

University of Wolverhampton and TASS strength and conditioning studentship

Equality, diversity and inclusion scheme

- *MSc Strength and Conditioning full home tuition fees bursary*
- *Applied coaching experience within University Sport and TASS*
- *£2,500 external continuing professional development (CPD) package and free internal CPD programme*

2024-25 applicant pack



Overview

The University of Wolverhampton is working with TASS (Talented Athlete Scholarship Scheme) to welcome applications for our strength and conditioning studentship. This studentship combines a full home tuition fees bursary for the MSc Strength and Conditioning, with an additional £2,500 CPD package to support with enhancing employability. During the studentship, the successful student will support the WLV Sport strength and conditioning program to gain practical experience coaching athletes across a range of sports.

Aligning our work to Sport England's broad ambitions of having a workforce within sport and physical activity that is representative of the population, TASS and the University of Wolverhampton have intentionally created this studentship to include a candidate who is from a culturally diverse background and/or has a disability.

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

This exciting and applied course will develop scientific knowledge and skills for delivering strength and conditioning training methods within a range of contexts. The applied and practical nature of the course will equip students 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, health and wellbeing. For more information about the course please click [here](#).

Strength and conditioning studentship

The successful student will support the WLV Sport strength and conditioning program by coaching BUCS Teams and WLV Sport Scholars, as well as assisting TASS Athletes. The student will complete 12 hours of coaching per week, in exchange for:

- receiving a full home tuition fees bursary for the MSc ([home fees amount](#))
- being able to claim up to £2,500 towards external CPD opportunities
- undertaking a free in-house CPD workshop program
- delivering within state-of-the-art facilities that are housed on campus
- receiving mentoring from a UKSCA-accredited coach

Important information

The full home tuition fees bursary from the university and CPD package from TASS is in combination with studying the MSc Strength and Conditioning. Therefore, successful progress on the MSc throughout the academic year is a requirement for continued receipt of the bursary and CPD package.

The University of Wolverhampton welcomes applications from both home and international applicants, but the bursary will only amount to the total needed to pay for home tuition fees. Any outstanding international tuition fees would need to be covered by the successful student.

The successful student will be required to deliver at both Wolverhampton City Campus and Walsall Campus.

Role description and person specification

Role title:	Strength and Conditioning Studentship
Organisation providing bursary:	University of Wolverhampton & TASS
Department:	WLV Sport
Working hours:	12 hours per week (September to April)
Fee:	Full home tuition fees bursary for the MSc Strength and Conditioning and £2,500 CPD package.
Report to:	Lead Strength and Conditioning Coach

Role description:

1. Plan and deliver field-based warm-ups, speed training and conditioning, as well as gym-based resistance training and injury prevention programmes for BUCS teams and sport scholars.
2. Collaborate with head coaches to ensure an integrated approach to strength and conditioning throughout the WLV Sport program.
3. Complete CPD activities, mentor meetings and all related administration.
4. Maintain the performance gym to high standards of cleanliness.
5. Support strength and conditioning related outreach activities and initiatives.

Person specification	Criteria	Example evidence required if shortlisted for interview*
Qualifications	<ol style="list-style-type: none"> 1. Undergraduate degree at 2:2 or above in sport science, strength and conditioning or a related discipline (E). 2. Relevant gym instructor, personal trainer or strength and conditioning certification (E). 3. Sports coaching qualification from a recognised national governing body (D). 4. Associate membership of the UKSCA (D). 	Academic transcript and certificates.
Experience	<ol style="list-style-type: none"> 1. Experience leading groups and individuals through exercise sessions (E). 2. Experience delivering strength and conditioning to individuals or groups (D). 	Employment reference.
Personal Qualities	<ol style="list-style-type: none"> 1. A desire to follow a career within the field of strength and conditioning (E). 2. Excellent organisational and problem-solving skills (E). 3. The ability to work independently and as part of a team (E). 	Personal reference.
Additional Pre-Conditions	This studentship has been created to address the current gaps in diversity representation amongst sport practitioners in the UK. As such, this studentship aims to intentionally include a candidate who is from a culturally diverse background and/or has a disability. "You're disabled under the Equality Act 2010 if you have a physical or mental impairment that has a 'substantial' and 'long-term' negative effect on your ability to do normal daily activities." This may include dyslexia, vision impairment, physical disability, etc.	

*Please note that all evidence will be checked for applicants who are shortlisted for interview. In addition, the successful applicant will also need to complete a DBS check prior to commencing the 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, then please email m.niemz@wlv.ac.uk.

To apply for the MSc Strength and Conditioning, please visit [the MSc Strength and Conditioning course page](#) and click on 'Apply now'. You will need to upload a suitable reference and other supporting information, such as your degree certificate. The personal statement section is a key element of the decision process in determining your suitability for the course, so it is key that you read the information about writing a personal statement below.

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. The admissions unit and admissions tutors read your personal statement thoroughly 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 on 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 strength and conditioning.

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.

You should also identify the personal qualities you possess or have developed that will help you during the course. You should show you have a general knowledge and insight into the subject area you will be studying. How will your present knowledge help you?

Show you have carefully considered your study choice: We are interested to know how the course relates to your 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 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 team and if similarities are spotted between your personal statement and those from other applicants, your application may be refused.

Stage 2: Apply for the Strength and Conditioning Studentship

Once you have submitted your application for the MSc Strength and Conditioning, you may then apply for the studentship. To apply, please email a CV (max two pages) and covering video (max 5 minutes) to c.blades@wlv.ac.uk. Your cover video should outline your suitability for the studentship by discussing relevant past experiences and your coaching philosophy ([WeTransfer](#) can be used to send this). Please also explain in your application how you meet the additional pre-conditions stated within the person specification. The studentship application deadline is **9am on Monday 5th August**.

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 subsequently provided with an offer to study the MSc Strength and Conditioning will be put forward for shortlisting for the studentship. Interviews for shortlisted candidates are expected to take place on the week commencing Monday 19 August 2024 in person at the Walsall Campus Sport Centre. These interviews will include a practical assessment, so online interviews cannot be accommodated.