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 a number of 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 - January to May: 30 Credits - PgCert
Semester 2 - September to December: 30 Credits - PgDip
Semester 3 - January to M: 30 Credits – MSc

How many contact days are there where I have to be in GMIT?

The number of contact days on this programme vary in each semester. Semester 1 has 7 contact days, Semester 2 has 5 contact days, and the requirement for contact days at GMIT 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.

Semester 1: 7 days on-site labs at GMIT (timetable is subject to change):

Induction day – January 15th, 2021

Lab days - Thursday and Friday 18th and 19th February

Lab days - Thursday and Friday 18th and 19th March

Lab days/Practical Assessment - Thursday and Friday 15th and 16th April

Semester 2: 5 days on-site labs at GMIT (timetable is subject to change):

Induction & Lab day – September 24th, 2021

Lab days – Thursday & Friday, October 21st and 22nd

Lab day – Friday, November 19th

Lab day - Friday December 17th

Semester 3

Individual meetings with your supervisor.

UKSCA Residential Dates with Gil Stevenson (subject to change)**

Workshop 1: 25th & 26th of February 2021

Workshop 2: 6th & 7th of May 2021

Workshop 3: October 28th & 29th October 2021

Example schedule programme for semester 1 (subject to change)**

Week	In person	Online	Submissions
1	Induction	Daily lectures	TBA
2		Daily lectures	
3		Daily lectures	
4	**Lab x 2 days**	Daily lectures	
5	Reading week	Reading week	Reading week
6		Daily lectures	
7		Daily lectures	
8		Daily lectures	
9	**Lab x 2 days**	Daily lectures	
10		Daily lectures	
11	**Lab x 2 days**	Daily lectures	
12	**Lab CA**	Daily lectures	

What 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?
Samples

- Olympic lifting
- Novel strength training modalities
- VO$_2$ 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:
- Practical lab exams (in conjunction with UKSCA practical assessments)
- Reflective activities
- Essays and literature reviews
- Presentations
- Case studies

- Placement
- Lab reports
- Poster presentations
- Oral 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. This is broken up into €3950 for the first year (semesters
1 and 2), and €2550 for the final 0.5 year (3rd semester). The fees schedule may change, and you should contact GMIT admissions office to confirm fees.

How to apply:

Apply online through GMIT Direct Entry.
Link - https://www.gmit.ie/apply-gmit
Following the online application, proof of eligibility and a personal statement will be required to progress your application.

FAQ
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 GMIT tutors?
Yes, beyond live lectures and recordings, all of 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?
Students should have a webcam and a microphone to participate in online lectures and presentations. All GMIT students are provided with the Office 365 package upon registration, and lectures are delivered on the Microsoft Teams programme, with documents being housed on GMIT's Moodle site. Students have found Teams to be extremely easy to use.

Will I have access to the other resources at GMIT e.g. library, counselling services etc.?
Yes. As a registered student at GMIT 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 GMIT 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 Galway-Mayo Institute of Technology (GMIT) 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 Noel Connors at the GPA (nconnors@wit.ie), or Gemma Begley (gemma@wgpa.ie) at the WGPA

Students should also apply to their chosen programme at GMIT through the normal application process. A CV and cover letter will be required by the GPW/WGPA, and applications and entry criteria will be assessed by GMIT.