

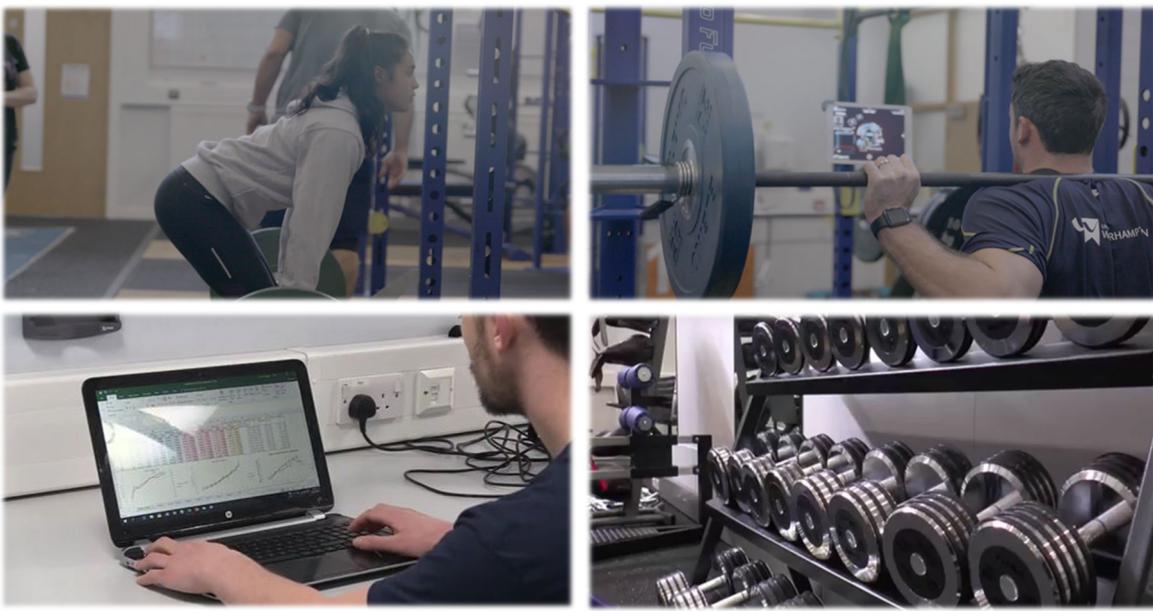


**University of Wolverhampton**

**Strength and Conditioning Studentship**

**MSc Strength and Conditioning**

**Applicant Pack**





## MSc Strength and Conditioning bursary funded by the University of Wolverhampton

### Strength and Conditioning Studentship (2 x Positions – part funded)

We are offering two funded bursary opportunities that each cover half the tuition fees of applicants interested in studying our MSc Strength and Conditioning.

**Closing Date:** **Midnight Sunday 24<sup>th</sup> July 2022**

**Interview Date:** **Monday 8<sup>th</sup> August 2022 (online)**

**Start Date:** Strength and Conditioning Studentship Induction – **Monday 22<sup>nd</sup> August 2022**

MSc Strength and Conditioning Course Welcome Week and Enrolment – Monday  
19<sup>th</sup> September 2022

#### **MSc Strength and Conditioning (full-time/part-time)**

This exciting and applied course will develop your scientific knowledge and skills in delivering strength and conditioning training methods within a range of contexts. The applied and practical nature of the course will equip you with the skills required to work with athletes and clients of different ages, abilities and demographics in designing and implementing bespoke training programmes to enhance athletic performance and health and wellbeing. For further information about the course please click [here](#).

#### **BURSARY DETAILS**

Strength and Conditioning Studentship (University of Wolverhampton – Half Home Fees)

The bursary will cover half the [course tuition fee costs](#) for the MSc Strength and Conditioning and in exchange the successful applicant will work in a Strength and Conditioning support capacity within the WLW Sport performance programme at the University of Wolverhampton. While undertaking this work, benefits include: being supervised and mentored by UKSCA accredited coaches; gaining experience in our focus sports of judo, football, futsal, basketball and netball amongst others; and accessing the British Judo Association Centre of Excellence which we house on campus.

**Please note:** The bursary and associated opportunity to work with the WLW Sport performance programme at the University of Wolverhampton is in combination with studying the MSc Strength and Conditioning programme. Therefore, successful progress on the MSc is a requirement of continued receipt of the bursary and work experience offered.



## Bursary Role Descriptor / Person Specification

<b>Role title:</b>	<b>Strength and Conditioning Studentship</b>
<b>Organisation providing bursary:</b>	University of Wolverhampton
<b>Department:</b>	WLV Sport, School of Sport
<b>Working hours:</b>	Approximately 8 hours per week (August to April)
<b>Fee:</b>	Bursary to cover half the tuition fees (Home) for study of the MSc Strength and Conditioning (full time / part time)
<b>Accountable to:</b>	Sports Performance and Development Manager; MSc Strength and Conditioning Programme Leader; Lead Strength and Conditioning Coach

**Role Description:** To assist with the planning and delivery of on-field / court physical conditioning and gym-based strength and conditioning sessions to individual and team sport athletes at the University of Wolverhampton. Engage in CPD activities, mentor and staff meetings, and related administration. Also assist with strength and conditioning related outreach activities and initiatives.

	Criteria	Example evidence required if shortlisted*
<b>Qualifications</b>	<ol style="list-style-type: none"> <li>Undergraduate Degree (2:1 minimum) in Strength and Conditioning or Sports Science (or related area) with demonstrable experience of strength and conditioning coaching practice.</li> <li>Relevant fitness training certification (e.g. Level 3 personal trainer, UKSCA strength and conditioning trainer, BWL coach/instructor award).</li> </ol>	Academic transcript Certificate Membership of professional body
<b>Experience</b>	<ol style="list-style-type: none"> <li>Experience delivering strength and conditioning programmes to athletes.</li> <li>Associate UKSCA member looking to achieve accredited status.</li> </ol>	Suitable reference Portfolio of strength and conditioning related work Membership of professional body
<b>Personal qualities</b>	<ol style="list-style-type: none"> <li>A desire to follow a career within the field of strength and conditioning.</li> <li>A keen interest in research and applied practice with the areas of Strength and conditioning and sports performance.</li> <li>Excellent organisational and problem-solving skills.</li> <li>The ability to work independently and as part of a team.</li> </ol>	Suitable reference

\*Please note all evidence will be checked should you be short-listed for interview

In addition, the successful applicant will need to complete a DBS check prior to commencing the bursary placement and MSc Strength and Conditioning.



## How do I Apply?

The application is a **two stage process**. You must submit **BOTH** stage 1 and stage 2 applications **before the deadline**.

### Stage 1: Apply for the MSc Strength and Conditioning

If you have any questions about the course please email programme leader Mark Niemz [m.niemz@wlv.ac.uk](mailto:m.niemz@wlv.ac.uk)

To apply for the MSc Strength and Conditioning complete the **online application form** as well as upload a suitable **reference and other relevant supporting information**, such as your degree certificate. Please note the **personal statement** section of the application form is a key element of the decision process in determining your suitability for the course so it is imperative you read the information about how to write your personal statement below. Visit [the MSc Strength and Conditioning course page](#) and click on 'Apply now'.

#### HOW TO WRITE YOUR PERSONAL STATEMENT

Your personal statement is a substantial and important part of your application that will be used to determine your eligibility for the course and may distinguish you from other applicants. Your personal statement is read thoroughly by the Admissions Unit and Admissions tutors when your application is being considered.

##### What makes a good personal statement?

**Explain your reason for applying for the MSc Strength and Conditioning:** You should focus your personal statement to the MSc, and it should support your desire to study the course. You should explain your reasons for applying for the course – why would this course suit you? What interests you about the course? You should demonstrate enthusiasm and commitment to the course, to undertaking research in your chosen field and to pursuing a career in S&C.

##### Generic Information for all Personal Statements

**Clear and well written:** Your Personal Statement should be clear, well written, well-structured and display good English language skills. It should be organised into paragraphs with an introduction, middle and end.

**Highlight what you have done to develop knowledge of your chosen area of study:** You should detail any jobs, placements, work experience (paid or unpaid) or activities (which could include previous study) that you have undertaken to develop your interest/knowledge in the area that you have chosen to study. This should include the nature of the experience/activities, where you worked/studied and the amount of time you spent there. You should also state when this experience took place.

When considering the course you are applying to it is important that you identify the personal qualities you possess or have developed, that will contribute to and help you during the course. You



should ensure that you identify your personal qualities and transferable skills within your Personal Statement. You should show you have a general knowledge and insight about the subject area you will be studying. How will your present knowledge help you?

**Show you have carefully considered your study choice:** We would be interested to know how the course relates to your future plans.

**Overseas applicants:** If you are applying from overseas, your personal statement should also explain your reasons for choosing to study in the UK and why you chose the University of Wolverhampton. Addressing these areas in your personal statement will help you to develop your answers to the questions that you may be asked as part of your visa application interview.

**Previous study in the UK:** If you have previously studied in the UK and you are applying to study a course at the same or a lower level than your previous course, your personal statement must clearly outline why you wish to study your course and how it will relate and add to your previous qualification from your previous course.

If you will require sponsorship for a Tier 4 Student Visa and the University is not satisfied that your course of study demonstrates satisfactory academic progression we may not be able to proceed with your application.

**Changes to personal statements:** Once you have submitted your personal statement we will not accept amended versions.

**Similarity detection:** Your personal statement should be your own work and individual to you. All personal statements are read thoroughly by the Admissions Unit and if similarities are spotted between your personal statement and those from other applicants, your application may be refused.

## Stage 2: Apply for the Bursary

For further details about the bursary please see the role descriptor.

Once you have submitted your application for the MSc Strength and Conditioning you may apply for the bursary. Please e-mail a copy of your **CV and a cover letter** explaining why you think you are suitable for the bursary to the following email address: [m.niemz@wlv.ac.uk](mailto:m.niemz@wlv.ac.uk)

Please clearly indicate the reference **UoW MSc Strength and Conditioning studentship** in the title of the email and on your cover letter.

You must submit your application for the bursary prior to the closing date. Applicants subsequently provided with an offer to study the MSc Strength and Conditioning will be put forward for shortlisting for the bursary position. (You do not have to wait for your course application to be processed before submitting your application for the bursary.)

To be considered for the above bursary your application for **the MSc Strength and Conditioning and the bursary must be received by the closing date (Midnight Sunday 24<sup>th</sup> July 2022)**.



## What happens following my application?

Your application for the MSc Strength and Conditioning will be processed and you will be informed via our admissions department whether you have been offered a place on the course.

Applicants who have been offered a place on the MSc Strength and Conditioning will then have their bursary application put forward for shortlisting. A short list will be drawn up and those applicants invited for interview.

Online interviews for the bursary are expected to take place the week commencing **Monday 8<sup>th</sup> August 2022**.

For further information about the MSc Strength and Conditioning or to arrange an informal discussion about the studentship, please contact the programme leader: Tel: 01902 32 3105, E-mail: [m.niemz@wlv.ac.uk](mailto:m.niemz@wlv.ac.uk)