



MSc Strength and Conditioning

2026-27 timetable

10 and 11 September 2026: Postgraduate induction

Semester one 2026					
Week commencing	Tuesday AM	Tuesday PM	Thursday AM	Thursday PM	Friday
14 September					
Semester 1, Week 1 21 September	10-12pm Performance Profiling and Testing for Athletes	1-3pm Applied Practice for Strength and Conditioning	1-3pm MSc Strength and Conditioning Consolidation & Gym	4-5pm The Research Process (online) 6-8pm PG Diss R17 Sep Start (FT) (online)	
Semester 1, Week 2 28 September	10-12pm Performance Profiling and Testing for Athletes	1-3pm Applied Practice for Strength and Conditioning 3:30-5 Postgraduate Industry Placement	1-3pm MSc Strength and Conditioning Consolidation & Gym	4-5pm The Research Process (online)	
Semester 1, Week 3 5 October	10-12pm Performance Profiling and Testing for Athletes	1-3pm Applied Practice for Strength and Conditioning	1-3pm MSc Strength and Conditioning Consolidation & Gym	4-5pm The Research Process (online)	
Semester 1, Week 4 12 October	10-12pm Performance Profiling and Testing for Athletes	1-3pm Applied Practice for Strength and Conditioning 3:30-5	1-3pm MSc Strength and Conditioning Consolidation & Gym	4-5pm The Research Process (online)	

		Postgraduate Industry Placement			
Semester 1, Week 5 19 October	10-12pm Performance Profiling and Testing for Athletes	1-3pm Applied Practice for Strength and Conditioning	1-3pm MSc Strength and Conditioning Consolidation & Gym	4-5pm The Research Process (online)	
Semester 1, Week 6 26 October	10-12pm Performance Profiling and Testing for Athletes	1-3pm Applied Practice for Strength and Conditioning 3:30-5 Postgraduate Industry Placement	1-3pm MSc Strength and Conditioning Consolidation & Gym	4-5pm The Research Process (online)	
Semester 1, Week 7 2 November	10-12pm Performance Profiling and Testing for Athletes	1-3pm Applied Practice for Strength and Conditioning	1-3pm MSc Strength and Conditioning Consolidation & Gym	4-5pm The Research Process (online)	
Semester 1, Week 8 9 November	10-12pm Performance Profiling and Testing for Athletes	1-3pm Applied Practice for Strength and Conditioning 3:30-5 Postgraduate Industry Placement	1-3pm MSc Strength and Conditioning Consolidation & Gym	4-5pm The Research Process (online) 6-8pm PG Diss R18 Jan Start (FT) (online)	
Semester 1, Week 9 16 November	10-12pm Performance Profiling and Testing for Athletes	1-3pm Applied Practice for Strength and Conditioning	1-3pm MSc Strength and Conditioning Consolidation & Gym	4-5pm The Research Process (online)	
Semester 1, Week 10	10-12pm Performance Profiling and	1-3pm Applied Practice for	1-3pm MSc Strength and	4-5pm	

23 November	Testing for Athletes	Strength and Conditioning 3:30-5 Postgraduate Industry Placement	Conditioning Consolidation & Gym	The Research Process (online)	
Semester 1, Week 11 30 November	10-12pm Performance Profiling and Testing for Athletes	1-3pm Applied Practice for Strength and Conditioning	1-3pm MSc Strength and Conditioning Consolidation & Gym	4-5pm The Research Process (online)	
Semester 1, Week 12 7 December	10-12pm Performance Profiling and Testing for Athletes	1-3pm Applied Practice for Strength and Conditioning	1-3pm MSc Strength and Conditioning Consolidation & Gym	4-5pm The Research Process (online)	
14 December	Assessment period 1				
21 December	Holiday				
28 December	Holiday				
4 January	Study week				
11 January	Assessment period 1				
18 January	Assessment period 1				

Semester two 2027					
Week commencing	Tuesday AM	Tuesday PM	Thursday AM	Thursday PM	Friday
Semester 2, Week 1 25 January	10-12pm Planning and Monitoring for Athletic Training	1-3pm Skill Acquisition and Coaching	10-12pm Conditioning for Physical Performance	1-3pm MSc Strength and Conditioning Consolidation & Gym	
Semester 2, Week 2 1 February	10-12pm Planning and Monitoring for Athletic Training	1-3pm Skill Acquisition and Coaching 3:30-5pm Postgraduate Industry Placement	10-12pm Conditioning for Physical Performance	1-3pm MSc Strength and Conditioning Consolidation & Gym	

Semester 2, Week 3 8 February	10-12pm Planning and Monitoring for Athletic Training	1-3pm Skill Acquisition and Coaching	10-12pm Conditioning for Physical Performance	1-3pm MSc Strength and Conditioning Consolidation & Gym	
Semester 2, Week 4 15 February	10-12pm Planning and Monitoring for Athletic Training	1-3pm Skill Acquisition and Coaching 3:30-5pm Postgraduate Industry Placement	10-12pm Conditioning for Physical Performance	1-3pm MSc Strength and Conditioning Consolidation & Gym	
Semester r 2, Week 5 22 February	10-12pm Planning and Monitoring for Athletic Training	1-3pm Skill Acquisition and Coaching	10-12pm Conditioning for Physical Performance	1-3pm MSc Strength and Conditioning Consolidation & Gym	
Semester 2, Week 6 1 March	10-12pm Planning and Monitoring for Athletic Training	1-3pm Skill Acquisition and Coaching 3:30-5pm Postgraduate Industry Placement	10-12pm Conditioning for Physical Performance	1-3pm MSc Strength and Conditioning Consolidation & Gym	
Semester 2, Week 7 8 March	10-12pm Planning and Monitoring for Athletic Training	1-3pm Skill Acquisition and Coaching	10-12pm Conditioning for Physical Performance	1-3pm MSc Strength and Conditioning Consolidation & Gym	
Semester 2, Week 8 15 March	10-12pm Planning and Monitoring for Athletic Training	1-3pm Skill Acquisition and Coaching 3:30-5pm Postgraduate Industry Placement	10-12pm Conditioning for Physical Performance	1-3pm MSc Strength and Conditioning Consolidation & Gym	
22 March	Holiday				
29 March	Holiday				

5 April	Holiday				
Semester 2, Week 9 12 April	10-12pm Planning and Monitoring for Athletic Training	1-3pm Skill Acquisition and Coaching	10-12pm Conditioning for Physical Performance	1-3pm MSc Strength and Conditioning Consolidation & Gym	
Semester 2, Week 10 19 April	10-12pm Planning and Monitoring for Athletic Training	1-3pm Skill Acquisition and Coaching 3:30-5pm Postgraduate Industry Placement	10-12pm Conditioning for Physical Performance	1-3pm MSc Strength and Conditioning Consolidation & Gym	
Semester 2, Week 11 26 April	10-12pm Planning and Monitoring for Athletic Training	1-3pm Skill Acquisition and Coaching	10-12pm Conditioning for Physical Performance	1-3pm MSc Strength and Conditioning Consolidation & Gym	
Semester 2, Week 12 3 May	10-12pm Planning and Monitoring for Athletic Training	1-3pm Skill Acquisition and Coaching	10-12pm Conditioning for Physical Performance	1-3pm MSc Strength and Conditioning Consolidation & Gym	
10 May	Assessment period 2				
17 May	Assessment period 2				
24 May	Assessment period 2				
9 August	Holiday				
16 August	Holiday				
23 August	Holiday				
30 August	Assessment period 4				
6 September	Assessment period 4				
13 September					