

## 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.

<b>Programme Title:</b>	
<b>BSc (Hons) Sport and Exercise Science</b> <b>BSc (Hons) Sport and Exercise Science with Foundation year</b>	
<b>Programme (AOS) Code(s):</b>	<b>BS1SES1 (3 years)</b> <b>BS1SES4 (4 Years)</b> <b>BS1SES2 (Part Time)</b>
<b>UCAS Code:</b>	<b>C600 (3 Years)</b> <b>C603 (4 years)</b>
<b>Name of Final Award:</b>	<b>Bachelor of Science with Honours, BSc (Hons)</b>
<b>Level of Qualification:</b>	<b>Level 6</b>
<b>Regime of Delivery:</b>	<b>Attendance</b>
<b>Mode(s) of Delivery:</b>	<b>Full Time &amp; Part Time</b>
<b>Typical Length of Study (Years):</b>	<b>3 Years (Full Time) (4 years with foundation year)</b> <b>6 Years (Part Time)</b>
<b>Professional Body Recognition / Accreditation (including specific requirements where applicable):</b>	<b>BASES Endorsed</b>

### Brief Description of the Programme

Are you interested in sport and the science behind it? Do you aspire to help elite athletes perform to their highest potential? Or make your mark by tackling current health challenges such as obesity, heart disease and diabetes?

Endorsed by the British Association of Sport and Exercise Scientists (BASES) our BSc (Hons) Sport and Exercise Science degree combines underlying scientific principles from the sport science disciplines of physiology, biomechanics, sports psychology with the highly practical skills, of the more contemporary sports science disciplines of strength and conditioning, sports coaching and performance analysis to help prepare you for a career within the field of sport and exercise science.

On this course you will:

- Learn in state-of-the-art facilities, including our Human Performance Laboratory
- Develop a critical understanding of the fundamental principles which underpin applied sport and exercise science.
- Learn how to analyse and evaluate performance needs.
- Design and deliver training interventions with the goals of improving health and wellbeing, optimising performance and minimising the likelihood of injury.
- Be able to work with all levels, from the recreational exerciser to the elite athlete.
- Have the chance to work in a range of applied settings including; local sports clubs and their athletes, in schools and in the wider community.

## Programme Aims

1	Enable students to develop a critical understanding of the fundamental principles, theories and concepts which underpin applied sport and exercise science.
2	Provide students with the skills and knowledge necessary to participate and contribute to the development of applied sport and exercise science and to encourage research in this area of study to inform practice.
3	Develop a critical understanding of the importance of working effectively with allied health and sport professionals, in the promotion health, wellbeing and performance enhancement.
4	Enhance students understanding of research process and encourage the development of critical thinking skills.
5	Enhance student employability through the development of a range of transferable skills throughout the programme.

## 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:	
<b>Graduate Attribute: Knowledge and its application (K)</b>	
K1	Develop a critical understanding of the fundamental principles which underpin the sport science sub-disciplines of physiology; biomechanics and sport psychology.
K2	Critically evaluate and apply physiology; biomechanical and sport psychology concepts and theories.
K3	Demonstrate an ability to conduct laboratory and field-based testing procedures and use the data gathered to evaluate health, wellbeing and human performance capabilities.
K4	Develop fundamental research and analytical skills within the field of sport and exercise
K5	Demonstrate an ability to plan and deliver exercise based interventions with the aim of developing health, wellbeing and physical performance.
<b>Graduate Attribute: Creativity (C)</b>	
C1	Apply sports science concepts and theories to enhance individual health and wellbeing.
C2	Evaluate the mechanism of common sports injuries and develop appropriate exercise rehabilitation interventions.
C3	Design appropriate testing plans to evaluate the fitness of athletes considering factors such as resource, environment and periodisation cycle.
<b>Graduate Attribute: Social and ethical awareness and responsibility (S)</b>	
S1	Demonstrate a critical level of understanding of the core competencies, knowledge and professional standard requirements of an applied sport and exercise scientist (i.e., BASES, UKSCA, NSCA).
S2	Develop a critical understanding as to the importance of working effectively with allied medical and sports professionals, in the promotion of health, wellbeing and performance enhancement.

**Graduate Attribute: Leadership and self-development (L)**

L1	Demonstrate an understanding as to the importance of independent learning skills to promote lifelong learning.
L2	Independently compose an appropriate research question, or aim, which may contribute toward a solution to an identified problem.
L3	Formulate, justify and implement an effective methodology that addresses the research question or aim using primary and/or secondary data.
L4	Critically appraise and apply scientific knowledge from a range of sport science disciplines to arrive at and communicate an independent evidence-based approach to applied sport and exercise science practice.

**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.*

**Foundation Year**

Code	Module Title	Credit	Core / Option	Compensable (Normally Yes)
FY026	Preparing for Success Knowledge & Creativity	n/a	C	Yes
FY027	Preparing for Success Self-Development & Responsibility	n/a	C	Yes
FY028	Inquiry & Research Skills	n/a	C	Yes
FY012	Introduction to Sport Development & Performance	n/a	C	Yes

**Level Four**

Code	Module Title	Credit	Core / Option	Compensable (Normally Yes)
SL411	Introduction to Coaching Theory and Practice	15	C	Yes
SL468	Introduction to Health Physiology	15	C	Yes
SL457	Human Anatomy	15	C	Yes
SL419	Foundations of Exercise Physiology	15	C	Yes

SL473	Foundations of Sports Research	15	C	Yes
SL421	Foundations of Biomechanics	15	C	Yes
SL470	Foundations of Sport & Exercise Psychology	15	C	Yes
SL435	Fundamentals of Strength and Conditioning	15	C	Yes

### Level Five

Code	Module Title	Credit	Core / Option	Compensable (Normally Yes)
SL519	Coaching and Athlete Development	15	O	Yes
SL526	Cognition & Emotion in Sport & Exercise Psychology	15	O	Yes
SL520	Research in Sport and Exercise	15	C	Yes
SL525	Applied Exercise Physiology	15	C	Yes
SL528	Sports Nutrition	15	C	Yes
SL572	Applied Biomechanics	15	C	Yes
SL530	Exercise Prescription & Instruction	15	C	Yes
SL531	Performance Analysis in Sport	15	C	Yes
SL532	Applied Sport and Performance Psychology	15	C	Yes

### Level Six

Code	Module Title	Credit	Core / Option	Compensable (Normally Yes)
SL615	Contemporary Coaching Issues	15	O	Yes
SL620	Research Dissertation	30	C	No
SL627	Sports Injury and Rehabilitation	15	C	Yes
SL653	Skill Acquisition and Learning in Sport	15	C	Yes
SL626	Professional Issues in Sport and Exercise Psychology	15	O	Yes
SL629	Exercise Referral	15	C	Yes
SL670	Sports Science in Practice	15	C	Yes
SL671	Clinical Biomechanics	15	O	Yes
SL672	Training and Periodization in Physiology and Nutrition	15	O	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:

A range of specific learning and teaching mechanisms that will be use in the programme are outlined below:

**Seminars:** Enable open discussion, contribution by lecturers and practitioners. Students will be enabled to practice the articulation of ideas, questions, test their knowledge and listen to other's points of view, thus enabling their critical thinking abilities to develop.

**Lectures:** Provide information and opportunities for the visual presentation of ideas, concepts and theories. Students may be involved in interactive activities which have some of the characteristics of seminars listed above.

**Practical/Laboratory Sessions:** Students will work in small groups that aim to develop collaborative and communication skills, networking, sharing and supporting each other to learn and acquire vocational experience of tests and procedures conducted in laboratory and field settings.

**Self-Directed Study:** Develops students' independent working, autonomy and self-awareness. The ability to manage projects, manage time and identify own learning needs supported by formal and informal learning opportunities throughout the course. Self-directed study is key to successfully managing and achieving the course learning outcomes. The Learning Development Unit (LDU) is available to support students with learning difficulties and those wishing to enhance their study skills.

**Tutorials:** Both individual and in small groups help to focus students on evaluating their own work and identifying directions for study and research. Lecturers will question and advise students, presenting alternatives and challenging decisions, in order to help students to realise their full potential and to develop critical and evaluative skills.

### **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.

Although no specific additional costs are attached to the course, students may wish to consider the purchase of key texts, which while are available to borrow from the library, may be subject to short waiting times for availability. Additional nominal costs are likely to be required for services such as library printing for poster based assessments and general seminar preparation.

## 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)
Foundation Year	(345)	(855)	0
Year One	353	847	0
Year Two	354	846	0
Year Three	274	896	30
<b>Total</b>	<b>985 (1326)</b>	<b>2589 (3444)</b>	<b>30</b>

## 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 will have only one summative assessment element which will be either a written essay, report, presentation and/or viva. Several of the more applied modules will also have a second practical summative assessment point.

All summative assessments will be mapped to the programme specification and individual module descriptor learning outcomes.

Students will be provided information on the summative assessment elements during the residential study period for each module. All written and/or practical assessments will be required for submission during set assessment periods in the months of January and June, although smaller elements of summative assessment may be submitted in widows prior to this point in the semester.. Feedback to students will be provided within 3 weeks of submission.

## Classification

**Calculation of final award:** Level 5 - 33% / Level 6 – 67%

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

A typical offer will be a UCAS Tariff score of 80. A minimum of two full A-levels (or equivalent) is required. Every application is considered on an individual basis.

Applicants should ideally have a strong background in the sciences and/or sport/physical education, although this is not necessarily a pre-requisite, and applications without this may still be considered on a case by case basis.

Applicants who do not meet the minimum requirements for the three-year undergraduate programme, or those who do not feel fully prepared for a degree course, can apply for a four-year programme including a Foundation Year;

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

**No**

### Opportunities for students on successful completion of the programme

The field of sports science has a wide range of career opportunities in areas including sports science support, strength and conditioning, health assessment and screening, performance analysis, sports development, coaching, health and fitness teaching, postgraduate study and research.

### 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.

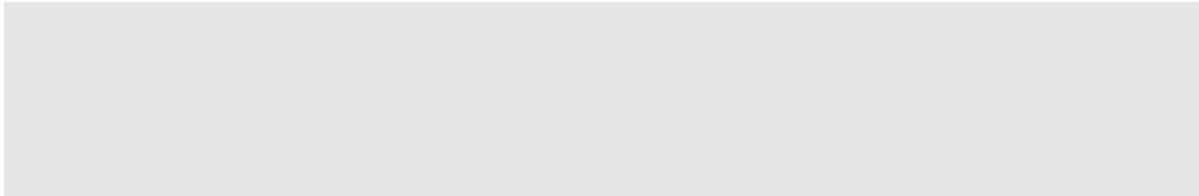
### Student Support

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)**





## Appendices

### Quality Assurance

<b>Awarding Body:</b>	Buckinghamshire New University
<b>Language of Study:</b>	English
<b>QAA Subject Benchmark Statement(s):</b>	Hospitality, Sport, Leisure and Tourism (2019)
<b>Assessment Regulations:</b>	<i>Academic Assessment Regulations</i> , accessible via the Academic Advice webpages ( <a href="https://bucks.ac.uk/students/academicadvice">https://bucks.ac.uk/students/academicadvice</a> )
<b>Does the Fitness to Practise procedure apply to this programme?</b>	No
<b>Ethics Sub-committee</b>	
<b>Date Published / Updated:</b>	September 2020, April 2021, Sept 2022

### 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.

<b>Name of Exit Qualification:</b>	Certificate of Higher Education (CertHE)
<b>Full name of Qualification and Award Title:</b>	CertHE Sport & Exercise Science
<b>Credits requirements:</b>	120 Credits
<b>Module requirements:</b>	ALL 120 Credits at Level 4
<b>Learning Outcome</b>	
Develop a critical understanding of the fundamental principles which underpin the sport science sub-disciplines of physiology; biomechanics and sport psychology.	
Critically evaluate and apply physiology; biomechanical and sport psychology concepts and theories.	

An example has been provided for an Ordinary Degree. **A separate table should be included for each intermediate qualification to be offered.**

<b>Name of Exit Qualification:</b>	Diploma of Higher Education (DipHE)
<b>Full name of Qualification and Award Title:</b>	DipHE Sport & Exercise Science
<b>Credits requirements:</b>	240 Credits
<b>Module requirements:</b>	ALL 120 Credits at Level 4 ALL 120 Credits at Level 5
<b>Learning Outcome</b>	
Develop a critical understanding of the fundamental principles which underpin the sport science sub-disciplines of physiology; biomechanics and sport psychology.	

Critically evaluate and apply physiology; biomechanical and sport psychology concepts and theories.

Demonstrate an ability to conduct laboratory and field-based testing procedures and use the data gathered to evaluate health, wellbeing, and human performance capabilities.

Apply sports science concepts and theories to enhance individual health and wellbeing.

Demonstrate a critical level of understanding of the core competencies, knowledge and professional standard requirements of an applied sport and exercise scientist (i.e., BASES).

Independently compose an appropriate research question, or aim, which may contribute toward a solution to an identified problem.

<b>Name of Exit Qualification:</b>	<b>Ordinary Degree</b>
<b>Full name of Qualification and Award Title:</b>	<b>BSc Sport &amp; Exercise Science</b>
<b>Credits requirements:</b>	<b>300 Credits</b>
<b>Module requirements:</b>	<b>ALL 120 Credits at Level 4 ALL 120 Credits at Level 5 PLUS the following L6 modules: SL627; SL629; SL653; SL670</b>

### Learning Outcome

Develop a critical understanding of the fundamental principles which underpin the sport science sub-disciplines of physiology; biomechanics and sport psychology.

Critically evaluate and apply physiology; biomechanical and sport psychology concepts and theories.

Demonstrate an ability to conduct laboratory and field-based testing procedures and use the data gathered to evaluate health, wellbeing, and human performance capabilities.

Apply sports science concepts and theories to enhance individual health and wellbeing.

Demonstrate a critical level of understanding of the core competencies, knowledge and professional standard requirements of an applied sport and exercise scientist (i.e., BASES).

Independently compose an appropriate research question, or aim, which may contribute toward a solution to an identified problem.

Evaluate the mechanism of common sports injuries and develop appropriate exercise rehabilitation interventions.

Develop a critical understanding as to the importance of working effectively with allied medical and sports professionals, in the promotion of health, wellbeing and performance enhancement.

Demonstrate an ability to plan and deliver exercise based interventions with the aim of developing health, wellbeing and physical performance.

Design appropriate testing plans to evaluate the fitness of athletes considering factors such as resource, environment and periodisation cycle.

Develop a critical understanding as to the importance of working effectively with allied medical and sports professionals, in the promotion of health, wellbeing and performance enhancement.