Postgraduate Programme Specification

Session	2026/27	**Last Modified**	March 2026
Named Award Title	MSc Sport and Exercise/ (Sport Coaching) or (Strength and Conditioning) or (Applied Nutrition)		
Award Title for Each Award	MSc Sport and Exercise (Sport Coaching) MSc Sport and Exercise (Strength and Conditioning) MSc Sport and Exercise (Applied Nutrition)*delivery in AY26-27 to be confirmed MSc Sport and Exercise PG Dip Sport and Exercise (Sport Coaching) PG Dip Sport and Exercise (Strength and Conditioning) PG Dip Sport and Exercise (Applied Nutrition)*delivery in AY26-27 to be confirmed PG Dip Sport and Exercise PG Cert Sport and Exercise		
Date of Approval	March 2026		
Details of Cohort Applies to	All new and existing cohorts		
Awarding Institution	University of the West of Scotland	**Teaching Institution(s)**	University of the West of Scotland
Language of Instruction & Examination		English	
Award Accredited by			
Maximum Period of Registration			
Duration of Study			
Full-time	September start - 1 year, January start - 16 months	**Part-time**	2 years
Placement (compulsory)	Yes		
Mode of Study	☒ Full-time ☒ Part-time		
Campus	☐ Ayr ☐ Dumfries	☒ Lanarkshire ☐ London	☐ Online / Distance Learning

		☐ Paisley	☐ Other (specify)
School	**Health and Life Sciences**		
Divisional Programme Board	**Sport Exercise Health**		
Programme Leader	Mark McKenna		

Admissions Criteria
Candidates must be able to satisfy the general admission requirements of the University of the West of Scotland as specified in Chapter 2 of the University Regulatory Framework together with the following programme requirements:

Appropriate Undergraduate Qualifications:
Applicants will typically possess a degree or equivalent. In the absence of a degree, where entry requirements do not conform to the general entry requirements, other evidence can be considered on an individual basis in line with Regulations 2.13 – 2.36 (Recognition of Prior Learning – RPL / Recognition of Credit).

The preferred entry requirement for this programme is a 2:2 undergraduate honours degree, however an ordinary degree can also be accepted. This should be in a relevant subject area, examples include (although not exclusive), Sport Coaching, Sport and Exercise Science, Sport Management, Sport Development, Sport Nutrition or Sport Studies.

Other Required Qualifications/Experience
Your application may also be considered if you have other academic, vocational or professional qualifications deemed to be of equivalence. For example, if you have relevant work experience, UKCC or National Governing Body (NGB) accreditation of some academic equivalence and have extensive experience in the area, you may be considered via interview.

Further desirable skills pre-application
You should provide some evidence of applied sport and exercise experience with which to drive and direct programme engagement and personal progress.
Applicants whose first language is not English will require to meet the English language requirements for study at UWS, further information available at:
https://www.uws.ac.uk/international/english-language-requirements/

Protecting Vulnerable Groups scheme (PVG)
Successful applicants who gain a place on this course will need to register on the PVG Scheme, managed and delivered by Disclosure Scotland. Application will be managed through the University once you have accepted your offer, and further guidance will be provided during induction. There is a fee for joining the scheme or to apply for a PVG with a new group and the appropriate fee is covered by the student. Those students already part of the scheme may apply for an update which incurs a reduced fee if for the same group. Current fees are available at https://www.mygov.scot/apply-for-pvg
In line with our Admission Procedure, Criminal Convictions and Charges Procedure and Regulatory Framework, there may be implications to your programme enrolment in not disclosing Criminal Convictions.

General Overview

The MSc Sport and Exercise / (Sport Coaching) or (Strength and Conditioning) or (Applied Nutrition) programme is designed for sport practitioners and graduates seeking to develop specialist knowledge in sport and exercise. The course is designed to blend work-based learning with face-to-face teaching to allow you to build on your existing experience and enhance your applied sport competencies. The focus of the programme is to adopt current and innovative research in applied sport and exercise for you to consider how best to apply this to practice. You will learn in a collaborative environment with other sport practitioners and teaching staff. The programme is designed as a pathway for career development in the sport and exercise profession. You will study your own applied practice, and the practice of others, and be supported by a supervisor who specialises in an area of interest to you (sport and exercise, sport coaching and strength and conditioning). You will learn to apply investigative methods to your applied practice to improve both your own and your athlete's practice. You will study professional judgement and decision-making to enhance your planning ability and prepare to optimise your athlete's development.

The MSc Sport and Exercise / (Sport Coaching) or (Strength and Conditioning) or (Applied Nutrition) will benefit from UWS staff multi-disciplinary expertise and networks to provide an academic application to the contemporary understanding of sporting environments. Teaching staff have strong practitioner links and apply their knowledge in areas such as sports coaching and strength and conditioning. Modern sport practitioners have to be knowledgeable and apply skills in each of these domains. The delivery model of the programme will provide a basis for career development in the sport and exercise profession with specialist knowledge in your chosen area. Throughout this process you will learn how to put theory into practice whilst developing reflective, analytical and critical thinking skills. From their consultancy work, teaching staff have strong working relationships with sports organisations, including professional sport teams, and public and private sport providers. The programme addresses key UN Sustainable Development Goals, including SDG 3: Good Health and Well-being, SDG 4: Quality Education, SDG 5: SDG 8: Decent Work and Economic Growth, and SDG 10: Reduced Inequalities. Graduates will be equipped to lead inclusive, evidence-based sport and exercise initiatives that promote good health and well-being, quality education, and sustainable economic growth.

Typical Delivery Method

The learning and teaching approaches on this programme includes a blend of face-to-face teaching, online learning, independent study, group and individual problem-solving tasks, and tutor and peer support.

Any additional costs

Students are required to pay the cost of PVG membership, see 'Admissions Criteria' section for further details.
Students are required to meet the expenses (e.g., travel) relating to placement/internship (work-based learning) modules and to external facilities used for teaching.
Opportunity for optional fieldtrip during the programme is also expected to be paid by interested students.
Students may choose to purchase Division of Sport, Exercise & Health branded sports kit.
All costs are subject to change.

Graduate Attributes, Employability & Personal Development Planning

The 'I AM UWS' graduate attributes have been developed to reflect that vision where UWS graduates are work-ready and able to successfully contribute both locally and globally. As part of the programme design and development, the graduate attributes are aligned with all aspects of module and programme delivery.

Personal development planning is embedded in all the MSc Sport and Exercise / (Sport Coaching) or (Strength and Conditioning) or (Applied Nutrition) modules. The process of personal development is implicit in all activities and engagement with students.
There are a range of employment markets for graduate sport practitioners, including professional sports clubs, commercial and social enterprises, local authority sports programmes, schools, disability sports clubs, and national governing bodies (NGBs). There is also potential for progression to a career in education or further research (e.g., doctoral studies).

Work Based Learning/Placement Details

The work-based learning (WBL) element of the programme can either be situated with your existing employer or an alternative employer. If you are not currently working, placements can be accessed to enable you to gain experience in your chosen role with one of our partners.
The WBL activities are embedded throughout the programme. This can allow for continuity of progression in one sporting environment and also deepen collaborative relationships between you and industry. WBL activities are self-constructed, affording you the opportunities to investigate and intervene in the sporting problems most pertinent to your development.
The WBL strand of the programme runs from the sport and exercise placement module and culminates in the Applied Sport and Exercise Project. Throughout these modules you will be supported by a supervisor in the selection of a relevant work environment, the identification of an area for investigation within the environment, and the evaluation and reflection of the research and evidence applied to the environment. The WBL module reflect the United Kingdom Coaching Certificate (UKCC) Level 4 generic competencies. Furthermore, the WBL modules are underpinned by the knowledge sets that are a requirement of British Association of Sport and Exercise Sciences (BASES) Accreditation, and Sport and Exercise Nutrition Register (SENR) accreditation.

You will be given the opportunity to self-assess, peer-assess or 'other' assess sporting practice in applied settings. You will learn observational analysis skills, interview skills and develop your own ability and the ability of others in an authentic applied sporting environment.
Students are required to meet the expenses (e.g. travel) relating to the WBL module.
The Division of Sport, Exercise and Health have a range of branded sports kit available for purchase by students via our provider's online store. Purchase of such kit is not a mandatory part of the course; however, it is advised that attending placement in branded kit will increase the professional appearance of students whilst representing the university. Any kit purchased is at the personal cost to each student.

Attendance and Engagement

In line with the Student Attendance and Engagement Procedure, Students are academically engaged if they are attending and participating in all timetabled programme activities including on-campus and online teaching sessions, asynchronous online learning activities, placement, work-based elements, course-related learning resources, and complete assessments and submit these on time.

For the purposes of this programme, academic engagement equates to the following:

100% Attendance at all module events, consistent weekly engagement with online materials, and submission of assessments to meet the learning outcomes of the programme's modules. Academic engagement also includes entering required placement details onto InPlace by specified deadline, completion of PVG in advance of placement and completing required placement hours. Failure to do so will impact completion of the programme.

It is recognised that from time-to-time students will have justifiable reasons for periods of lack of engagement. Students who are unable to attend mandatory classes for any reason should report their absence to their programme leader or their personal tutor or equivalent.

Equality and Diversity

The University's Equality, Diversity and Human Rights Procedure can be accessed at the following link: UWS Equality, Diversity and Human Rights Code.

In line with current legislation (Equality Act, 2010) and the UWS Equality, Diversity, and Human Rights Code, our modules are accessible and inclusive, with reasonable adjustment for different needs where appropriate. Module materials comply with University guidance on inclusive learning and teaching, and specialist assistive equipment, support provision and adjustment to assessment practice will be made in accordance with UWS policy and regulations. Where modules require practical learning or assessment, alternative formats and/or roles will be provided for students with physical disabilities which impact participation.

Programme structures and requirements, SCQF level, term, module name and code, credits and awards (Chapter 1, Regulatory Framework)

Learning Outcomes

SCQF LEVEL 11 - Postgraduate Certificate (PgCert) Learning Outcomes	
Knowledge and Understanding	
A1	Demonstrate critical and multidisciplinary insight of the applied sport and exercise process to develop research questions and conduct associated research.
A2	
A3	
A4	
A5	
Practice - Applied Knowledge and Understanding	
B1	Demonstrate originality and creativity in the application of science to the assessment, intervention, evaluation and reflection of selected sport and exercise issues relevant to applied practice.
B2	
B3	
B4	
B5	
Communication, ICT and Numeracy Skills	
C1	Convey complex ideas in a coherent, relevant form to diverse audiences.
C2	
C3	
C4	
C5	
Generic Cognitive Skills - Problem Solving, Analysis, Evaluation	
D1	Demonstrate the ability to selectively apply knowledge acquired elsewhere in the programme to an evolving applied sporting issue.
D2	
D3	
D4	
D5	
Autonomy, Accountability and Working with Others	
E1	Exercise substantial autonomy and initiative in professional activities.
E2	
E3	
E4	

E5	

Postgraduate Certificate (PgCert) Modules

CORE

SCQF Level	Module Code	Module Title	Credit	Term			Footnotes
				1	2	3	
				☐	☐	☐	
				☐	☐	☐	
				☐	☐	☐	
				☐	☐	☐	
				☐	☐	☐	
				☐	☐	☐	
Footnotes for Core Modules							

Postgraduate Certificate (PgCert) Modules

OPTION

SCQF Level	Module Code	Module Title	Credit	Term			Footnotes
				1	2	3	
10	SPOR10XXX	One 20 credit or two 10 credit modules, chosen from the SPOR modules, as agreed with Programme Leader	20	☒	☒	☐	
11	SPOR11030	Sport and Exercise Placement	20	☒	☒	☐	Long-thin delivery
11	SPOR11029	Research Methods in Sport and Exercise	20	☐	☒	☐	
11	SPOR11024	Applied Sport and Exercise Project	60	☐	☒	☒	
11	SPOR11027	Optimising the Learning Environment in Sport	30	☒	☐	☐	
11	SPOR11025	Contemporary Issues in Strength and Conditioning	30	☒	☐	☐	
11	SPOR11026	Managing and Developing the Coaching Process	30	☐	☒	☐	
11	SPOR11028	Planning and Monitoring in Strength and Conditioning	30	☐	☒	☐	
11	SPOR11032	Human Nutrition	30	☒	☐	☐	*
11	SPOR11031	Advanced Exercise Physiology and Sports Nutrition	30	☐	☒	☐	*
Footnotes for Option Modules Not all optional modules listed may run in any given academic year.							

* SPOR11032 Human Nutrition & SPOR11031 Advanced Exercise Physiology and Sports Nutrition delivery in AY26-27 TBC.

Level 11- Postgraduate Certificate (PgCert) **Criteria for Award** *Please refer to UWS Regulatory Framework for related regulations*
In line with UWS Regulatory Framework, for the award of Pg Cert Sport and Exercise, at least 60 credit points must be achieved of which a minimum of 40 are at SCQF 11 and none less than SCQF level 10. Distinction will be awarded in line with University Regulations.

SCQF LEVEL 11 - Postgraduate Diploma (PgDip) Learning Outcomes	
Knowledge and Understanding	
A1	Demonstrate critical and multidisciplinary insight of the applied sport and exercise process to develop research questions and conduct associated research.
A2	Design and implement an optimal learning environment based on contemporary research to influence athletes' performance needs.
A3	
A4	
A5	
Practice - Applied Knowledge and Understanding	
B1	Demonstrate originality and creativity in the application of science to the assessment, intervention, evaluation and reflection of selected sport and exercise issues relevant to applied practice.
B2	Apply a plan of applied practice to improve both practitioner and athlete development.
B3	
B4	
B5	
Communication, ICT and Numeracy Skills	
C1	Convey complex ideas in a coherent, relevant form to diverse audiences.
C2	
C3	
C4	
C5	
Generic Cognitive Skills - Problem Solving, Analysis, Evaluation	
D1	Demonstrate the ability to selectively apply knowledge acquired elsewhere in the programme to an evolving applied sporting issue.
D2	
D3	
D4	
D5	
Autonomy, Accountability and Working with Others	
E1	Exercise substantial autonomy and initiative in professional activities.
E2	
E3	
E4	
E5	

Postgraduate Diploma (PgDip) Modules

CORE

SCQF Level	Module Code	Module Title	Credit	Term			Footnotes
				1	2	3	
11	SPOR11030	Sport and Exercise Placement		☒	☒	☐	Long-thin delivery
11	SPOR11029	Research Methods in Sport and Exercise		☐	☒	☐	
				☐	☐	☐	
				☐	☐	☐	
				☐	☐	☐	
				☐	☐	☐	
Footnotes for Core Modules							

Postgraduate Diploma (PgDip) Modules

OPTION

SCQF Level	Module Code	Module Title	Credit	Term			Footnotes
				1	2	3	
11	SPOR11027	Optimising the Learning Environment in Sport	30	☒	☐	☐	1
11	SPOR11025	Contemporary Issues in Strength and Conditioning	30	☒	☐	☐	2
11	SPOR11026	Managing and Developing the Coaching Process	30	☐	☒	☐	1
11	SPOR11028	Planning and Monitoring in Strength and Conditioning	30	☐	☒	☐	2
11	SPOR11024	Applied Sport and Exercise Project	60	☐	☒	☒	
11	SPOR11032	Human Nutrition	30	☒	☐	☐	3*
11	SPOR11031	Advanced Exercise Physiology and Sports Nutrition	30	☐	☒	☐	3*
10	SPOR10XXX	One 20 credit or two 10 credit modules, chosen from the SPOR modules, as agreed with Programme Leader	20	☒	☒	☐	

Footnotes for Option Modules

Not all optional modules listed may run in any given academic year.

* SPOR11032 Human Nutrition & SPOR11031 Advanced Exercise Physiology and Sports Nutrition delivery in AY26-27 TBC

Students must take two of the optional modules offered.

1. Core for students on Sport Coaching pathway.

2. Core for students on Strength & Conditioning pathway.

3. Core for students on Applied Nutrition pathway.

Part time students are advised regarding elective modules (as these could run in T1 or T2 depending on choice) to spread workload out across terms.

Level 11- Postgraduate Diploma (PgDip)
Criteria for Award
Please refer to UWS Regulatory Framework for related regulations

In line with UWS Regulatory Framework, for the award of Pg Dip Sport and Exercise, at least 120 credit points must be achieved (including both core modules) of which a minimum of 90 are at SCQF 11 and none less than SCQF level 10.

In addition to the above requirements for Pg Dip Sport and Exercise, for the pathway award of (Sport Coaching), students must have passed SPOR11026 Managing and Developing the Coaching Process and SPOR11027 Optimising the Learning Environment in Sport.

In addition to the above requirements for Pg Dip Sport and Exercise, for the pathway award of (Strength and Conditioning), students must have passed SPOR11025 Contemporary Issues in Strength and Conditioning and SPOR11028 Planning and Monitoring in Strength and Conditioning.

In addition to the above requirements for Pg Dip Sport and Exercise*, for the pathway award of (Applied Nutrition), students must have passed SPOR11032 Human Nutrition and SPOR11031 Advanced Exercise Physiology and Sports Nutrition. Delivery in AY26-27 to be confirmed.

Distinction will be awarded in line with University Regulations.

SCQF LEVEL 11 – Masters Learning Outcomes (Maximum of 5 per heading)	
Knowledge and Understanding	
A1	Demonstrate critical and multidisciplinary insight of the applied sport and exercise process to develop research questions and conduct associated research.
A2	Design and implement an optimal learning environment based on contemporary research to influence athletes' performance needs.
A3	Demonstrate a critical knowledge of the research process relevant to applied sporting practice.
A4	
A5	
Practice - Applied Knowledge and Understanding	
B1	Demonstrate originality and creativity in the application of science to the assessment, intervention, evaluation and reflection of selected sport and exercise issues relevant to applied practice.
B2	Apply a plan of applied practice to improve both practitioner and athlete development.
B3	Critically monitor and evaluate the efficacy of an applied complex sporting intervention using relevant practices.
B4	
B5	
Communication, ICT and Numeracy Skills	
C1	Convey complex ideas in a coherent, relevant form to diverse audiences.
C2	
C3	
C4	
C5	
Generic Cognitive Skills - Problem Solving, Analysis, Evaluation	
D1	Demonstrate the ability to selectively apply knowledge acquired elsewhere in the programme to an evolving applied sporting issue.
D2	
D3	
D4	
D5	
Autonomy, Accountability and Working with Others	
E1	Exercise substantial autonomy and initiative in professional activities.
E2	Develop as an independent researcher by planning and executing a significant applied sport and exercise project relevant to personal sporting practice.
E3	Work with relevant stakeholders in the applied sporting process to share the findings of the applied sport and exercise project in written and verbal form.
E4	
E5	

Masters Modules

CORE

SCQF Level	Module Code	Module Title	Credit	Term			Footnotes
				1	2	3	
11	SPOR11030	Sport and Exercise Placement	20	☒	☒	☐	Long-thin delivery
11	SPOR11029	Research Methods in Sport and Exercise	20	☐	☒	☐	
11	SPOR11024	Applied Sport and Exercise Project	60	☐	☒	☒	
				☐	☐	☐	
				☐	☐	☐	
				☐	☐	☐	
Footnotes for Core Modules							

Masters Modules

OPTION

SCQF Level	Module Code	Module Title	Credit	Term			Footnotes
				1	2	3	
11	SPOR11027	Optimising the Learning Environment in Sport	30	☒	☐	☐	1
11	SPOR11025	Contemporary Issues in Strength and Conditioning	30	☒	☐	☐	2
11	SPOR11026	Managing and Developing the Coaching Process	30	☐	☒	☐	1
11	SPOR11028	Planning and Monitoring in Strength and Conditioning	30	☐	☒	☐	2
11	SPOR11032	Human Nutrition	30	☒	☐	☐	3*
11	SPOR11031	Advanced Exercise Physiology and Sports Nutrition	30	☐	☒	☐	3*
10	SPOR10XXX	One 20 credit or two 10 credit modules, chosen from the SPOR modules, as agreed with Programme Leader	20	☒	☒	☐	
				☐	☐	☐	

Footnotes for Option Modules

Not all optional modules listed may run in any given academic year.

* SPOR11032 Human Nutrition & SPOR11031 Advanced Exercise Physiology and Sports Nutrition delivery in AY26-27 TBC

Students must take SPOR11024 Applied Sport and Exercise Project, and a further two of the optional modules offered.

1. Core for students on Sport Coaching pathway.

2. Core for students on Strength & Conditioning pathway.

3. Core for students on Applied Nutrition pathway.

Part time students are advised regarding elective modules (as these could run in T1 or T2 depending on choice) to spread workload out across terms.

Level 11- Masters
Criteria for Award
Please refer to UWS Regulatory Framework for related regulations

In line with UWS Regulatory Framework, for the award of Masters Sport and Exercise, at least 180 credit points must be achieved (including three of the core modules) of which a minimum of 160 are at SCQF 11 and no more than 20 at SCQF level 10.

In addition to the above requirements for Masters Sport and Exercise, for the pathway award of (Sport Coaching), students must have passed SPOR11026 Managing and Developing the Coaching Process and SPOR11027 Optimising the Learning Environment in Sport.

In addition to the above requirements for Masters Sport and Exercise, for the pathway award of (Strength and Conditioning), students must have passed SPOR11025 Contemporary Issues in Strength and Conditioning and SPOR11028 Planning and Monitoring in Strength and Conditioning.

In addition to the above requirements for Masters Sport and Exercise, for the pathway award of (Applied Nutrition)*, students must have passed SPOR11032 Human Nutrition and SPOR11031 Advanced Physiology and Sports Nutrition. *Delivery in AY26-27 to be confirmed.

Distinction will be awarded in line with University Regulations.

Regulations of Assessment

Candidates will be bound by the general assessment regulations of the University as specified in the University Regulatory Framework.

An overview of the assessment details is provided in the Student Handbook and the assessment criteria for each module is provided in the module descriptor which forms part of the module pack issued to students. For further details on assessment please refer to Chapter 3 of the Regulatory Framework.

To qualify for an award of the University, students must complete all the programme requirements and must meet the credit minima detailed in Chapter 1 of the Regulatory Framework.

Combined Studies

There may be instances where a student has been unsuccessful in meeting the award criteria for the named award and for other more generic named awards existing within the School.

Provided that they have met the credit requirements in line with the SCQF credit minima (please see Regulation 1.21), they will be eligible for a Combined Studies award (please see Regulation 1.61).

For students studying at Level 11, they will normally be eligible for an exit award of PgCert / PgDip / Masters in Combined Studies.

Version no: 1

Change/Version Control

What	When	Who
Term of delivery for SPOR11029 updated Footnotes updated to reflect delivery of (Applied Nutrition) pathway in AY26-27 TBC Option footnote updated Removed reference to Asynchronous/ Hybrid delvery Amendment to L7 T1	March 2026	Mark Carroll