

Course Specification

| Course Summary Information | | | |
|----------------------------|---|-------------------|---|
| 1 | Course Title | | BSc (Hons) Physical Education and School Sport with Foundation Year |
| 2 | BCU Course Code | UCAS Codes | US0617F X15F |
| 3 | Awarding Institution | | Birmingham City University |
| 4 | Teaching Institution(s) (if different from point 3) | | |
| 5 | Professional Statutory or Regulatory Body (PSRB) accreditation (if applicable) | | |

| 6 | Course Description |
|---|--|
| | <p>Gain a thorough understanding of physical education in schools and wider communities with our new Physical Education and School Sport with a foundation year course. We'll develop your teaching, learning and leadership skills, enabling you to become a highly employable expert on physical education and school sport.</p> <p>This degree encompasses the contemporary place and role of school-based physical education, activity, and health and sport. Physical education continues to be an important part of Government agendas, so with this in mind, you'll learn relevant and up-to-date techniques and information.</p> <p>Why choose a foundation year course?</p> <p>By studying a foundation year in Sport and Exercise Science, your first year will be spent learning a wide range of broad subject areas which then open up opportunities for you to specialise further in your next year – which would be the first year of a full degree course. You will study very broad subjects in your foundation year, which is designed to prepare you for a range of courses and not just one particular BSc degree.</p> <p>So, although you are studying a BSc in a specific course – BSc Physical Education and School Sport – the foundation year sets you up for a number of other possible degrees starting the following year. It may be that you don't end up doing a degree in precisely the same subject as your foundation year.</p> <p>This flexibility is one of the great things about the foundation year category - Sport and Physical Activity, allowing you to find out more about your interests and talents before focusing on a three year degree. The foundation year also helps us at BCU to make sure we help to match you to the degree that fits you best.</p> <p>This four year course has been specifically designed to allow students who do not initially meet the entry requirements for a three year degree, to undertake additional level 3 study designed to ensure they are successful on their chosen degree course. The foundation year helps students to develop skills such as academic writing, referencing and researching, as well as important transferable skills such as project management and team work.</p> |

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| 7 | Course Awards | | |
| 7a | Name of Final Award | Level | Credits Awarded |
| | Bachelor of Science with Honours Physical Education and School Sport with Foundation Year | 6 | 480 |
| 7b | Exit Awards and Credits Awarded | | |
| | Foundation Certificate Sport and Physical Activity | 3 | 120 |
| | Certificate of Higher Education Physical Education and School Sport | 4 | 240 |
| | Diploma of Higher Education Physical Education and School Sport | 5 | 360 |
| | Bachelor of Science Physical Education and School Sport | 6 | 420 |

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| 8 | Derogation from the University Regulations |
| | Not applicable |

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| 9 | Delivery Patterns | | |
| | Mode(s) of Study | Location(s) of Study | Duration of Study |
| | Full time | City South | 4 years |
| | | | Code(s) |
| | | | US0617F |

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| 10 | Entry Requirements |
| | <p>The admission requirements for this course are stated on the course page of the BCU website at https://www.bcu.ac.uk/ or may be found by searching for the course entry profile located on the UCAS website.</p> |

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| 11 | Course Learning Outcomes |
| 1 | Conduct yourself in a manner that is consistent with the values of your future profession. |
| 2 | Become an autonomous learner, who is confident, adaptable and capable of independent enquiry |
| 3 | Demonstrate a commitment to continuing personal and professional development and career planning. |
| 4 | Demonstrate an ability to adapt behaviours in accordance with diverse cultural needs. |
| 5 | Show sensitivity to contextual and interpersonal behaviours. |
| 6 | Have a wide range of intellectual and key skills, and reflective approach to learning. |
| 7 | Demonstrate excellent communication skills through a variety of modes and cultural awareness. |
| 8 | Exhibit skills of academic writing and presentation results. |
| 9 | Demonstrate a wide-range of transferable skills to appropriately prepare for higher levels of study and employment (e.g. communication and literacy, problem solving, numerical techniques, independent learning and working, teamwork, ICT etc.). |
| 10 | Be able to apply effective time management and organisational skills. |
| 11 | Be able to work effectively in a multidisciplinary team and adopt a partnership approach. |
| 12 | Adopt and integrate multiple perspectives and explore the relationships between them. |

| 12 | Course Requirements | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-------------|--|--------------|-------------|--------------|---------|-----------------------------|----|---------|--|----|---------|-------------------------------------|----|---------|--------------------|----|---------|-------------------------------|----|---------|--|----|-------------|-------------|--------------|---------|-------------------------------------|----|---------|---|----|---------|--|----|---------|---|----|---------|-----------------|----|---------|--------------------------------|----|-------------|-------------|--------------|---------|--|----|---------|---|----|---------|--------------------------------|----|---------|--|----|---------|--|----|
| 12a | <p>Level 3:</p> <p><i>In order to complete this course a student must successfully complete all the following CORE modules (totalling 120 credits):</i></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="background-color: #ffffcc;">Module Code</th> <th style="background-color: #ffffcc;">Module Name</th> <th style="background-color: #ffffcc;">Credit Value</th> </tr> </thead> <tbody> <tr><td>HEL3000</td><td>Academic Skills for Success</td><td>20</td></tr> <tr><td>HEL3001</td><td>Interpersonal Skills and Professional Behaviours</td><td>20</td></tr> <tr><td>HEL3002</td><td>Equality, Diversity and Inclusivity</td><td>20</td></tr> <tr><td>HEL3003</td><td>Negotiated Studies</td><td>20</td></tr> <tr><td>HEL3006</td><td>Introduction to Human Biology</td><td>20</td></tr> <tr><td>HEL3007</td><td>Foundations of Sport and Physical Activity</td><td>20</td></tr> </tbody> </table> <p>Level 4:</p> <p><i>In order to complete this course a student must successfully complete all the following CORE modules (totalling 120 credits):</i></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="background-color: #ffffcc;">Module Code</th> <th style="background-color: #ffffcc;">Module Name</th> <th style="background-color: #ffffcc;">Credit Value</th> </tr> </thead> <tbody> <tr><td>SPE4001</td><td>Introduction to PE and School Sport</td><td>20</td></tr> <tr><td>SPX4000</td><td>Professional Skills and Evidence Based Practice</td><td>20</td></tr> <tr><td>SPX4002</td><td>Sport and Exercise Physiology and Principles of Training</td><td>20</td></tr> <tr><td>SPE4002</td><td>Children's Development: Physical, Emotional, Health and well-being.</td><td>20</td></tr> <tr><td>SPE4003</td><td>Applied Anatomy</td><td>20</td></tr> <tr><td>SPX4003</td><td>Biomechanics of Human Movement</td><td>20</td></tr> </tbody> </table> <p>Level 5:</p> <p><i>In order to complete this course a student must successfully complete all the following CORE modules (totalling 120 credits):</i></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="background-color: #ffffcc;">Module Code</th> <th style="background-color: #ffffcc;">Module Name</th> <th style="background-color: #ffffcc;">Credit Value</th> </tr> </thead> <tbody> <tr><td>SPE5002</td><td>Practical PE and Sport: Applied Pedagogy</td><td>20</td></tr> <tr><td>SPE5001</td><td>Sport, Physical Activity and Health in Practice</td><td>20</td></tr> <tr><td>SPX5002</td><td>Planning & Conducting Research</td><td>20</td></tr> <tr><td>SPE5003</td><td>Contemporary issues in PE & School Sport</td><td>20</td></tr> <tr><td>SPE5000</td><td>Level 5 P.E and School Sport – Professional Practice</td><td>40</td></tr> </tbody> </table> | Module Code | Module Name | Credit Value | HEL3000 | Academic Skills for Success | 20 | HEL3001 | Interpersonal Skills and Professional Behaviours | 20 | HEL3002 | Equality, Diversity and Inclusivity | 20 | HEL3003 | Negotiated Studies | 20 | HEL3006 | Introduction to Human Biology | 20 | HEL3007 | Foundations of Sport and Physical Activity | 20 | Module Code | Module Name | Credit Value | SPE4001 | Introduction to PE and School Sport | 20 | SPX4000 | Professional Skills and Evidence Based Practice | 20 | SPX4002 | Sport and Exercise Physiology and Principles of Training | 20 | SPE4002 | Children's Development: Physical, Emotional, Health and well-being. | 20 | SPE4003 | Applied Anatomy | 20 | SPX4003 | Biomechanics of Human Movement | 20 | Module Code | Module Name | Credit Value | SPE5002 | Practical PE and Sport: Applied Pedagogy | 20 | SPE5001 | Sport, Physical Activity and Health in Practice | 20 | SPX5002 | Planning & Conducting Research | 20 | SPE5003 | Contemporary issues in PE & School Sport | 20 | SPE5000 | Level 5 P.E and School Sport – Professional Practice | 40 |
| Module Code | Module Name | Credit Value | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| HEL3000 | Academic Skills for Success | 20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| HEL3001 | Interpersonal Skills and Professional Behaviours | 20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| HEL3002 | Equality, Diversity and Inclusivity | 20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| HEL3003 | Negotiated Studies | 20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| HEL3006 | Introduction to Human Biology | 20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| HEL3007 | Foundations of Sport and Physical Activity | 20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Module Code | Module Name | Credit Value | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SPE4001 | Introduction to PE and School Sport | 20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SPX4000 | Professional Skills and Evidence Based Practice | 20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SPX4002 | Sport and Exercise Physiology and Principles of Training | 20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SPE4002 | Children's Development: Physical, Emotional, Health and well-being. | 20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SPE4003 | Applied Anatomy | 20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SPX4003 | Biomechanics of Human Movement | 20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Module Code | Module Name | Credit Value | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SPE5002 | Practical PE and Sport: Applied Pedagogy | 20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SPE5001 | Sport, Physical Activity and Health in Practice | 20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SPX5002 | Planning & Conducting Research | 20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SPE5003 | Contemporary issues in PE & School Sport | 20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SPE5000 | Level 5 P.E and School Sport – Professional Practice | 40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Level 6:

In order to complete this course a student must successfully complete all the following CORE modules (totalling 120 credits):

| Module Code | Module Name | Credit Value |
|--------------------|---|---------------------|
| SPE6001 | Psycho-social aspects of Physical Activity | 20 |
| SPE6002 | Technological Advancements in PE, Sport and Physical Activity | 20 |
| SPE6000 | Level 6 P.E and School Sport – Professional Practice | 40 |
| SPX6000 | Independent Research Project | 40 |

12b Structure Diagram
Level 3

| SEMESTER ONE | SEMESTER TWO |
|---|--|
| Core HEL3006: Introduction to Human Biology (20 credits) HEL3000: Academic Skills for Success (20 credits) HEL3001: Interpersonal Skills and Professional Behaviours (20 credits) | Core HEL3007: Foundations of Sport and Physical Activity (20 credits) HEL3002: Equality, Diversity and Inclusivity (20 credits) HEL3003: Negotiated Studies (20 credits) |

Level 4

| SEMESTER ONE | SEMESTER TWO |
|---|---|
| Core SPE4001: Introduction to PE and School Sport (20 credits) SPX4000: Professional Skills and Evidence Based Practice (20 credits) | Core SPX4002: Sport and Exercise Physiology and Principles of Training (20 credits) SPE4002: Children's Development: Physical, Emotional, Health and Well-being (20 credits) |
| Core SPE4000: Applied Anatomy & Biomechanics (40 credits) | |

Level 5

| SEMESTER ONE | SEMESTER TWO |
|--|---|
| Core SPE5002: Practical PE and Sport: Applied Pedagogy (20 credits) SPE5001: Sport, Physical Activity and Health in Practice (20 credits) | Core SPX5002: Planning and Conducting Research (20 credits) SPE5003: Contemporary Issues in PE and School Sport (20 credits) |
| Core SPE5000: Level 5 P.E and School Sport – Professional Practice (40 credits) | |

Level 6

| SEMESTER ONE | SEMESTER TWO |
|---|--|
| Core SPE6001: Psycho-social aspects of Physical Activity (20 credits) | Core SPE6002: Technological Advancements in PE, Sport and Physical Activity (20 credits) |
| Core SPE6000: Level 6 P.E and School Sport – Professional Practice (40 credits) SPX6000: Independent Research Project (40 credits) | |

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| (20) Introduction to P.E & School Sport | (20) Sport & Exercise Physiology & Principles of Training |
| (20) Professional skills and Evidence Based Practice. | (20) Children's development: Physical, emotional, health and well-being. |
| (40) Anatomy & Biomechanics applied through *Run, Jump, Swim, Throw, Catch | |
| (20) Planning & Conducting Research | |
| (20) Sport, Physical Activity and Health in Practice | (20) Contemporary issues in PE & School Sport |
| (40) Level 5 P.E and School Sport – Professional Practice | |
| (20) Psycho-social aspects of Physical Activity | (20) Technological Advancements in PE, Sport and Physical Activity |
| (40) Level 6 P.E and School Sport – Professional Practice | |
| (40) Independent Research Project | |