

# Athletic Development and Peak Performance



Designed and taught in partnership with industry experts, this master's degree provides the skills, experience and knowledge in athletic development and performance for a great sport science or coaching career.



## Course overview

This fascinating course prepares you for life in the sport industry, delivering hands-on professional skills and an interdisciplinary approach to sport science and coaching.

You will explore talent identification, long-term athlete development, performance analysis, strength and conditioning, peak performance, technical and tactical development, marginal gains, and injury prevention and management.

You will undertake placements within professional sport and exercise organisations, drawing on Solent's diverse partnerships to gain experience alongside leading experts.

You will also have access to our outstanding sport and exercise facilities, including a British Association of Sport and Exercise Sciences (BASES)-accredited physiology laboratory.

## Industry focus

This MSc has been designed in conjunction with industry experts, equipping you with the skills and knowledge precisely tailored to industry requirements. Our industry partners can help to arrange excellent placement opportunities, giving you the advantage of real-world experience alongside potential employers.

The course also features a series of guest lecturers from the highest

level of a variety of sports, who will share their advice, knowledge and experience of the industry.

## Course content

### Technical Development in Sport:

On this unit you will critically analyse coaching methods and explore how skill is acquired, building your understanding and use of technology for developing, monitoring and testing athletic performance.

### Psycho-Social Development in Sport:

This unit analyses the theories underpinning talent identification and long-term athlete development, and examines the psycho-social factors affecting performance throughout an athlete's career.

### Physical Preparation in Sport and Exercise:

This unit examines the science behind effective training, injury prevention and rehabilitation in a practical setting. You will focus on physical and mental loading, and on the key fitness components of strength, speed, endurance and flexibility.

**Tactical Development in Sport:** This unit focuses on performance analysis techniques, providing practical opportunities to collect, assimilate and analyse tactical, technical and time/motion information, with the aim of improving performance.

### Marginal Gains for Peak Performance:

This unit identifies past, current and future methods of obtaining potential marginal advantage in performance, with a chance to build first-hand experience through off-site learning.

**Individual Project:** The project provides an opportunity to undertake a sustained, intensive and independent investigation on a topic of your choosing, presenting your work in a peer-reviewed journal format.

## Assessment

Assessment includes written coursework, viva, presentations, reports and practical tests.

## Career skills

Presentation, project and time management, leadership, communication, IT proficiency and numeracy skills are developed in both the classroom and practical placement opportunities.

## Projects/work experience

Prior to starting the course you will be expected to have a placement organised for the duration of your studies; this can be in more than one organisation if required. The placement should be in a role relevant to the course, such as coach, sport scientist, performance analyst, strength and conditioning coach, exercise physiologist, biomechanist or laboratory technician.

If you have been unable to organise a placement, we will support you in finding a suitable opportunity, potentially with university partners Southampton FC or a range of other top sports organisations. These could include Reed's High Performance Academy, British Swimming, Hampshire Rugby, Crystal Palace FC, London Irish RFC, GB Wheelchair Rugby and more.



As somebody who works every day in the industry of professional sport science support, this MSc looks set to become integral in bridging the gap between undergraduate degree and full-time work in professional sport. With the focus being so applied in its approach, this MSc really stands alone amongst the vast amount of sport science-related postgraduate degrees. ”

**Ben Rosen, graduate, Head of Strength and Conditioning, Southampton FC**

**Course length**  
1 year full-time

## Entry level

- An honours degree at 2:1 or above. Other applicants who can provide evidence of relevant work experience will be considered. Acceptance is also subject to a successful interview.
- If your first language is not English, you must have an IELTS score of 6.5 (6.0 in writing), or equivalent.

## Career opportunities

This course opens up a whole host of career opportunities in sport and exercise science, across every field imaginable.

### Career paths could include:

- helping professional, elite or Olympic athletes maintain peak competition performance
- working with hospitals and health organisations to develop training and recovery programmes for patients suffering injury or disability
- developing performance programmes for schools/colleges and encouraging the next generation of athletes to excel.

## Why Southampton Solent?

- The course combines hands-on experience with in-depth master's level theory, and it teaches you how to apply your learning in a professional sporting environment.
- Access to leading sport science facilities, including a BASES-accredited physiology lab and fully equipped modern psychology, biomechanics and health/exercise labs.
- Extensive opportunities for industry placements at all levels, from working with elite athletes to schools or rehabilitation patients.

[www.solent.ac.uk](http://www.solent.ac.uk) for detailed course information.

Email: [ask@solent.ac.uk](mailto:ask@solent.ac.uk)

Telephone: +44 (0)23 8201 3039