

## **MSc (Strength & Conditioning)**

The programme is a full-time taught-master's programme which has been developed to equip graduates with the skills to attain the skills required to work in sports and exercise across several disciplines. This programme is delivered through blended learning.

### **What does 'blended learning' mean?**

- Online live lectures with an opportunity to interact using a chat box
- Self-directed activities.
- Face-to-face labs.

### **This course runs over 1.5 years, how does that work?**

This programme runs over 3 semesters

Where possible, semesters run in 3 x 4-week blocks of lectures, with a reading week or self-directed between each block to allow students to catch-up on reading and assignments without the added pressure of attending live lectures.

**Semester 1** - September to December (15 ECTS) -

**Semester 2** – January to May (15 ECTS) -

**Semester 3** - September to December (60 ECTS)

### **How many contact days are there where I need to attend ATU?**

The number of contact days on this programme vary in each semester. Currently, semester 1 has 7 contact days, Semester 2 has 5 contact days, and the requirement for contact days at ATU in semester 3 will vary depending on your independent research project. Labs are not optional, and students must ensure that they attend the full day of labs as per the schedule. Students will be expected to be punctual and behave professionally in the laboratory setting.

## What modules will I study with this programme?

Semester 1	Subject	Credits
1	Strength and Conditioning (Science and application)	5
1	Psychology - Coaching and Motivation	5
1	Applied Sport Technology	5
Semester 2 & 3	Subject	Credits
2	Strength and Conditioning (Theory and Practice)	5
2	Exercise Physiology, Nutrition and Human Performance	5
2	Research Methods	5
2 & 3	Research Project	60

## What kind of labs does this course involve?

Sample labs (\*\*subject to change)

- Olympic lifting
- Novel strength training modalities
- VO2 max testing
- Strength testing
- Gas analysis
- Field based testing
- GPS Analysis
- Sports Specific Conditioning
- Force Plate analysis
- Coaching and pedagogical techniques

### **What's the workload like? Could I do this course while working full time?**

This is a full-time MSc programme. There are 10 hours of online lectures per week in first semester as well as lab days, and a lot of self-directed activity such as reading and coursework. This is a full time MSc, so the independent learning workload is heavy. There are assignments due or assessments taking place approximately every 2 weeks. If you have good time management skills, then this course would be ideal to complete alongside a part-time job. However, it is expected that individuals spend at least 25 hours per week engaging in self-directed learning, which is an expectation at MSc level.

### **What kind of assessments will I have to complete?**

Assessments include, but are not limited to the following

- Practical lab exams
- Reflective activities
- Literature reviews / presentations / oral presentations
- Case studies
- Lab reports
- Poster presentations
- Data analysis tasks
- An independent research project

## **What are the entry requirements for this programme?**

Students must have a minimum of a 2.2 in an honour's degree in any science or related health-discipline. Students with Recognised Prior Learning (RPL) may also be considered for entry, however, they may be required to complete pre-requisite assessments prior to acceptance.

## **What are the fees for this course?**

The fees for this course are €6500 for the 1.5 years. The fees schedule may change, and you should contact ATU admissions office to confirm fees.

## **Frequently Asked Questions**

*Are there team projects assignments where I would need to be physically present? And are there other students in my geographical area that I can link-in with?*

There are some group-projects on this course, but with our online file-sharing and video-conferencing tools it's unlikely that you'll need to meet up to complete them. We have students many other counties so as long as you can attend the allocated contact days, you can spend the rest of your time anywhere in the world.

*Where necessary, can I contact ATU lecturers?*

Yes, beyond live lectures and recordings, all our lecturers hold 'office hours' each week where students can meet them in person, virtually, or phone them. We are always at the end of an email as well.

*What technology will I need to participate in the online lectures?*

All ATU students are provided with the Office 365 package upon registration, and lectures are delivered on the Microsoft Teams, with documents being housed on the ATU Moodle site.

***Will I have access to the other resources at ATU e.g. library, counselling services etc.?***

Yes. As a registered student at ATU you will have full access to student support services. Some services are able to provide online sessions using Microsoft Teams, while others are available on- campus only. For full details, see the ATU website or talk to your lecturers.

***I play inter-county GAA, are there any scholarships available to me?***

The Gaelic Players Association (GPA) and the Women's Gaelic Players Association (WGPA) in association with ATU have jointly funded two scholarships. These scholarships cover the fees for a taught master's programme and there are two scholarships available each year. Students must meet the entry criteria for the chosen programme.

For more information or to apply for the scholarships contact your WGPA / GPA representatives. Students should also apply to their chosen programme at ATU through the normal application process. A CV and cover letter will be required by the GPA/WGPA, and applications and entry criteria will be assessed by ATU