



Does a Modern Postgraduate Strength and Conditioning Course Reflect the Needs of Employers Across a Range of Job Sectors? Lessons Learned

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Abstract

Within the last few years, there has been a rapid expansion in both the number and breadth of job opportunities within strength and conditioning (S&C), leading to graduates requiring a broad set of skills. Consequently, a successful course curriculum should focus not only on the development of conceptual and theoretical underpinning knowledge of S&C, but also on skills and attributes that reflect broad industry-specific requirements and employer needs. Currently, little is known about whether current postgraduate provision reflects these developments across a range of sectors. Therefore, the poster aims to communicate the initial impact of a scoping exercise evaluating the indicative content of a postgraduate S&C course against a range of strength and conditioning job specifications. Job descriptions were collected between 30th March and 17th April 2026 using key words “strength and conditioning jobs” AND “sport” OR “military” OR “school” OR “hospital”. Job descriptions were only included if they had the term “strength and conditioning” in the title and the role was based in the United Kingdom. An analysis of 12 job descriptions across 4 sectors was conducted using frequency analysis and open-ended coding of course learning outcomes against job specification criteria. Primary competencies identified during analysis include 1) accreditation, 2) practical skills, 3) knowledge, and 4) coding. Whilst the course mapped to employers’ needs in several places, refinements to course content will align with industry and professional standards across a broader range of job opportunities, demonstrating sustained impact and dedication to enhancing student experience.

Keywords

curriculum, students, health professionals

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