

Course Specification

Course Summary Information			
1	Course Title		BSc (Hons) Sport and Exercise Science with Foundation Year
2	BCU Course Code	UCAS Code	US0621F C60F
3	Awarding Institution		
4	Teaching Institution(s) (if different from point 3)		
5	Professional Statutory or Regulatory Body (PSRB) accreditation (if applicable)		

6	Course Description
	<p>You will study very broad subjects in your foundation year, which is designed to prepare you for a range of courses, not just one particular BSc degree. Our Sport and Exercise Science course with a foundation year will equip you with the skills to help you become a health sports professional, either helping leading sports people to achieve their goals, or supporting the local community.</p> <p>Health plays a major factor in everyone's lives; to ensure we exercise regularly and maintain a healthy diet, we look to the professionals to provide hands-on advice, guidance and support.</p> <p>Tailor your Sport and Exercise Science Degree</p> <p>When you successfully complete your Foundation Year, you will be able to progress onto a range of Undergraduate courses at the Birmingham City School of Health Sciences. These include:</p> <ul style="list-style-type: none"> • BSc (Hons) Physical Education and School Sport • BSc (Hons) Sport and Exercise Nutrition • BSc (Hons) Sport and Exercise Science • BSc (Hons) Sports Therapy <p>Why choose a foundation year course?</p> <p>By studying a foundation year in Sport and Physical Activity, 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.</p> <p>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 Sport and Exercise Science – 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</p>

	<p>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>Please note: entry requirements for degree course</p> <p>Upon completion of your Foundation Year, if your chosen course is regulated by a professional body such as the Nursing and Midwifery Council, Health and Care Professions Council or the National College for Teaching and Leadership, you will be required to successfully complete the University's selection process for the specific course which will include an interview in order to proceed onto year one of the full degree course. Entry onto year one of the degree course will also be subject to a satisfactory DBS and Occupational Health Assessment if these are required for your chosen course.</p>
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7	Course Awards		
7a	Name of Final Award	Level	Credits Awarded
	Bachelor of Science with Honours Sport and Exercise Science	6	480
7b	Exit Awards and Credits Awarded		
	Foundation Certificate Sport and Physical Activity	3	120
	Certificate of Higher Education Sport	4	240
	Diploma of Higher Education Sport	5	360
	Bachelor of Science Sport	6	420

8	Derogation from the University Regulations		
	Not applicable		

9	Delivery Patterns		
	Mode(s) of Study	Location(s) of Study	Duration of Study
	Full Time	City South	4 years
	Sandwich	City South	5 years
			Code(s)
			US0621F
			US0621S

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>		

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.

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Level 6:

In order to complete this course a student must successfully complete all the following CORE modules (totalling 80 credits):

Module Code	Module Name	Credit Value
SPX6005	Strength and Conditioning	20
SPX6004	Exercise Referral and Behaviour Change	20
SPX6000	Independent Research Project	40

In order to complete this course a student must successfully complete at least 20 credits from the following list of OPTIONAL modules for SEMESTER A.

Module Code	Module Name	Credit Value
SPX6001	Environmental Physiology	20
SPE6001	Psycho-Social Aspects of Physical Activity	20

In order to complete this course a student must successfully complete a further 20 credits from the following list of OPTIONAL modules for SEMESTER B.

Module Code	Module Name	Credit Value
SPX6003	Psychological Perspectives of Athletic Development	20
SPX6002	Performance Development in Relation to Sport or Exercise	20

12b Structure Diagram

Please note list of optional modules is indicative only. Students' choice will not be guaranteed for optional modules but a fair and transparent process will be adopted and shared with students.

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)	Ore 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 Introduction to Sport and Exercise Science (20 credits) Professional Skills and Evidence Based Practice (20 credits)	Core Sport and Exercise Physiology and Principles of Training (20 credits) Practical Skills in Sport and Exercise Nutrition (20 credits)
Core Applied Anatomy and Biomechanics (40 credits)	

Level 5

SEMESTER ONE	SEMESTER TWO
Core Sport and Exercise Physiology and Nutrition (20 credits) Practical PE and Sport: Applied Pedagogy (20 credits)	Core Planning and Conducting Research (20 credits) Sport & Exercise Psychology (20 credits)
Core Performance Analysis (40 credits)	

Level 6

SEMESTER ONE	SEMESTER TWO
Core Strength and Conditioning (20 credits)	Core Exercise Referral and Behaviour Change (20 credits)
Optional Environmental Physiology (20 credits) Psycho-Social Aspects of Physical Activity (20 credits)	Optional Psychological Perspectives of Athletic Development (20 credits) Performance Development in Relation to Sport or Exercise (20 credits)
Core Independent Research Project (40 credits)	

13 Overall Student Workload and Balance of Assessment

Overall student *workload* consists of class contact hours, independent learning and assessment activity, with each credit taken equating to a total study time of around 10 hours. While actual contact hours may depend on the optional modules selected, the following information gives an indication of how much time students will need to allocate to different activities at each level of the course.

- *Scheduled Learning* includes lectures, practical classes and workshops, contact time specified in timetable
- *Directed Learning* includes placements, work-based learning, external visits, on-line activity, Graduate+, peer learning
- *Private Study* includes preparation for exams

The *balance of assessment* by mode of assessment (e.g. coursework, exam and in-person) depends to some extent on the optional modules chosen by students. The approximate percentage of the course assessed by coursework, exam and in-person is shown below.

Level 3

Workload

% time spent in timetabled teaching and learning activity

Activity	Number of Hours
Scheduled Learning	488
Directed Learning	144
Private Study	568
Total Hours	1200

Balance of Assessment

Assessment Mode	Percentage
Coursework	79%
Exam	17%
In-Person	4%

Level 4

Workload

% time spent in timetabled teaching and learning activity

Activity	Number of Hours
Scheduled Learning	220
Directed Learning	484
Private Study	496
Total Hours	1200

Balance of Assessment

Assessment Mode	Percentage
Coursework	55%
Exam	12%
In-Person	33%

Level 5
Workload
% time spent in timetabled teaching and learning activity

Activity	Number of Hours
Scheduled Learning	229
Directed Learning	428
Private Study	543
Total Hours	1200

Balance of Assessment

Assessment Mode	Percentage
Coursework	62%
Exam	28%
In-Person	10%

Level 6
Workload
% time spent in timetabled teaching and learning activity

Activity	Number of Hours
Scheduled Learning	182.5
Directed Learning	344
Private Study	673.5
Total Hours	1200

Balance of Assessment

Assessment Mode	Percentage
Coursework	43%
Exam	0
In-Person	57%