planning and Monitoring (10.00am- 12.00pm and 1.00- 3.00pm; on site)	Skill Acquisition for Strength and Conditioning (10.00am-	Conditioning for Physical Performance (10.00am- 12.00pm and 1.00-
Week 6	Consolidation Wee Planning and Monitoring (10.00am- 12.00pm and 1.00- 3.00pm; on site) Postgraduate Industry	Skill Acquisition for Strength and Conditioning (10.00am- 12.00am and 1.00-	Conditioning for Physical Performance (10.00am- 12.00pm and 1.00-
Week 6	Consolidation Wee Planning and Monitoring (10.00am- 12.00pm and 1.00- 3.00pm; on site) Postgraduate Industry Placement Experience	Skill Acquisition for Strength and Conditioning (10.00am- 12.00am and 1.00-	Conditioning for Physical Performance (10.00am- 12.00pm and 1.00-
Week 6	Consolidation Wee Planning and Monitoring (10.00am- 12.00pm and 1.00- 3.00pm; on site) Postgraduate Industry Placement Experience (3:30pm-5pm; on site)	Skill Acquisition for Strength and Conditioning (10.00am- 12.00am and 1.00-	Conditioning for Physical Performance (10.00am- 12.00pm and 1.00-
Week 6	Consolidation Wee Planning and Monitoring (10.00am- 12.00pm and 1.00- 3.00pm; on site) Postgraduate Industry Placement Experience (3:30pm-5pm; on site) Planning and	Skill Acquisition for Strength and Conditioning (10.00am- 12.00am and 1.00-	Conditioning for Physical Performance (10.00am- 12.00pm and 1.00-
Week 6	Consolidation Wee Planning and Monitoring (10.00am- 12.00pm and 1.00- 3.00pm; on site) Postgraduate Industry Placement Experience (3:30pm-5pm; on site) Planning and Monitoring (10.00am-	Skill Acquisition for Strength and Conditioning (10.00am- 12.00am and 1.00-	Conditioning for Physical Performance (10.00am- 12.00pm and 1.00-
Week 6	Consolidation Wee Planning and Monitoring (10.00am- 12.00pm and 1.00- 3.00pm; on site) Postgraduate Industry Placement Experience (3:30pm-5pm; on site) Planning and	Skill Acquisition for Strength and Conditioning (10.00am- 12.00am and 1.00-	Conditioning for Physical Performance (10.00am- 12.00pm and 1.00-
Week 6	Consolidation Wee Planning and Monitoring (10.00am- 12.00pm and 1.00- 3.00pm; on site) Postgraduate Industry Placement Experience (3:30pm-5pm; on site) Planning and Monitoring (10.00am- 12.00pm; on site)	Skill Acquisition for Strength and Conditioning (10.00am- 12.00am and 1.00-	Conditioning for Physical Performance (10.00am- 12.00pm and 1.00-
Week 6	Planning and Monitoring (10.00am- 12.00pm and 1.00- 3.00pm; on site) Postgraduate Industry Placement Experience (3:30pm-5pm; on site) Planning and Monitoring (10.00am- 12.00pm; on site) Skill Acquisition for	Skill Acquisition for Strength and Conditioning (10.00am- 12.00am and 1.00-	Conditioning for Physical Performance (10.00am- 12.00pm and 1.00-
Week 6 2 March	Planning and Monitoring (10.00am- 12.00pm and 1.00- 3.00pm; on site) Postgraduate Industry Placement Experience (3:30pm-5pm; on site) Planning and Monitoring (10.00am- 12.00pm; on site) Skill Acquisition for Strength and	Skill Acquisition for Strength and Conditioning (10.00am- 12.00am and 1.00-	Conditioning for Physical Performance (10.00am- 12.00pm and 1.00-
Week 6 2 March Trimester 2,	Planning and Monitoring (10.00am- 12.00pm and 1.00- 3.00pm; on site) Postgraduate Industry Placement Experience (3:30pm-5pm; on site) Planning and Monitoring (10.00am- 12.00pm; on site) Skill Acquisition for Strength and Conditioning (1.00-	Skill Acquisition for Strength and Conditioning (10.00am- 12.00am and 1.00-	Conditioning for Physical Performance (10.00am- 12.00pm and 1.00-
Week 6 2 March Trimester 2, Week 7	Consolidation Wee Planning and Monitoring (10.00am- 12.00pm and 1.00- 3.00pm; on site) Postgraduate Industry Placement Experience (3:30pm-5pm; on site) Planning and Monitoring (10.00am- 12.00pm; on site) Skill Acquisition for Strength and Conditioning (1.00- 3.00pm; on site)	Skill Acquisition for Strength and Conditioning (10.00am- 12.00am and 1.00-	Conditioning for Physical Performance (10.00am- 12.00pm and 1.00-
Week 6 2 March Trimester 2, Week 7	Consolidation Wee Planning and Monitoring (10.00am- 12.00pm and 1.00- 3.00pm; on site) Postgraduate Industry Placement Experience (3:30pm-5pm; on site) Planning and Monitoring (10.00am- 12.00pm; on site) Skill Acquisition for Strength and Conditioning (1.00- 3.00pm; on site) Conditioning for	Skill Acquisition for Strength and Conditioning (10.00am- 12.00am and 1.00-	Conditioning for Physical Performance (10.00am- 12.00pm and 1.00-
Week 6 2 March Trimester 2, Week 7	Consolidation Wee Planning and Monitoring (10.00am- 12.00pm and 1.00- 3.00pm; on site) Postgraduate Industry Placement Experience (3:30pm-5pm; on site) Planning and Monitoring (10.00am- 12.00pm; on site) Skill Acquisition for Strength and Conditioning (1.00- 3.00pm; on site) Conditioning for Physical Performance	Skill Acquisition for Strength and Conditioning (10.00am- 12.00am and 1.00-	Conditioning for Physical Performance (10.00am- 12.00pm and 1.00-
Week 6 2 March Trimester 2, Week 7	Consolidation Wee Planning and Monitoring (10.00am- 12.00pm and 1.00- 3.00pm; on site) Postgraduate Industry Placement Experience (3:30pm-5pm; on site) Planning and Monitoring (10.00am- 12.00pm; on site) Skill Acquisition for Strength and Conditioning (1.00- 3.00pm; on site) Conditioning for Physical Performance (90min pre-recorded;	Skill Acquisition for Strength and Conditioning (10.00am- 12.00am and 1.00-	Conditioning for Physical Performance (10.00am- 12.00pm and 1.00-
Week 6 2 March Trimester 2, Week 7	Consolidation Wee Planning and Monitoring (10.00am- 12.00pm and 1.00- 3.00pm; on site) Postgraduate Industry Placement Experience (3:30pm-5pm; on site) Planning and Monitoring (10.00am- 12.00pm; on site) Skill Acquisition for Strength and Conditioning (1.00- 3.00pm; on site) Conditioning for Physical Performance (90min pre-recorded; online)	Skill Acquisition for Strength and Conditioning (10.00am- 12.00am and 1.00-	Conditioning for Physical Performance (10.00am- 12.00pm and 1.00-
Week 6 2 March Trimester 2, Week 7 9 March	Consolidation Wee Planning and Monitoring (10.00am- 12.00pm and 1.00- 3.00pm; on site) Postgraduate Industry Placement Experience (3:30pm-5pm; on site) Planning and Monitoring (10.00am- 12.00pm; on site) Skill Acquisition for Strength and Conditioning (1.00- 3.00pm; on site) Conditioning for Physical Performance (90min pre-recorded;	Skill Acquisition for Strength and Conditioning (10.00am- 12.00am and 1.00-	Conditioning for Physical Performance (10.00am- 12.00pm and 1.00-
Week 6 2 March Trimester 2, Week 7 9 March Trimester 2,	Consolidation Wee Planning and Monitoring (10.00am- 12.00pm and 1.00- 3.00pm; on site) Postgraduate Industry Placement Experience (3:30pm-5pm; on site) Planning and Monitoring (10.00am- 12.00pm; on site) Skill Acquisition for Strength and Conditioning (1.00- 3.00pm; on site) Conditioning for Physical Performance (90min pre-recorded; online)	Skill Acquisition for Strength and Conditioning (10.00am- 12.00am and 1.00-	Conditioning for Physical Performance (10.00am- 12.00pm and 1.00-
Week 6 2 March Trimester 2, Week 7 9 March	Consolidation Wee Planning and Monitoring (10.00am- 12.00pm and 1.00- 3.00pm; on site) Postgraduate Industry Placement Experience (3:30pm-5pm; on site) Planning and Monitoring (10.00am- 12.00pm; on site) Skill Acquisition for Strength and Conditioning (1.00- 3.00pm; on site) Conditioning for Physical Performance (90min pre-recorded; online) Planning and	Skill Acquisition for Strength and Conditioning (10.00am- 12.00am and 1.00-	Conditioning for Physical Performance (10.00am- 12.00pm and 1.00-

		T
	Conditioning for	
	Physical Performance	
	(1.00-3.00pm; on site)	
	Skill Acquisition for	
	Strength and	
	Conditioning (90min	
	pre-recorded; online)	
	Postgraduate Industry	
	Placement Experience	
	(3:30pm-5pm; on site)	
	Conditioning for	
	Physical Performance	
	(10.00am-12.00pm; on	
	site)	
Trimester 2,	Skill Acquisition for	
Week 9	Strength and	
24 March	Conditioning (1.00-	
	3.00pm; on site)	
	Planning and	
	Monitoring (2hr pre-	
	recorded; online)	
	Planning and	
	Monitoring (10.00am-	
	12.00pm; on site)	
	, , ,	
	Skill Acquisition for	
	Strength and	
Easter Week 1	Conditioning (1.00-	
30 March	3.00pm; on site)	
	Conditioning for	
	Physical Performance	
	(2hr pre-recorded;	
	online)	
	Planning and	
	Monitoring (10.00am-	
	12.00pm; on site)	
	, , , , , , , , , , , , , , , , , , , ,	
	Conditioning for	
Easter Week 2	Physical Performance	
6 April	(1.00-3.00pm; site)	
p	(2.00 0.00 p) 5.00)	
	Skill Acquisition for	
	Strength and	
	Conditioning (2hr pre-	
	recorded; online)	
Easter Week 3	. ccc. aca, cilling	Holiday
13 April		
23715111	Consolidation Wee	ek: Tutorials, content catch-up, and gym access
	Consultation Wee	.k. ratoriais, content catcirup, and gyni access

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