

## Course Specification

Course Summary Information			
1	<b>Course Title</b>		BSc (Hons) Sport and Exercise Science
2	<b>BCU Course Code</b>	<b>UCAS Code</b>	US0621 C630
3	<b>Awarding Institution</b>		
4	<b>Teaching Institution(s)</b> (if different from point 3)		
5	<b>Professional Statutory or Regulatory Body (PSRB) accreditation</b> (if applicable)		

6	Course Description
	<p>Our BSc Hons Sport and Exercise Science course will equip you with the skills to become a practitioner in the sport and exercise industry; either helping athletes to achieve their potential or working with members of the public to achieve their goals. You will be taught in our £71 million City South Campus based in Edgbaston, Birmingham – if this sounds like the course for you then find out more about our university entry requirements.</p> <p><b>What's covered in the course?</b>            The course explores the science of sport and exercise, considering how disciplines such as physiology, psychology, nutrition, and biomechanics can be applied in the context of sports performance, physical activity, health and wellbeing.</p> <p>You will study a range of discipline-specific and multi-disciplinary modules, equipping you with a diverse range of perspectives that will enrich your learning and enhance your career opportunities.</p> <p>It won't just be about sport - you'll be looking at different aspects of health and people at opposite ends of the health spectrum. Sport and exercise is a large and expanding global industry and levels of fitness and participation in physical activity are significant issues on the political agenda. Therefore, you'll be trained to respond to the challenges facing society today, by exploring the profession and its disciplines in encouraging and supporting greater physical activity.</p> <p>Endorsed by the British Association for Sport and Exercise Science, the professional body for sport and exercise science, our practice-led course is full of relevant, fresh information and insight that you can take into the work environment and make a positive contribution to modern society.</p>

<b>7</b>	<b>Course Awards</b>		
<b>7a</b>	<b>Name of Final Award</b>	<b>Level</b>	<b>Credits Awarded</b>
	Bachelor of Science with Honours Sport and Exercise Science	6	360
<b>7b</b>	<b>Exit Awards and Credits Awarded</b>		
	Certificate of Higher Education Sport	4	120
	Diploma of Higher Education Sport	5	240
	Bachelor of Science Sport	6	300

<b>8</b>	<b>Derogation from the University Regulations</b>
	Not applicable

<b>9</b>	<b>Delivery Patterns</b>			
	<b>Mode(s) of Study</b>	<b>Location</b>	<b>Duration of Study</b>	<b>Code</b>
	Full Time	City South	3 years	US0621
	Sandwich	City South	4 years	US0621S

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

<b>11 Course Learning Outcomes</b>	
<b>1</b>	Analyse, design and support the implementation of changes in practice, where required, in order to improve athletic performance; enhance health and wellbeing; aid recovery and rehabilitation; and sustain exercise participation.
<b>2</b>	Critically evaluate research in sport and exercise to draw appropriate conclusions and provide evidence-based recommendations.
<b>3</b>	Reflect on experience and practice and take responsibility for continued learning and professional development.
<b>4</b>	Describe and explain the theory and application of sport and exercise disciplines: physiology, biomechanics, sport and exercise psychology.
<b>5</b>	Analyse contemporary issues in sport and exercise science and implement into practice, where appropriate, to remain at the forefront of the profession.
<b>6</b>	Apply the skills and knowledge of sport and exercise and its underpinning disciplines to practice.
<b>7</b>	Demonstrate the application of a scientific theoretical knowledge base to participation and performance issues.
<b>8</b>	Competently demonstrate expertise in a range of sport and exercise practical techniques and a range of performance-based assessments.
<b>9</b>	Conceive, develop and investigate research questions using appropriate methods and analyse, interpret and report the results.
<b>10</b>	Explain the importance of being able to apply a critical and interdisciplinary approach to contemporary scientific issues in sport and exercise science.
<b>11</b>	Critically appraise the role of the sport and exercise scientist within the multidisciplinary support team and communicate effectively with other members.
<b>12</b>	Communicate effectively sport and exercise science data and outcomes to clients, clinicians and other healthcare professionals, working effectively in a multidisciplinary team.
<b>13</b>	Identify and apply the advantages of interdisciplinary work in the applied context to optimise athletic performance and well-being.
<b>14</b>	Describe the applied context of sport and exercise that will be of value to employers.
<b>15</b>	Work within the boundaries of professional competence, adhering to ethical standards, confidentiality and modes of effective communication.
<b>16</b>	Demonstrate a wide-range of transferable skills to appropriately prepare for employment (e.g. communication and literacy, problem solving, numerical techniques, independent learning and working, teamwork, ICT etc.).
<b>17</b>	Explain the worldwide role and application of sport and exercise.
<b>18</b>	Demonstrate an ability to adapt behaviours in accordance with diverse cultural needs.

<b>12</b>	<b>Course Requirements</b>																																																																
<b>12a</b>	<p><b>Level 4:</b></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"> <thead> <tr> <th>Module Code</th> <th>Module Name</th> <th>Credit Value</th> </tr> </thead> <tbody> <tr> <td>SPX4000</td> <td>Professional Skills and Evidence Based Practice</td> <td>20</td> </tr> <tr> <td>SPX4001</td> <td>Introduction to Sport and Exercise Science</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>SPX4003</td> <td>Biomechanics of Human Movement</td> <td>20</td> </tr> <tr> <td>SPN4001</td> <td>Practical Skills in Sport and Exercise Nutrition</td> <td>20</td> </tr> <tr> <td>SPE4003</td> <td>Applied Anatomy</td> <td>20</td> </tr> </tbody> </table> <p><b>Level 5:</b></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"> <thead> <tr> <th>Module Code</th> <th>Module Name</th> <th>Credit Value</th> </tr> </thead> <tbody> <tr> <td>SPX5000</td> <td>Performance Analysis</td> <td>40</td> </tr> <tr> <td>SPX5001</td> <td>Sport and Exercise Physiology and Nutrition</td> <td>20</td> </tr> <tr> <td>SPX5002</td> <td>Planning and Conducting Research</td> <td>20</td> </tr> <tr> <td>SPX5003</td> <td>Sport and Exercise Psychology</td> <td>20</td> </tr> <tr> <td>SPC5000</td> <td>Applied Pedagogy in Sports Coaching and Physical Education</td> <td>20</td> </tr> </tbody> </table> <p><b>Level 6:</b></p> <p><i>In order to complete this course a student must successfully complete all the following CORE modules (totalling 80 credits):</i></p> <table border="1"> <thead> <tr> <th>Module Code</th> <th>Module Name</th> <th>Credit Value</th> </tr> </thead> <tbody> <tr> <td>SPX6000</td> <td>Independent Research Project</td> <td>40</td> </tr> <tr> <td>SPX6005</td> <td>Strength and Conditioning</td> <td>20</td> </tr> <tr> <td>SPX6008</td> <td>Exercise Referral and Prescription</td> <td>20</td> </tr> </tbody> </table> <p><i>In order to complete this course a student must successfully complete at least 20 credits from the following indicative list of OPTIONAL modules.</i></p> <table border="1"> <thead> <tr> <th>Module Code</th> <th>Module Name</th> <th>Credit Value</th> </tr> </thead> <tbody> <tr> <td>SPX6001</td> <td>Environmental Physiology</td> <td>20</td> </tr> <tr> <td>SPX6007</td> <td>Performance Nutrition</td> <td>20</td> </tr> <tr> <td>SPC6001</td> <td>High Performance Sports Coaching</td> <td>20</td> </tr> </tbody> </table> <p><i>In order to complete this course a student must successfully complete a further 20 credits from the following indicative list of OPTIONAL modules.</i></p>		Module Code	Module Name	Credit Value	SPX4000	Professional Skills and Evidence Based Practice	20	SPX4001	Introduction to Sport and Exercise Science	20	SPX4002	Sport and Exercise Physiology and Principles of Training	20	SPX4003	Biomechanics of Human Movement	20	SPN4001	Practical Skills in Sport and Exercise Nutrition	20	SPE4003	Applied Anatomy	20	Module Code	Module Name	Credit Value	SPX5000	Performance Analysis	40	SPX5001	Sport and Exercise Physiology and Nutrition	20	SPX5002	Planning and Conducting Research	20	SPX5003	Sport and Exercise Psychology	20	SPC5000	Applied Pedagogy in Sports Coaching and Physical Education	20	Module Code	Module Name	Credit Value	SPX6000	Independent Research Project	40	SPX6005	Strength and Conditioning	20	SPX6008	Exercise Referral and Prescription	20	Module Code	Module Name	Credit Value	SPX6001	Environmental Physiology	20	SPX6007	Performance Nutrition	20	SPC6001	High Performance Sports Coaching	20
Module Code	Module Name	Credit Value																																																															
SPX4000	Professional Skills and Evidence Based Practice	20																																																															
SPX4001	Introduction to Sport and Exercise Science	20																																																															
SPX4002	Sport and Exercise Physiology and Principles of Training	20																																																															
SPX4003	Biomechanics of Human Movement	20																																																															
SPN4001	Practical Skills in Sport and Exercise Nutrition	20																																																															
SPE4003	Applied Anatomy	20																																																															
Module Code	Module Name	Credit Value																																																															
SPX5000	Performance Analysis	40																																																															
SPX5001	Sport and Exercise Physiology and Nutrition	20																																																															
SPX5002	Planning and Conducting Research	20																																																															
SPX5003	Sport and Exercise Psychology	20																																																															
SPC5000	Applied Pedagogy in Sports Coaching and Physical Education	20																																																															
Module Code	Module Name	Credit Value																																																															
SPX6000	Independent Research Project	40																																																															
SPX6005	Strength and Conditioning	20																																																															
SPX6008	Exercise Referral and Prescription	20																																																															
Module Code	Module Name	Credit Value																																																															
SPX6001	Environmental Physiology	20																																																															
SPX6007	Performance Nutrition	20																																																															
SPC6001	High Performance Sports Coaching	20																																																															

Module Code	Module Name	Credit Value
SPX6002	Performance Development in Relation to Sport or Exercise	20
SPX6003	Psychological Perspectives of Athletic Development	20
SPX6006	Exercise and Health Nutrition	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 4

SEMESTER ONE	SEMESTER TWO
<b>Core:</b> Introduction to Sport and Exercise Science (20 credits) Professional Skills and Evidence Based Practice (20 credits) Applied Anatomy (20 Credits)	<b>Core:</b> Sport and Exercise Physiology and Principles of Training (20 credits) Practical Skills in Sport and Exercise Nutrition (20 credits) Biomechanics of Human Movement (20 Credits)

#### Level 5

SEMESTER ONE	SEMESTER TWO
<b>Core:</b> Sport and Exercise Physiology and Nutrition (20 credits) Applied Pedagogy in Sports Coaching and Physical Education (20 credits)	<b>Core:</b> Planning and Conducting Research (20 credits) Sport and Exercise Psychology (20 credits)
<b>Core: Performance Analysis (40 credits)</b>	

#### OPTIONAL SANDWICH YEAR

**Level 6**

SEMESTER ONE	SEMESTER TWO
<b>Core:</b> Strength and Conditioning (20 credits)	<b>Core:</b> Exercise Referral and Prescription (20 credits)
<b>Optional:</b> Environmental Physiology (20 credits) Psycho-Social Aspects of Physical Activity (20 credits) Performance Nutrition (20 credits)	<b>Optional:</b> Psychological Perspectives of Athletic Development (20 credits) Performance Development in Relation to Sport or Exercise (20 credits) Exercise and Health Nutrition (20 credits)
<b>Core: Independent Research Project (40 credits)</b>	

**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 4**  
**Workload**
**18% time spent in timetabled teaching and learning activity**

Activity	Number of Hours
Scheduled Learning	220
Directed Learning	484
Private Study	496
<b>Total Hours</b>	<b>1200</b>

**Balance of Assessment**

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

**Level 5**  
**Workload**
**19% time spent in timetabled teaching and learning activity**

<b>Activity</b>	<b>Number of Hours</b>
Scheduled Learning	229
Directed Learning	428
Private Study	543
<b>Total Hours</b>	<b>1200</b>

**Balance of Assessment**

<b>Assessment Mode</b>	<b>Percentage</b>
Coursework	58%
Exam	12%
In-Person	30%

**Level 6**
**Workload**
**15% time spent in timetabled teaching and learning activity**

<b>Activity</b>	<b>Number of Hours</b>
Scheduled Learning	182.5
Directed Learning	357
Private Study	660.5
<b>Total Hours</b>	<b>1200</b>

**Balance of Assessment**

<b>Assessment Mode</b>	<b>Percentage</b>
Coursework	55%
Exam	0
In-Person	45%