Course Specification

Course Summary Information		
1	**Course Title**	Foundation Certificate in Sport and Physical Activity Leading to BSc (Hons) Sport and Exercise Science with Foundation Year
2	**Course Code**	US1477F
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 BSc (Hons) Sport and Exercise Science is endorsed by the Chartered Association of Sport and Exercise Sciences (CASES)

6	**Course Description**
	Overview 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. **Foundation Year** 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. 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. 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. **What's covered in the course?** 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. 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 how the profession and its disciplines encourage and support greater physical activity. *Endorsed by the Chartered Association of Sport and Exercise Sciences (CASES)*, the professional body for sport and exercise science, our practice-led course is full of relevant, contemporary information and insight that you can take into the work environment in order to make a positive contribution to modern society. *You can read about the benefits of choosing a CASES-endorsed degree course on the CASES website*

7	**Course Awards**		
7a	**Name of Final Award**	**Level**	**Credits Awarded**
7b	**Exit Awards and Credits Awarded**		
	Foundation Certificate in Sport and Physical Activity	Level 3	120

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	1 year	US1447F

10	**Entry Requirements**	
	Home:	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.
	EU:	
	International:	
	Access:	

11	**Course Aims**
1	Pursuing excellence: To establish a clear understanding of the requirements and expectations of academic study in higher education.
2	Practice-led, knowledge applied: To apply your knowledge and understanding to the processes and protocols of studies in higher education, and to begin to recognise their relevance in a range of subject disciplines and related professional context.
3	Interdisciplinarity: To recognise the interrelated nature of subjects and topics across a range of disciplines and their potential impact on related professions.
4	Employability-driven: To provide a foundation upon which knowledge and understanding can be built in preparation for related and relevant employment.
5	Internationalisation: To promote to promote a global understanding of higher education.

12	Course Learning Outcomes
1	Demonstrate a commitment to continuing personal and professional development and career planning.
2	Demonstrate an ability to adapt behaviours in accordance with diverse cultural and individual factors.
3	Conduct yourself in a manner that is consistent with the values of your future profession.
4	Become an autonomous learner, who is confident, adaptable and capable of independent enquiry.
5	Demonstrate a wide range of transferable skills to appropriately prepare for higher levels of study and employment. Such as: communication and literacy; problem solving; presentation skills; independent learning and working; collaboration and teamwork; IT skills; and a reflective approach to learning

13	Course Learning, Teaching and Assessment Strategy

Course Learning and Teaching

The learning, teaching and assessment strategy reflects the commitment of the course team to deliver high quality teaching and learning experiences that will transform lives and empower students to become independent learners. Our teaching sessions are interactive where students are engaged and active participants who feel confident to ask questions, clarify understanding and to challenge key ideas presented. We know that students learn in a wide range of ways, so we incorporate different strategies that respond to their needs. The learning approaches that students may expect to engage in, include:

- Workshops
- Seminars
- Lectures
- Tutorials
- Small group work
- Independent study
- Online learning via the virtual learning environment (Moodle)
- Peer discussion and peer learning
- Online lessons

We are committed to supporting students to develop their technological skills to prepare them for future work, so we incorporate technology where possible to facilitate learning and teaching. We offer a blended learning approach which includes both face-to-face teaching, and some online learning to support students in engaging in modules in different ways, which we utilise to meet the needs of our students.

Whilst studying with us, we expect students to become autonomous learners; we will set tasks for them to complete either in preparation for their next session, or as a directed learning task after a session. These tasks are designed to support students in extending their knowledge and understanding of key concepts and we expect full engagement with these. A key part of being an active and engaged learner is attendance in sessions, and therefore attendance is a requirement in all scheduled learning activities. In class, we encourage and expect full participation. We are strongly committed to promoting collaborative learning and in sessions we will work with students to support their developing skills. The team collectively appreciate the varied needs of students and work to ensure all needs are adequately met.

Assessment

Our assessment methods are designed based on the modules offered and in line with practice. We recognise that students respond well when there is a clear connection to their learning and

	assessment, and we provide support within each module to support students in understanding the assessment tasks and ways that they can be approached. We assess students' knowledge and understanding of the key concepts explored, and we will support them to further develop skills to strengthen graduate attributes. We know that students will need to draw upon a wide range of skills when working in their intended professions, so our assessment methods are designed to help them develop these. Throughout the course we will offer different assessments that draw on a wide range of written and verbal skills. These may include (but are not limited to): - Essays - Posters - Portfolios - Projects - Reflective journals - Patchwork assessments - Presentations - Exams Support is ongoing in all modules where students can receive formative feedback. In the formative submissions, students will receive feedback from their tutor either verbally (which is recorded) or written to identify strengths and areas of improvement prior to final submissions. Students will be supported by module leaders throughout the modules to ensure they understand the assessment. After each summative assignment submission, students will receive written, detailed, and individual 'feedback' to enable them to understand the grade they achieved on the work submitted and 'feedforward' which will provide key points to improve upon for their next submission. All information about the assignments, including the marking criteria is made available to students at the start of each module. Tutors refer to this throughout teaching sessions and will plan for formative teaching opportunities when, for example, students may be asked to peer review other students work or projects, complete self-assessment tasks against learning outcomes, demonstrate current learning and thinking about a particular concept through preparing a short presentation or piece of writing.

14	**Course Requirements**
14a	**Level 3:** **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
LSS3001	Academic Skills for Success	20 credits
LSS3003	Interpersonal and Communication Skills	20 credits
LSS3005	Negotiated Studies	20 credits
LSS3004	Health and Wellbeing in Society	20 credits
LSS3002	Introduction to Human Biology	20 credits
LSS3007	Introduction to Sport and Exercise Science	20 credits

14b Structure Diagram

Level 3

SEMESTER ONE	SEMESTER TWO
LSS3001: Academic Skills for Success (20 credits) LSS3003: Interpersonal and Communication Skills (20 credits) LSS3002: Introduction to Human Biology (20 credits)	LSS3005: Negotiated Studies (20 credits) LSS3004: Health and Wellbeing in Society (20 credits) LSS3007: Introduction to Sport and Exercise Science (20 credits)

15 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

16% time spent in timetabled teaching and learning activity

Activity	Number of Hours
Scheduled Learning	193 hours
Directed Learning	272 hours
Private Study	735 hours
Total Hours	1200 hours

Balance of Assessment

Assessment Mode	Percentage
Coursework	73%
Exam	10%
In-Person	17%

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)	This course is endorsed by the Chartered Association of Sport and Exercise Sciences (CASES)

6	**Course Description** (Marketing text for website)
	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, MSc in Strength and Conditioning 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. 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. This course is endorsed by the *Chartered Association of Sport and Exercise Sciences (CASES), the professional body for sport and exercise sciences in the UK. You can read about the benefits of choosing a CASES-endorsed degree course on the* CASES website. This ensures our practice-led course is full of relevant, contemporary 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 competed the first year of study on the standard course.

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		Alexander Stadium, City South	3 years	US1477
Full Time with Professional Placement Year		Alexander Stadium, City South Placement provider	4 years	US1479
Part Time		Alexander Stadium, 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
	Upon completion of Level 4 / the Certificate of Higher Education, students will be able to:
	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
	Upon completion of Level 5 / the Diploma of Higher Education, students will be able to:
	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
	Upon completion of 60 credits at Level 6 / the Bachelors Degree, students will be able to:
	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
	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. 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. 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.

15	Course Requirements
15a	**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
SPX5005	Athlete Profiling	20
SPX5009	Research Skills and Data Analysis	20
SPX5008	Applied Sport and Exercise Physiology	20
SPX5006	Science of Strength and Conditioning	20
SPX5004	Applied Sport and Exercise Psychology	20
SPX5007	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
SPX6013	Independent Research Project	40
SPX6015	Exercise Physiology in Extreme Environments	20
SPX6008	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
SPX6009	Contemporary Topics in Sport, Exercise and Health Nutrition	20
SPX6011	Performance Analysis of Elite Sport	20
SPX6014	Psychology of Talent Identification and Development in Sport	20
SPX6010	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
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)	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
SPX5005 Athlete Profiling (20 credits) SPX5006 Science of Strength and Conditioning (20 credits) SPX5004 Applied Sport and Exercise Psychology (20 credits)	SPX5009 Research Skills and Data Analysis (20 credits) SPX5008 Applied Sport and Exercise Physiology (20 credits) SPX5007 Applied Sport and Exercise Nutrition (20 credits)

Professional Placement Year (Optional)

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

Level 6

SEMESTER ONE	SEMESTER TWO
CORE: SPX6008 Exercise Referral and Prescription (20 credits)	**CORE:** SPX6015 Exercise Physiology in Extreme Environments (20 credits)
SPX6013 Independent Research Project (40 credits)	
OPTIONS (1 Choice): SPX6011 Performance Analysis of Elite Sport (20 credits) SPX6010 Strength and Conditioning in Practice (20 credits)	**OPTIONS (1 Choice)**: SPX6009 Contemporary Topics in Sport, Exercise and Health Nutrition (20 credits) SPX6014 Psychology of Talent Identification and Development in Sport (20 credits)

16	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+, 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	56.7%
Exam	
In-Person	43.3%

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	62.5%			100%	50%
Exam					
In-Person	37.5%	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