

## Course Specification

Course Summary Information			
1	<b>Course Title</b>		BSc (Hons) Sport and Exercise Nutrition with Foundation Year
2	<b>BCU Course Code</b>	<b>UCAS Code</b>	US0623F      B40F
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>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 practice-based, innovative Sport and Exercise Nutrition with a foundation year course will provide you with the underpinning scientific knowledge of nutrition and physiology for sports performance, exercise and health.</p> <p>You'll study nutrition and exercise at both ends of the spectrum, from assessing professional sports teams to health-based clients with specific nutritional issues. It's a chance for you to gain experience in developing nutritional strategies that aid performance, health and wellbeing.</p> <p><b>Why choose a foundation year course?</b></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 Nutrition – 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>

<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 Nutrition	6	480
<b>7b</b>	<b>Exit Awards and Credits Awarded</b>		
	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

<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(s) of Study</b>	<b>Duration of Study</b>
	Full Time	City South	4 years
			<b>Code(s)</b>
			US0623F

<b>10</b>	<b>Entry Requirements</b>
	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.

<b>11</b>	<b>Course Learning Outcomes</b>
<b>1</b>	Conduct yourself in a manner that is consistent with the values of your future profession.
<b>2</b>	Become an autonomous learner, who is confident, adaptable and capable of independent enquiry
<b>3</b>	Demonstrate a commitment to continuing personal and professional development and career planning.
<b>4</b>	Demonstrate an ability to adapt behaviours in accordance with diverse cultural needs.
<b>5</b>	Show sensitivity to contextual and interpersonal behaviours.
<b>6</b>	Have a wide range of intellectual and key skills, and reflective approach to learning.
<b>7</b>	Demonstrate excellent communication skills through a variety of modes and cultural awareness.
<b>8</b>	Exhibit skills of academic writing and presentation results.
<b>9</b>	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.).
<b>10</b>	Be able to apply effective time management and organisational skills.
<b>11</b>	Be able to work effectively in a multidisciplinary team and adopt a partnership approach.
<b>12</b>	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 120 credits):***

<b>Module Code</b>	<b>Module Name</b>	<b>Credit Value</b>
SPX6005	Strength and Conditioning	20
SPN6001	Nutrition Referral and Behaviour Change	20
SPN6000	Professional Practice in Sport and Exercise Nutrition	40
SPX6000	Independent Research Project	40

**12b Structure Diagram**
**Level 3**

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

**Level 4**

<b>SEMESTER ONE</b>	<b>SEMESTER TWO</b>
<b>Core</b> SPN4000: Introduction to Sport and Exercise Nutrition (20 credits) SPX4000: Professional Skills and Evidence-based Practice (20 credits)	<b>Core</b> SPX4002: Sport and Exercise Physiology and Principles of Training (20 credits) SPN4001: Practical Skills in Sport and exercise Nutrition (20 credits)
<b>Core</b> SPE4000: Applied Anatomy and Biomechanics (40 credits)	

**Level 5**

<b>SEMESTER ONE</b>	<b>SEMESTER TWO</b>
<b>Core</b> SPN5001: Applied Performance Nutrition (20 credits) SPN5000: Applied Exercise Nutrition (20 credits)	<b>Core</b> SPX5002: Planning and Conducting Research (20 credits) SPN5002: Sport and Exercise Nutrition Placement (20 credits)
<b>Core</b> SPX5000 Performance Analysis (40 credits)	

Optional Sandwich Year
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**Level 6**

<b>SEMESTER ONE</b>	<b>SEMESTER TWO</b>
<b>Core</b> SPX6005: Strength and Conditioning (20 credits)	<b>Core</b> SPN6001: Nutrition Referral and Behaviour Change (20 credits)
<b>Core</b> SPN6000: Professional Practice in Sport and Exercise Nutrition (40 credits) SPX6000: 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
<b>Total Hours</b>	<b>1200</b>

##### 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
<b>Total Hours</b>	<b>1200</b>

##### Balance of Assessment

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

**Level 5**
**Workload**

**% time spent in timetabled teaching and learning activity**

<b>Activity</b>	<b>Number of Hours</b>
Scheduled Learning	210
Directed Learning	430
Private Study	560
<b>Total Hours</b>	<b>1200</b>

**Balance of Assessment**

<b>Assessment Mode</b>	<b>Percentage</b>
Coursework	84%
Exam	6%
In-Person	10%

**Level 6**
**Workload**

**% time spent in timetabled teaching and learning activity**

<b>Activity</b>	<b>Number of Hours</b>
Scheduled Learning	170.5
Directed Learning	368
Private Study	661.5
<b>Total Hours</b>	<b>1200</b>

**Balance of Assessment**

<b>Assessment Mode</b>	<b>Percentage</b>
Coursework	54%
Exam	0
In-Person	46%