

BSC (HONS) IN **STRENGTH AND CONDITIONING**

Loughborough University validates this highly practical three-year Strength and Conditioning degree course and provides students with the opportunity to learn the knowledge and practical skills required to be a successful professional within the industry. Strength and conditioning (S&C) are integral to competitive sport, health, and fitness. Our course is designed to provide expert knowledge of strength and conditioning, aligned to industry standards, to prepare you for a job within this fast-growing sector.

Strength and Conditioning Coaches need a unique mix of sports science knowledge, practical expertise and coaching experience, and we have developed our BSc (Hons) Strength and Conditioning degree to prepare you with these skills to enter the industry straight after graduating. You will learn alongside industry experts and gain sought-after skills to improve performance, reduce injury, and support wellbeing across sectors, from children to elite athletes.

Awarded By:



COURSE CONTENT

With many practical and hands-on learning experiences, your learning will be highly applied. Our teaching spaces house specialist facilities for sport students, athlete scholars, and keen researchers, including:

- The fully equipped Strength and Conditioning and rehabilitation suite features Olympic weightlifting platforms and an anti-gravity treadmill.
- An industry-standard Sports and Exercise Therapy suite and a Sports Therapy Clinic access.
- A Biomechanics Suite with a Qualisys 3D motion capture analysis system.
- State-of-the-art physiology lab allowing for environmental manipulations, physiological analysis, and performance testing.
- A Foresight golf simulator with video analysis performance data capture.
- Performance analysis suite allowing for live, real-time capturing and analysis of sports events.
- World class sports training facilities, including sports halls and artificial pitches.

Our highly experienced industry experts and academics will guide you through your learning, including lectures, seminars, online activities, practical activities, laboratory skills, peer-group learning and independent study.

MODULES

YEAR 1

- Research and Academic Skills
- Anatomy for Strength and Conditioning
- Resistance training in Strength and Conditioning
- Fundamentals of Sport Exercise Science
- Principles of Coaching for Strength and Conditioning
- Field-based techniques in Strength and Conditioning

YEAR 2

- Work Based Placement
- Research Methods
- Principles of Weightlifting
- Athlete Profiling
- Advanced Topics in Anatomy and Physiology
- Skill Acquisition in Strength and Conditioning

YEAR 3

- Research Project
- Periodisation and Programming
- Talent Identification and Youth Sport
- Injury Prevention, Rehabilitation and return to performance
- Biomechanics in Strength and Conditioning
- Performance Physiology
- Performance Nutrition

ENTRY REQUIREMENTS

[96 UCAS points.](#)

GCSE or equivalent English Language and maths at grade 4/C or above.