

Course Specification

Course Summary Information		
1	Course Title	BSc (Hons) in Sport and Exercise Science BSc (Hons) in Sport and Exercise Science with Professional Placement Year
2	Course Code	US1477 US1479
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)	The British Association of Sport and Exercise Sciences (BASES)

6	Course Description (Marketing text for website)
	<p>The Birmingham City University BSc (Hons) in Sport and Exercise Science will equip you with the skills to achieve your potential as a practitioner within the sport and exercise industry; either helping leading athletes to achieve their potential or working with members of the public from a diverse range of backgrounds and circumstances to achieve their goals. The course leads onto postgraduate study in areas such as the MSc in Sport and Exercise Nutrition and the MRes in Sport and Exercise Science. The course explores the science of sport and exercise, considering how disciplines such as physiology, psychology, 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. You will gain a range of additional skills to assist you with your employability throughout the course and these will be accessed through working independently and collaboratively in communities of practice with your peers, teaching staff, and external stakeholders.</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, which is 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. You will be introduced to cutting-edge digital technologies, as well as the latest research in each of the disciplines. Our course provides the opportunity to complete a placement year—which could be within the UK or abroad—making your degree course 4 years in duration. Don't worry if you are undecided on the placement year when you apply, you can decide once you have completed the first year of study on the standard course.</p>

7 Course Awards			
7a	Name of Final Award	Level	Credits Awarded
	BSc (Hons) in Sport and Exercise Science	6	360
	BSc (Hons) in Sport and Exercise Science with Professional Placement Year	6	480
7b Exit Awards and Credits Awarded			
	Certificate of Higher Education Sport and Exercise Science	4	120
	Diploma of Higher Education Sport and Exercise Science	5	240
	Diploma of Higher Education Sport and Exercise Science with Professional Placement Year	5	360
	Bachelor of Science Sport and Exercise Science	6	300
	Bachelor of Science Sport and Exercise Science with Professional Placement Year	6	420

8 Variation from the University Regulations	
	Not applicable.

9 Delivery Patterns			
Mode(s) of Study	Location(s) of Study	Duration of Study	Code(s)
Full Time	City South	3 years	US1477
Full Time with Professional Placement Year	City South Placement provider	4 years	US1479
Part Time	City South	6 years	US1478

10 Entry Requirements	
	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.

11 Course Aims	
	The aims of the BSc (Hons) Sport and Exercise Science course are to create competent, independent, and knowledgeable graduates, who are ready for employment within a diverse, global, and rapidly changing sector. The course is designed to ensure that graduates gain a systematic understanding of the key disciplines of Sport and Exercise Science, including acquisition of current and detailed knowledge. By the end of the course, students will be able to apply established theory and practical techniques to a range of situations and populations, and to be able to evaluate and improve upon their own practice.

12	Course Learning Outcomes
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

13	Level Learning Outcomes
	<i>Upon completion of Level 4 / the Certificate of Higher Education, students will be able to:</i>
	Recognise and explain knowledge underlying concepts and principles associated with the disciplines of sport and exercise science
	Identify and describe different approaches to solving problems using qualitative and quantitative data and make sound judgements in accordance with basic theories and concept of sport and exercise science
	<i>Upon completion of Level 5 / the Diploma of Higher Education, students will be able to:</i>
	Examine and apply sport and exercise science concepts and principles to a variety of situations, demonstrating links to employability
	Employ a range of established techniques within the field of sport and exercise science to solve problems with effective analysis and communicate these to a range of audiences
	<i>Upon completion of 60 credits at Level 6 / the Bachelors Degree, students will be able to:</i>
	Accurately deploy appropriate techniques of analysis and enquiry within the disciplines of sport and exercise science
	Independently select and appraise the best evidence to support work within the field of sport and exercise science and communicate the findings effectively
	Make confident and informed decisions in complex and unpredictable contexts within the field of sport and exercise science, showing initiative and personal responsibility

14	Course Learning, Teaching and Assessment Strategy
	<p>The course will utilise a variety of methods within our learning and teaching strategy to encourage reflective and critical thinking skills, enabling students to become confident and autonomous learners. Students will develop sound academic and practical competencies, so they are readily employable and well-equipped for lifelong learning.</p> <p>The course will be delivered through a range of taught and practice-based learning sessions delivered by staff who are specialists in the disciplines of physiology, psychology, biomechanics, nutrition, performance analysis, and strength and conditioning. The practical sessions will involve the use of specialist facilities such as physiology laboratories, biomechanics and fitness suites, nutrition and anatomy teaching rooms, as well as the sports hall. The practical sessions will develop the range of practical skills and competencies required to become an effective practitioner within the individual disciplines and as well as those required when working within multi- and inter-disciplinary settings. The theory sessions will cover the key principles of Sport and Exercise Science, ensuring that students have a strong scientific knowledge underpinning their applied practice.</p> <p>Students will be assessed using a range of methods including examinations, coursework assignments, presentations, case studies and practical assessments. Formative assessment opportunities exist within all modules to help students prepare for their summative assessments. Following completion of any summative assessment students will receive written feedback on how they have performed, as well as guidance on how they should improve for future assessments.</p>

15	Course Requirements																																										
15a	<p>Level 4: In order to complete this course a student must successfully complete all the following CORE modules (totalling 120 credits):</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="background-color: #ffff00;">Module Code</th> <th style="background-color: #ffff00;">Module Name</th> <th style="background-color: #ffff00;">Credit Value</th> </tr> </thead> <tbody> <tr><td>SPX4XXX</td><td>Introduction to Academic Skills for Sport and Exercise</td><td>20</td></tr> <tr><td>SPX4XXX</td><td>Becoming a Practitioner in Sport and Exercise</td><td>20</td></tr> <tr><td>SPX4XXX</td><td>Human Anatomy and Physiology</td><td>20</td></tr> <tr><td>SPX4XXX</td><td>Fundamentals of Sport and Exercise Nutrition</td><td>20</td></tr> <tr><td>SPX4XXX</td><td>Sport and Exercise Biomechanics</td><td>20</td></tr> <tr><td>SPX4XXX</td><td>Foundations of Sport and Exercise Psychology</td><td>20</td></tr> </tbody> </table> <p>Level 5: In order to complete this course a student must successfully complete all the following CORE modules (totalling 120 credits):</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="background-color: #ffff00;">Module Code</th> <th style="background-color: #ffff00;">Module Name</th> <th style="background-color: #ffff00;">Credit Value</th> </tr> </thead> <tbody> <tr><td>SPX5XXX</td><td>Athlete Profiling</td><td>20</td></tr> <tr><td>SPX5XXX</td><td>Research Skills and Data Analysis</td><td>20</td></tr> <tr><td>SPX5XXX</td><td>Applied Sport and Exercise Physiology</td><td>20</td></tr> <tr><td>SPX5XXX</td><td>Science of Strength and Conditioning</td><td>20</td></tr> <tr><td>SPX5XXX</td><td>Applied Sport and Exercise Psychology</td><td>20</td></tr> <tr><td>SPX5XXX</td><td>Applied Sport and Exercise Nutrition</td><td>20</td></tr> </tbody> </table>	Module Code	Module Name	Credit Value	SPX4XXX	Introduction to Academic Skills for Sport and Exercise	20	SPX4XXX	Becoming a Practitioner in Sport and Exercise	20	SPX4XXX	Human Anatomy and Physiology	20	SPX4XXX	Fundamentals of Sport and Exercise Nutrition	20	SPX4XXX	Sport and Exercise Biomechanics	20	SPX4XXX	Foundations of Sport and Exercise Psychology	20	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
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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 40 credits from the following indicative list of OPTIONAL modules.

Module Code	Module Name	Credit Value
SPX6XXX	Contemporary Topics in Sport, Exercise and Health Nutrition	20
SPX6XXX	Performance Analysis of Elite Sport	20
SPX6003	Psychological Perspectives of Athletic Development	20
SPX6XXX	Strength and Conditioning in Practice	20

15b 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
SPX4XXX Introduction to Academic Skills for Sport and Exercise (20 credits)	SPX4XXX Becoming a Practitioner in Sport and Exercise (20 credits)
SPX4XXX Human Anatomy and Physiology (20 credits)	SPX4XXX Sport and Exercise Biomechanics (20 credits)
SPX4XXX Fundamentals of Sport and Exercise Nutrition (20 credits)	SPX4XXX Foundations of Sport and Exercise Psychology (20 credits)

Level 5

SEMESTER ONE	SEMESTER TWO
SPX5XXX Athlete Profiling (20 credits)	SPX5XXX Research Skills and Data Analysis (20 credits)
SPX5XXX Science of Strength and Conditioning (20 credits)	SPX5XXX Applied Sport and Exercise Physiology (20 credits)
SPX5XXX Applied Sport and Exercise Psychology (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)
SPX6XXX Independent Research Project (40 credits)	
OPTIONS (1 Choice): SPX6XXX Contemporary Topics in Sport, Exercise and Health Nutrition (20 credits)	OPTIONS (1 Choice): SPX6XXX Performance Analysis of Elite Sport (20 credits)
SPX6XXX Strength and Conditioning in Practice (20 credits)	SPX6003 Psychological Perspectives of Athletic Development (20 credits)

16	Overall Student Workload and Balance of Assessment
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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+, Careers+, 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

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