

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>Overview</p> <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.</p> <p>Foundation Year</p> <p>The BSc (Hons) Sport and Exercise Science with a Foundation Year course has been specifically designed to support your transition to degree-level study in Sport. As a student, you will undertake a foundation year situated at level 3 study, which has been designed as a prelude to your chosen degree course, providing opportunities for you to develop your knowledge, skills and understanding. Your learning journey through your foundation year will provide a secure platform on which you can build throughout your academic career in higher education.</p> <p>As part of the foundation year, you will explore and develop number of essential academic, interpersonal and professional skills that will help you succeed in your future degree level studies.</p> <p>On successful completion of your foundation year, you are guaranteed to progress on to the first year of the BSc (Hons) Sport and Exercise Science degree. If you are interested in progressing on to one of our other Sport degrees, this will be subject to space available on those courses and on meeting the relevant entry requirements, which may include passing an interview.</p> <p>What's covered in the course?</p> <p>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. 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,</p>

	<p>by exploring how the profession and its disciplines encourage and support 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 in order to make a positive contribution to modern society.</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
	Bachelor of Science (with Honours) Sport and Exercise Science with Professional Placement Year	6	600
7b	Exit Awards and Credits Awarded		
	Foundation Certificate Sport and Physical Activity	3	120
	Certificate of Higher Education Sport and Exercise Science	4	240
	Diploma of Higher Education Sport and Exercise Science	5	360
	Bachelor of Science Sport and Exercise Science	6	420
	Bachelor of Science Sport and Exercise Science with Professional Placement Year		540

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
	Full Time with Professional Placement Year	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 – Foundation Year - Level 3
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 Learning Outcomes – Level 4 - 6
1	Analyse, design and support change in sport and exercise science environments
2	Critically evaluate research and contemporary issues in sport and exercise science to draw appropriate conclusions and provide evidence-based recommendations
3	Recognise and demonstrate the value of continued learning and reflective practice for professional development
4	Describe and explain both theory and application of sport and exercise science disciplines: physiology, biomechanics, psychology, and nutrition
5	Demonstrate and apply practical skills and techniques within sport and exercise science disciplines: physiology, biomechanics, psychology, and nutrition
6	Develop and investigate research questions using appropriate methods and analyse, interpret, and report the results
7	Explain and apply a critical and interdisciplinary approach to contemporary scientific issues in sport and exercise science
8	Communicate sport and exercise science data effectively to a range of audiences
9	Work within the boundaries of professional competence, adhering to ethical standards, professional codes of conduct and confidentiality
10	Demonstrate a wide range of transferable skills to appropriately prepare for employment (e.g., communication and literacy, problem solving, numerical, independent learning and working, teamwork, ICT, leadership, interpersonal skills etc.)
11	Show an awareness and be adaptive to diverse social environments to promote equality and inclusivity within sport and exercise science

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"> <thead> <tr> <th>Module Code</th> <th>Module Name</th> <th>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> </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
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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

Level 4

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
SPX4008	Introduction to Academic Skills for Sport and Exercise	20
SPX4005	Becoming a Practitioner in Sport and Exercise	20
SPX4004	Human Anatomy and Physiology	20
SPX4007	Fundamentals of Sport and Exercise Nutrition	20
SPX4009	Sport and Exercise Biomechanics	20
SPX4006	Foundations of Sport and Exercise Psychology	20

Level 5:

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
SPX5XXX	Athlete Profiling	20
SPX5XXX	Research Skills and Data Analysis	20
SPX5XXX	Applied Sport and Exercise Physiology	20
SPX5XXX	Science of Strength and Conditioning	20
SPX5XXX	Applied Sport and Exercise Psychology	20
SPX5XXX	Applied Sport and Exercise Nutrition	20

Professional Placement Year (Optional):

In order to qualify for the award of 'BSc (Hons) Sport and Exercise Science with Professional Placement Year' a student must successfully complete the following module:

Module Code	Module Name	Credit Value
****	Professional Placement	120

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
SPX6XXX	Independent Research Project	40
SPX6XXX	Extreme Environments	20
SPX6XXX	Exercise Referral and Prescription	20

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
SPX6XXX	Contemporary Topics in Sport, Exercise and Health Nutrition	20
SPX6XXX	Strength and Conditioning in Practice	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
SPX6XXX	Performance Analysis of Elite Sport	20
SPX6XXX	Psychological Perspectives of Athletic Developmen	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)	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 SPX4008 Introduction to Academic Skills for Sport and Exercise (20 credits) SPX4004 Human Anatomy and Physiology (20 credits) SPX4007 Fundamentals of Sport and Exercise Nutrition (20 credits)	Core SPX4005 Becoming a Practitioner in Sport and Exercise (20 credits) SPX4009 Sport and Exercise Biomechanics (20 credits) SPX4006 Foundations of Sport and Exercise Psychology (20 credits)

Level 5

SEMESTER ONE	SEMESTER TWO
Core SPX5XXX Athlete Profiling (20 credits) SPX5XXX Science of Strength and Conditioning (20 credits) SPX5XXX Applied Sport and Exercise Psychology (20 credits)	Core SPX5XXX Research Skills and Data Analysis (20 credits) SPX5XXX Applied Sport and Exercise Physiology (20 credits) SPX5XXX Applied Sport and Exercise Nutrition (20 credits)

Professional Placement Year (Optional)

*****: Professional Placement (120 credits)

Level 6

SEMESTER ONE	SEMESTER TWO
Core SPX6XXX Exercise Referral and Prescription (20 credits)	Core SPX6XXX Extreme Environments (20 credits)
Options (1 Choice): SPX6XXX Contemporary Topics in Sport, Exercise and Health Nutrition (20 credits) SPX6XXX Strength and Conditioning in Practice (20 credits)	Options (1 Choice): SPX6XXX Performance Analysis of Elite Sport (20 credits) SPX6003 Psychological Perspectives of Athletic Development (20 credits)
<u>Core</u> 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

40% 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

19% time spent in timetabled teaching and learning activity.

Activity	Number of Hours
Scheduled Learning	227
Directed Learning	430
Private Study	543
Total Hours	1200

Balance of Assessment

Assessment Mode	Percentage
Coursework	53.3%
Exam	23.3%
In-Person	23.3%

Level 5

Workload

18% time spent in timetabled teaching and learning activity.

Activity	Number of Hours
Scheduled Learning	223
Directed Learning	419
Private Study	558
Total Hours	1200

Balance of Assessment

Assessment Mode	Percentage
Coursework	94%
Exam	0
In-Person	6%

Level 6
Workload
14% time spent in timetabled teaching and learning activity.

Activity	CORE	OPTION 1	OPTION 2	OPTION 3	OPTION 4
Scheduled Learning	93	36	36	38	34
Directed Learning	225	70	70	70	69
Private Study	482	94	94	92	97
Total Hours	800	200	200	200	200

Balance of Assessment

Assessment Mode	Percentage				
	CORE	OPTION 1	OPTION 2	OPTION 3	OPTION 4
Coursework	92%			100%	50%
Exam					
In-Person	8%	100%	100%		50%

1 = Contemporary Topics in Sport, Exercise and Health Nutrition

2 = Performance Analysis of Elite Sport

3 = Strength and Conditioning in Practice

4 = Psychological Perspectives of Athletic Development