

MSc Strength and Conditioning

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✓ About the Programme

Our MSc Strength and Conditioning programme combines the core scientific foundations of the discipline with practical tools for success across a range of professional settings—from elite sport to health and wellbeing.

✓ High Quality Teaching and Coaching

Our teaching team are recognised by industry and research as experts in their fields which include sports rehabilitation, physiotherapy, biomechanics, coaching, exercise science and nutrition.

✓ Specialist Labs and Facilities

You'll train in our state-of-the-art sports science laboratories, featuring specialist equipment for physiology, biomechanics and biochemistry. From dedicated sport facilities to advanced diagnostic tools, you'll gain hands-on experience in a professional-grade setting.

✓ Extensive Career Preparation

Graduates progress to exciting and varied careers in areas such as sports performance and coaching, sports nutrition, health and wellbeing, performance diagnostics, laboratory-based roles, and with companies that design and manufacture training equipment and testing technologies.

✓ Professional Accreditation

This programme is endorsed globally by industry leaders, ensuring you graduate with both an academic qualification and internationally recognised professional credentials which include:

