

Programme Specification

A Programme Specification provides a concise summary of the main features of a programme and its intended learning outcomes. It is intended to be used by prospective students, current students, academic staff and potential employers.

Programme Title:	
MSc Sports Performance	
Programme (AOS) Code(s):	MH1SPF1 MH1SPF2
UCAS Code:	N/A
Name of Final Award:	Master of Science, MSc
Level of Qualification:	Level 7
Regime of Delivery:	Attendance
Mode(s) of Delivery:	Full Time & Part Time
Typical Length of Study (Years):	1 or 2 years
Professional Body Recognition / Accreditation (including specific requirements where applicable):	N/A

Brief Description of the Programme

This programme is designed to prepare graduates for a career in performance-orientated sport.

Building on the theoretical foundations of a sports science undergraduate degree, students will gain knowledge of the landscape and workings of competitive sport and be given the opportunity to apply and develop their knowledge in practical settings. While the programme is predominately delivered by attendance, some modules will be offered in a flexible mode to facilitate online learning where possible.

Current practice and the future direction of applied sports science will be learnt, with an emphasis on the critical evaluation of results and data. Students will be encouraged to develop independent thought and creativity to solve performance problems while maintaining strong scientific principles. They will then develop the skills necessary to work with and communicate effectively with athletes/coaches/support staff or independent clients for maximum impact. The content of this course could be used as evidence towards the BASES Supervised Experience process that students will be encouraged to apply for and supported through.

Programme Aims

1	Prepare graduates for a career in performance-orientated sport
2	Provide students with opportunities to gain practical experience in range of applied sports settings
3	Upskill students on contemporary practice and future direction of applied sports science methods across disciplines
4	Develop critical analysis and problem solving skills required for working in competitive sport in light of contemporary issues in sports science

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| 5 | Develop a range of career related skills to prepare students for employment in the field of sport including teamwork, leadership, communication and conflict management |
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Programme Learning Outcomes

The Bucks Graduate Attributes focus on the development of innovative leaders in professional and creative capacities, who are equipped to operate in the 21st Century labour market and make a positive impact as global citizens. The attributes are developed through the programme.

ID	Learning Outcome
On successful completion of the programme a graduate will be able to:	
Graduate Attribute: Knowledge and its application (K)	
K1	Appraise Sports Performance from an applied and multi-disciplinary perspective
K2	Implement theoretical research-based knowledge across sport sub-disciplines in a practical environment
K3	Plan and modify solutions to a variety of problems in the sporting context.
K4	Utilise techniques and methodologies that are applicable to research-based projects
Graduate Attribute: Creativity (C)	
C1	Recognise and critically analyse existing methodologies used within performance support
C2	Select and utilise suitable contemporary techniques/ methodologies in performance support
C3	Use problem solving principles and supporting theory to solve “real” performance related dilemmas and challenges.
C4	Formulate appropriate research questions within the realms of sports performance
C5	Synthesise and contribute to the creation of new knowledge within a research project
Graduate Attribute: Social and ethical awareness and responsibility (S)	
S1	Demonstrate awareness of the ethical responsibilities of research in sports performance
S2	Interpret the ethical considerations of contemporary issues in sports performance
S3	Identify and question the organisation, structure and governance of different sporting bodies
Graduate Attribute: Leadership and self-development (L)	
L1	Operate effectively as part of a multi-disciplinary team and assume responsibilities in an applied sport setting
L2	Develop a self-reflective component to personal learning and evaluation
L3	Undertake a novel research project and organise, meet deadlines, work with others
L4	Develop the non-technical skills necessary for a career in competitive sport
L5	Demonstrate creative, adaptable and influential presentation skills in a range of modalities

Programme Structure

Programmes are structured in stages. The number of stages will vary depending on the mode (e.g. full-time, part-time), duration and location of study which will be detailed in the Programme Handbook.

Modules are set at a specific academic level and listed as either core (compulsory) or optional. The level indicates the relative academic difficulty which will increase through the programme. Passing modules will reward you with academic credit. The amount of credits will depend on the complexity of the module and the level of effort required, which is measured in 'notional learning hours'.

Our [Academic Advice webpages](#) provide more information on the structure of taught awards offered by the University.

Please note: Not all option modules will necessarily be offered in any one year. Other option modules may also be introduced at a later stage enabling the programme to respond to sector developments.

Level Seven

Code	Module Title	Credit	Core / Option	Compensable (Normally Yes)
SL706	Research Project & Research Methods	60	Core	No
SL707	Placement / Student enterprise	30	Core	Yes
SL708	Contemporary Issues in Sports & Exercise Science	30	Core	Yes
SL709	Applied Sport Science Support	30	Core	Yes
SL710	Working within a Multi-Disciplinary Team	30	Core	Yes

Learning and Teaching Activities

Please see the [Academic Advice pages](#) for a description of learning and teaching activities that are recognised by the University. Detailed information on this specific programme is outlined below:

The teaching and learning strategies employed within this programme will reflect the nature of the learning experience at level 7 and the skills required for employment in the field of sport and exercise science. Students will be encouraged to develop their independent learning skills and abilities to stay abreast of the latest developments in both the wider field and their chosen discipline.

This course will draw on the theoretical and industry experience of staff and to utilise a range of methods that cater for the both the full-time and part-time students depending on the module.

Research Project & Research Methods

This module will comprise a short distance learning/online research methods unit that focuses on the methods and statistical analysis used in a field setting. This will employ an FDL approach to allow students to complete the course in their own time.

The Research project element of this module will involve the identification of a research question and completion of a qualitative or quantitative study. A suitable supervisor will be assigned to each student and regular meetings will be organised to discuss the work. Students will be required to complete an introduction, review of literature, methodology, results (including appropriate statistical analysis, discussion and conclusion. Projects should be focused on competitive sports performance.

Professional Practice [Placement]

This module will require students to undertake 200 hours of supervised experience in a combination of applicable work-places. Primarily, this will involve managing the commercial arm of the Human Performance Laboratory and include maintaining equipment, finances, customer

correspondence, marketing, testing delivery and feedback. This module will involve practical seminars and workshops to upskill students on technical competencies, supervised time, field work and work-based learning. It is hoped that this module can contribute to the BASES Supervised Experience programme.

Other opportunities for experience will include access to the network of sports partners and associations who have working relationships with the University and its staff e.g. TASS programmes, Wycombe Wanderers FC, Reading Ladies FC, National Governing Bodies etc.

Contemporary issues in Sport Science

This module will be delivered in 4 distinct blocks that are non-sequential, allowing for students to join the unit in October or February. Learning will be a combination of attendance-based lecture & seminars for a focused block (e.g a weekend) followed by a programme of Flexible & Distributed Learning (FDL), utilising the Universities Virtual Learning Environment (VLE). This will involve reading material, live/recorded lectures, external speakers.

Students will be expected to read around the current topics discussed in the module content and take part in debate, depending on the subject matter.

Applied Sport Science Support / Working within a Multi-Disciplinary Team

These modules will be delivered over the course of a semester and involve an attendance-based delivery, supplemented by a programme of FDL that again, utilises the Universities VLE. Practical sessions will be scheduled that utilise the Human Performance Laboratory. It is possible that some content could be delivered at Bisham Abbey National Sports Centre – a hub for elite Olympic sport in the south east and home to the FAB football academy and the Living Tennis academy.

Additional Course Costs

There are costs associated with all studies, additional to the tuition fee, which require consideration, when planning and budgeting for expenditure. Costs are indicative and for the total length of the course shown unless otherwise stated and will increase with inflation; depending on the programme they may include equipment, printing, project materials, study trips, placement activities, DBS and/or other security checks.

While students may be able to use their placements as evidence for BASES Supervised Experience if they select this option they will be required to join BASES (£50) and pay for the various stages of this qualification themselves (£300)

Contact Hours

1 unit of credit is the equivalent of 10 notional learning hours. Full time undergraduate students study 120 credits (1200 hours) and full-time postgraduate students study 180 credits (1800 hours) per year or 'stage' of the course.

Course Stage	Scheduled Activities (Hours)	Guided Independent Study (Hours)	Placement / Study Abroad / Work Based Learning (Hours)
FT or PT	247	1353	200

Assessment Methods

The [Assessment and Examination webpages](#) provide further information on how assignments are marked and moderated, including a description of assessment activities. These also include further information about how feedback on assessed work is provided to students, including our commitment to ensure this is provided to students within 15 working days (the ‘three-week turnaround’).

The majority of modules within this programme have two summative assessment elements. In accordance with the modular scheme, assessment will be carried out within the semester in which the module is delivered. There are no written examinations within this programme due to its vocational nature. Cohorts are expected to gain practical experience alongside their academic studies; it is therefore more appropriate to assess practical skills in a simulation environment, through observation and reflective practice. This may include; group and individual presentations, reflective logs, oral examinations, role-play and case studies. To enable flexible learning alongside employment and performance sports students are able to submit work online, allowing students to continue to engage when away from the campus. To accommodate both full and part time students who are in some form of employment and gaining practical experience on work placements it is more practical, for students to use online resources and engage with feedback online.

The University has a 3-week turnaround expectation for feedback to students.

The following assessment activities are used on this programme:

- Online assessment (Research Methods)
- Research project (Dissertation)
- Written Assignment (Contemporary Issues in Sports Science)
- Role play (Working as part of a multi-Disciplinary team)
- Practical laboratory based assessment (Applied sport science support)
- Presentation (Placement, Contemporary issues, Working as part of a multi-disciplinary team)
- Poster presentation (Applied sport science support)
- Case study (Placement)

Classification

Calculation of final award:	Level 7 – 100%
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For full details of assessment regulations for all taught programmes please refer to our [Results webpages](#). These include the criteria for degree classification.

Admissions Requirements

Please see the [Application webpages](#) for more information on how to apply, including a statement on how we support students from a variety of backgrounds. Please also see our [general entry requirements](#) for taught programmes. Applicants who do not meet our published entry requirements are encouraged to contact our admissions team for further advice and guidance.

Typical applicant profile and any programme-specific entry requirements

Potential students will hold an undergraduate degree in sport and exercise science or a related subject, including discipline specific awards (e.g. physiology, strength and conditioning etc)

Exceptions may be made for athletes, coaches and support staff who have extensive experience of the competitive sport environment.

Do applicants require a Disclosure and Barring Service (DBS) Check?

Yes

Opportunities for students on successful completion of the programme

Internships/Level 1 (EIS or NGB) practitioner roles in elite sport
University Performance Sport Support Roles
Further professional development to achieve BASES accreditation as a sport scientist
Sports Academy Support Professionals
Talented Athlete Performance Lifestyle Support role
Teaching in FE and HE
Research roles in universities (e.g. PhD)
Coaching
Sport and athlete development
Exercise and fitness, health roles
Strength and conditioning coach
Personal trainer

Recognition of Prior Learning

Previous study, professional and / or vocational experiences may be recognised as the equivalent learning experience and permit exemption from studying certain modules. Please refer to our [Credit Accumulation webpages](#) for further guidance.

Student Support

During the course of their studies, students will be supported in the following ways:

- At the start of their studies all students will receive a full **induction** to the programme which will include introduction to the staff responsible for delivering the course, and access to library and IT facilities
- The **Programme Handbook** will outline the exact nature of the course and how it is structured, including the availability of option modules
- Each student will be allocated a **Personal Tutor** who will support their academic development, be able to advise and guide them with their studies and, where necessary, give advice on study options
- Students will be able to access our full range of **support services**, including the Learning Development Unit for skills and study support, the Library, the Careers and Employability Team, Student Finance Team, Accommodation and Counselling Services

Programme specific support (if applicable)

N/A

Appendices

Quality Assurance

Awarding Body:	Buckinghamshire New University
Language of Study:	English
QAA Subject Benchmark Statement(s):	QAA characteristics statement Masters Sep 2015 Descriptor for a higher education qualification at level 7 on the FHEQ
Assessment Regulations:	Academic Assessment Regulations, accessible via the Academic Advice webpages (https://bucks.ac.uk/students/academicadvice)
Does the Fitness to Practise procedure apply to this programme?	No
Ethics Sub-committee	Sport
Date Published / Updated:	February 2020
Date programme re-approval required:	February 2026

Other awards available on programme (Exit Qualifications)

Please refer to the *Academic Qualifications Framework* for Exit Qualifications recognised by the University and credit and module requirements.

Name of Exit Qualification:	Postgraduate Certificate (PGCert)
Full name of Qualification and Award Title:	Postgraduate Certificate in Sports Performance
Credits requirements:	60 Credits
Module requirements:	60 credits at Level 7 excluding SL706
Learning Outcome	
Graduates will be able to address “real” performance related dilemmas and challenges using theory and practical skills.	
Graduates will demonstrate critical analysis and problem solving skills required for working in competitive sport in light of contemporary issues in sports science.	

Name of Exit Qualification:	Postgraduate Diploma (PGDip)
Full name of Qualification and Award Title:	Postgraduate Diploma in Sports Performance
Credits requirements:	120 Credits
Module requirements:	120 credits at Level 7 excluding SL706
Learning Outcome	

Graduates will demonstrate professional and independent skills to enhance the experience and performance of athletes.

Graduates will critically analyse and respond to situations in performance sport adopting a holistic approach to support services.

Graduates will engage with contemporary and contextual debates in performance sport.