

# PROGRAMME SPECIFICATION

## 1. Key Information

<b>Programme Title:</b>	Sport and Exercise Science Sport and Exercise Science with Foundation Year
<b>Awarding Institution:</b>	Buckinghamshire New University
<b>Teaching Institution(s):</b>	Buckinghamshire New University
<b>Subject Cluster:</b>	Sport & Exercise Science
<b>Award Title (including separate Pathway Award Titles where offered):</b>	BSc (Hons) Sport and Exercise Science BSc (Hons) Strength and Conditioning
<b>Pathways (if applicable)</b>	Sport and Exercise Science Strength and Conditioning
<b>FHEQ level of final award:</b>	6
<b>Other award titles available (exit qualifications):</b>	Certificate of Higher Education Diploma of Higher Education BSc Sport and Exercise Science (or relevant pathway)
<b>Accreditation details:</b>	British Association of Sport and Exercise Scientists (BASES) Chartered Institute of Sport and Physical Activity (CIMPSA)
<b>Length of programme:</b>	3 years 4 years with Foundation Year
<b>Mode(s) of Study:</b>	Full Time
<b>Mode of Delivery:</b>	In person (on-site) delivery
<b>Language of study:</b>	English
<b>QAA Subject Benchmark(s):</b>	Events, hospitality, events, sports and tourism (2019)
<b>Other external reference points (e.g. Apprenticeship Standard):</b>	BASES/UKSCA
<b>Course Code(s):</b>	BSSPESFT / BSSPESFY/ BSSPESPT
<b>UCAS Code(s):</b>	
<b>Approval date:</b>	01/12/2022
<b>Date of last update:</b>	May 2025

## 2. Programme Summary

**Sport and Exercise Science:** 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 exercise physiology, biomechanics, sports psychology with the highly practical skills, from the more contemporary sports science disciplines of strength and conditioning, nutrition and performance analysis to help prepare you for a career within the field of sport and exercise science.

**Specialism Strength and Conditioning:** This programme of study will be of interest if you either have current experience in the field of Strength and Conditioning (S&C) or have an interest in helping prepare athletes and teams for the demands of performance sport. Developed in line with the Chartered Institute of Sport and Physical Activity (CIMSPA) and aligned to Graduate Strength and Conditioning Coach (GSCC) professional standards, this programme will help to develop the knowledge and skills required by the contemporary S&C practitioner. Combining underlying scientific principles with practical S&C training methods, learners will study a variety of specialisms including exercise physiology, biomechanics, psychology, data analysis, performance analysis, research methods, sports injury and rehabilitation and skill acquisition.

### 3. Programme Aims and Learning Outcomes

#### Programme Aims

This programme aims to:

1. Enable learners to develop a critical understanding of the fundamental principles, theories and concepts which underpin applied sport & exercise science through informed and industry related teaching and research
2. Provide learners with the skills and knowledge necessary to contribute to the development of applied sport & 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 of health, wellbeing and performance enhancement across diverse populations
4. Enhance learners' understanding of the research process and encourage its application, in the development of critical thinking skills
5. Enhance learner employability through the development of a range of transferable skills

#### Programme Learning Outcomes

##### Knowledge and Understanding (K)

On successful completion of the programme, you will be able to:

ID	Learning Outcome
K1	Develop knowledge and explore the core sport science disciplines which underpin human structure and function at rest, and during sport and exercise.
K2	Define the relationship between health, sport and exercise in a range of diverse populations.
K3	Communicate the techniques and processes linked to the delivery of enhancing sports performance and healthy lifestyles.
K4	Synthesise knowledge and understanding of multi-disciplinary factors in relation to a client/athlete or team.

<b>K5</b>	Establish a critical understanding of research and research processes in relation to sport and exercise science.
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### Analysis and Criticality (C)

On successful completion of the programme, you will be able to:

<b>ID</b>	<b>Learning Outcome</b>
<b>C1</b>	Appraise critically applying 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.
<b>C2</b>	Apply scientific concepts and theories to provide justifiable strategies to enhance individual health and wellbeing across diverse populations.
<b>C3</b>	Evaluate the mechanisms of common sports injuries and develop appropriate exercise rehabilitation interventions.
<b>C4</b>	Analyse data to provide feedback on human performance and/or health.
<b>C5</b>	Create critical literature reviews using academic databases appropriate for application in scientific report writing.

### Application and Practice (P)

On successful completion of the programme, you will be able to:

<b>ID</b>	<b>Learning Outcome</b>
<b>P1</b>	Conduct laboratory and field-based testing procedures and use the data gathered to evaluate health, wellbeing and human performance capabilities.
<b>P2</b>	Design and apply exercise based interventions with the aim of developing health, wellbeing and physical performance.
<b>P3</b>	Demonstrate a detailed understanding of the professional standards requirement of an applied BASES sport and exercise practitioner and apply these competencies in a work related/applied setting.
<b>P4</b>	Utilise appropriate software packages to effectively present findings, concepts and ideas in a scientific manner.

### Transferable skills and other attributes (T)

On successful completion of the programme, you will be able to:

<b>ID</b>	<b>Learning Outcome</b>
<b>T1</b>	Develop effectively both independently and as part of a team.
<b>T2</b>	Independently compose an appropriate research question, or aim, which may contribute towards a solution to an identified problem demonstrating some level of originality.
<b>T3</b>	Communicate effectively using a range of mediums.
<b>T4</b>	Demonstrate numerical and statistical skills required of a scientist, at a level appropriate to that of the programme award.
<b>T5</b>	Show awareness of ethical, moral, safety and inclusivity issues that impact sport and exercise science assessment.

## Graduate Attributes

The BNU Graduate Attributes of: Knowledge and its application; Creativity; Social and ethical awareness and responsibility; and Leadership and self-development 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.

On this programme, attributes are developed through incorporating the core knowledge of the multi disciplines of sport & exercise (K1-K4, C1-C4, P1-P3). As part of this, students will learn the practical assessment techniques used to evaluate health and human performance in both a scientific laboratory, in addition to in the field, while developing the skills to communicate feedback to clients based on current industry practice (C2, C4, P1-P3, P5, T3-T5). Throughout the programme, focus will also be placed on the importance of wider research skills which underpin the acquisition of knowledge at a critical level (K5, P4, T2,), while using both formative and summative assessment strategies to both nurture autonomous learning, and develop teamwork skills paramount to the interdisciplinary nature of the sport and exercise science industry (T1).

## 4. Entry Requirements

The University's [general entry requirements](#) will apply to admission to this programme. The UCAS entry points required for this programme are 96.

If you do not meet the entry requirements you may, if you have relevant professional experience, still be invited for interview, where you will be required to demonstrate the necessary knowledge and understanding for entry onto the course.

Previous study, professional and / or vocational experiences may be recognised as the equivalent learning experience and permit exemption from studying certain modules in accordance with our [accreditation of prior learning](#) (APL) process.

## 5. Programme Structure

### Pathway 1 **BSc (hons) Sport & Exercise Science**

<b>Level</b>	<b>Modules (Code, Title and Credits)</b>	<b>Exit Awards</b>
<b>Foundation Year<sup>1</sup></b>	<b>Core modules:</b> SOC003 Human Behaviour SOC004 Research Matters SOC005 Human Science – Dissecting the details SOC006 Human Communication SOC007 Exploring Intersections SOC008 Knowledge Unleashed	<b>N/A.</b> No credit is awarded at this Level.
<b>Level 4</b>	<b>Core modules:</b> SES4010 Fundamentals of Strength & Conditioning (20 Credits) SES4007 Health & Human Physiology (20 Credits) SES4006 Human Anatomy & Movement Analysis (20 Credits) SES4004 Introduction to Sport & Exercise Psychology (20 Credits) SES4009 Introduction to Research in Sport (20 Credits) SES4012 Principles of Biomechanics in Sport (20 Credits)	<b>Certificate of Higher Education,</b> awarded on achievement of 120 credits at Level 4
<b>Level 5</b>	<b>Core modules:</b> SES5017 Applied Exercise Physiology (20 Credits) SES5012 Approaches to Applied Sport & Performance Psychology (20 Credits) SES5019 Exercise Instruction & Special Populations (20 Credits) SES5018 Principles & Applications of Biomechanics in Sport (20 Credits) SES5008 Research Methods (20 Credits)  <b>Option modules:</b> Choose modules to the total of 20 credits: SES5013 Performance Analysis (20 Credits)	<b>Diploma of Higher Education,</b> awarded on achievement of 240 credits, including a minimum of 120 credits at Level 5

<sup>1</sup> Modules on the Foundation Year only apply to learners who are enrolled on the “with Foundation Year” programme.

	SES5015 Sports Nutrition (20 Credits)	
<b>Level 6</b>	<p><b>Core modules:</b>                  SES6002 Extended Independent Work (40 credits)                  SES6010 Sports Science in Practice (20 Credits)</p> <p><b>Option modules:</b>                  Choose modules to the total of 60 credits:                  SES6016 Psychology of Physical Education and Youth Sport (20 Credits)                  SES6011 Clinical Biomechanics (20 Credits)                  SES6018 Training, Recovery &amp; Nutrition in Sports Performance (20 Credits)                  SES6012 Skills Acquisition (20 Credits)                  SES6020 Sports Injuries and Rehabilitation (20 Credits)                  SES6014 Coaching Leadership (20 Credits)</p>	<p><b>Ordinary Degree</b>, awarded on achievement of 300 credits, including 60 credits at Level 6 and 120 credits at each of Levels 4 and 5</p> <p><b>Honours Degree</b>, awarded on achievement of 360 credits, including 120 credits at each of Levels, 4, 5 and 6</p>

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 changes in the subject area.

Pathway 2 **BSc (Hons) Strength & Conditioning**

<b>Level</b>	<b>Modules (Code, Title and Credits)</b>	<b>Exit Awards</b>
<b>Foundation Year<sup>2</sup></b>	<p><b>Core modules:</b>                  SOC003 Human Behaviour                  SOC004 Research Matters                  SOC005 Human Science – Dissecting the details                  SOC006 Human Communication                  SOC007 Exploring Intersections                  SOC008 Knowledge Unleashed</p>	<b>N/A.</b> No credit is awarded at this Level.

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<sup>2</sup> Modules on the Foundation Year only apply to learners who are enrolled on the “with Foundation Year” programme.

<p><b>Level 4</b></p>	<p><b>Core modules:</b>                  SES4010 Fundamentals of Strength &amp; Conditioning (20 Credits)                  SES4007 Health &amp; Human Physiology (20 Credits)                  SES4006 Human Anatomy &amp; Movement Analysis (20 Credits)                  SES4004 Introduction to Sport &amp; Exercise Psychology (20 Credits)                  SES4009 Introduction to Research in Sport (20 Credits)                  SES4012 Principles of Biomechanics in Sport (20 Credits)</p>	<p><b>Certificate of Higher Education</b>, awarded on achievement of 120 credits at Level 4</p>
<p><b>Level 5</b></p>	<p><b>Core modules:</b>                  SES5017 Applied Exercise Physiology (20 Credits)                  SES5014 Applied Strength &amp; Conditioning (20 Credits)                  SES5012 Approaches to Applied Sport &amp; Performance Psychology (20 Credits)                  SES5018 Principles &amp; Applications of Biomechanics in Sport (20 Credits)                  SES5008 Research Methods (20 Credits)</p> <p><b>Option modules:</b>                  Choose modules to the total of 20 credits:                  SES5013 Performance Analysis (20 Credits)                  SES5015 Sports Nutrition (20 Credits)</p>	<p><b>Diploma of Higher Education</b>, awarded on achievement of 240 credits, including a minimum of 120 credits at Level 5</p>
<p><b>Level 6</b></p>	<p><b>Core modules:</b>                  SES6004 Advanced Strength &amp; Conditioning (20 Credits)                  SES6002 Extended Independent Work (40 Credits)                  SES6010 Sports Science in Practice (20 Credits)</p> <p><b>Option modules:</b>                  Choose modules to the total of 40 credits:                  SES6016 Psychology of Physical Education and Youth Sport (20 Credits)                  SES6005 Topical Issues in Strength &amp; Conditioning (20 Credits)                  SES6012 Skills Acquisition (20 Credits)                  SES6020 Sports Injuries and Rehabilitation (20 Credits)</p>	<p><b>Ordinary Degree</b>, awarded on achievement of 300 credits, including 60 credits at Level 6 and 120 credits at each of Levels 4 and 5</p> <p><b>Honours Degree</b>, awarded on achievement of 360 credits, including 120 credits at each of Levels, 4, 5 and 6</p>

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 changes in the subject area.

## 6. Learning, Teaching and Assessment

### Learning and teaching

BSc (Hons) Sport & Exercise Science and its associated BSc (Hons) Strength & Conditioning pathway aims to provide a balanced programme of study that equips students with industry knowledge and experience, while developing scientific and academic reasoning, critical and transferrable skills, preparing them for integration into the 21<sup>st</sup> century workforce. The course is underpinned by classroom-based, in-person teaching of current theory, concepts and research, delivered through a blend of lectures, laboratory-based practicals, interactive seminars and workshops. Throughout the three levels of study students are encouraged and enabled to form relationships with external partners including local, regional, national and international, to build networks in the longer term and essential vocational knowledge and experience in the shorter term.

Learners are encouraged to become increasingly more independent in their learning as the course progresses. At Level 4, focus is on the understanding of key scientific theories from across the different sub-disciplines of sport and exercise science. Within this, learners will consider the structure and function of various biological systems impacting human health and performance during lectures, while undertaking related discussion and exercises in seminars and workshops designed to allow them to integrate with the theoretical information underpinning the topic. Practical sessions will introduce individuals to a range of fitness tests or otherwise provide kinaesthetic learning opportunities where theoretical information can be demonstrated in the form of practical experiments. During all face-to-face sessions learners will receive guidance and support from module tutors. Students are further introduced to functional tools for working in industry and the initial stimulation of critical, cognitive abilities alongside introductory knowledge of the sports science and health and fitness industries. As part of this students will generate a foundation understanding in psychology, exercise physiology, and biomechanics which underpin sports science practice. Within this context learners will consider multidisciplinary applications of sports science using our state-of-the-art psychology and human performance laboratories.

At Level 5, students are expected to take a more active role in their own learning and future careers, thus the theoretical knowledge gained at level 4 will be applied to simulated and real-world examples to reflect industry practice. Applied research becomes interwoven with health and performance-based learning while students will also have the opportunity to gain a Level 2 fitness industry related qualification alongside their main degree programme as part of the main sport and exercise science pathway. The School of Human and Social Sciences continuously pursues new partnerships optimising opportunities to enhance the student experience and promote experiential learning, and these partnerships may be exploited by students seeking placement opportunities. Also at Level 5, students will be prepared for their research project, in which they will have the opportunity to draw all conceptual, vocational, and research elements of the course together via a major independent study. As in Level 4, modules are delivered through a blend of lectures, interactive seminars, workshops, small-group activities and debates, and laboratory-based practicals, and are supported by e-learning material delivered through the VLE, with specific learning and teaching approaches determined at modular level.

At Level 6 learners will progress their industry related skills from Level 5, considering their application in diverse population and more specific contexts. As a result, learners will develop critical thinking skills, leadership abilities, and a detailed scientific reasoning process. This will culminate in a core Sports Science in Practice module, designed to allow students to lead on the delivery of sports science services both internally and to external stakeholders and partners, enhancing employability. In addition, students will have a wider scope to hone their skills by having greater levels of options in the other modules and topics they cover at this level, providing opportunities to target bespoke learning towards their desired career pathway. Students will also be expected to show a higher level of autonomy in their learning, underpinned by the completion of a research project where they will be challenged to plan, design, execute and disseminate a significant piece of work. Students will have access to the psychology and human performance laboratories, library services, and the networks they have developed to help them in this endeavour.

## Assessment

As per the teaching and learning strategy, the specific assessment methods are determined at modular level, but are designed to reflect the course aims and learning outcomes, to equip students with industry knowledge and experience, academic and cognitive, and critical and transferrable skills, which will create culturally aware, prepared, and responsive graduates for an inclusive and socially conscious sport industry. To this end, while there is a varied diet of assessment at all three levels, it is predominantly based on coursework and practical assessments and, where possible, is designed to mirror 'real world' sport and exercise science and strength and conditioning activities, such as designing, implementing, and evaluating training programmes and health-based initiatives, assessing athletic performance, critiquing scientific and methodological processes, and reflecting on practice. All modules will include feedforward opportunities and ample time for assessment preparation; feedback on all assessments will place emphasis on progression

## Contact Hours

Learners can expect to receive approximately 12 hours of scheduled learning activities per week of a given term. This may include lectures, seminars, workshops, practicals, or placement hours. A full breakdown of contact hours can be found in individual module descriptors.

## 7. Programme Regulations

This programme will be subject to the following assessment regulations:

- *Regulations for Taught Degree Programmes (2023)*

## 8. Support for learners

The following systems are in place to support you to be successful with your studies:

- The appointment of a personal tutor to support you through your programme
- A programme handbook and induction at the beginning of your studies
- Library resources, include access to books, journals and databases - many of which are available in electronic format – and support from trained library staff
- Access to Blackboard, our Virtual Learning Environment (VLE), which is accessible via PC, laptop, tablet or mobile device
- Access to the MyBNU portal where you can access all University systems, information and news, record your attendance at sessions, and access your personalised timetable

- Academic Registry staff providing general guidance on University regulations, exams, and other aspects of students and course administration
- Central student services, including teams supporting academic skills development, career success, student finance, accommodation, chaplaincy, disability and counselling
- Support from the Bucks Students' Union, including the Students' Union Advice Centre which offers free and confidential advice on University processes.

## 9. Programme monitoring and review

BNU has a number of ways for monitoring and reviewing the quality of learning and teaching on your programme. You will be able to comment on the content of their programme via the following feedback mechanisms:

- Formal feedback questionnaires and anonymous module 'check-ins'
- Participation in external surveys
- Programme Committees, via appointed student representatives
- Informal feedback to your programme leader

Quality and standards on each programme are assured via the following mechanisms:

- An initial event to approve the programme for delivery
- An annual report submitted by the External Examiner following a process of external moderation of work submitted for assessment
- The Annual Monitoring process, which is overseen by the University's Education Committee
- Review by the relevant PSRB(s)
- Periodic Subject Review events held every five years
- Other sector compliance and review mechanisms

## 10. Internal and external reference points

Design and development of this programme has been informed by the following internal and external reference points:

- The Framework for Higher Education Qualifications (FHEQ)
- The QAA Subject Benchmark Statement for Events, Hospitality, Leisure, Sport and Tourism ([https://www.qaa.ac.uk/docs/qaa/subject-benchmark-statements/subject-benchmark-statement-events-leisure-sport-tourism.pdf?sfvrsn=c339c881\\_11](https://www.qaa.ac.uk/docs/qaa/subject-benchmark-statements/subject-benchmark-statement-events-leisure-sport-tourism.pdf?sfvrsn=c339c881_11)) – see detailed mapping below
- The PSRB Standards of Proficiency (SOP) for the BASES undergraduate endorsement scheme
- The BNU Qualifications and Credit Framework
- The BNU Grading Descriptors
- The University Strategy

Mapping of Subject Benchmark Statement and any relevant Apprenticeship Standard to Programme Learning Outcomes

Subject Benchmark Statement / Apprenticeship Standard:	Knowledge and understanding (K)					Analysis and Criticality (C)					Application and Practice (P)					Transferable skills and other attributes (T)				
	K1	K2	K3	K4	K5	C1	C2	C3	C4	C5	P1	P2	P3	P4	P5	T1	T2	T3	T4	T5
make effective use of knowledge and understanding of the disciplines underpinning human structure and function	x			x		x	x													
critically appraise and evaluate the effects of sport and exercise intervention on the participant	x	x			x	x	x	x		x	x	x		x			x		x	
demonstrate the skills required to monitor and evaluate human responses to sport, exercise and/or rehabilitation			x	x		x	x	x	x		x	x		x			x		x	x
critically appreciate the relationship between sport and exercise activity and		x	x					x	x	x										

Subject Benchmark Statement / Apprenticeship Standard:	Knowledge and understanding (K)					Analysis and Criticality (C)					Application and Practice (P)					Transferable skills and other attributes (T)				
	K1	K2	K3	K4	K5	C1	C2	C3	C4	C5	P1	P2	P3	P4	P5	T1	T2	T3	T4	T5
intervention in a variety of participant groups; this could include special populations such as older adults, disabled people, people with a chronic disease and children.																				
monitor, analyse, diagnose and prescribe action to enhance the learning and performance of the component elements of sport, including, where appropriate, injury diagnosis and treatment, in ways underpinned by current research				X	X	X		X	X		X	X								
evidence the skills required to monitor and evaluate sports performance in				X		X		X	X		X			X		X	X		X	X

Subject Benchmark Statement / Apprenticeship Standard:	Knowledge and understanding (K)					Analysis and Criticality (C)					Application and Practice (P)					Transferable skills and other attributes (T)				
	K1	K2	K3	K4	K5	C1	C2	C3	C4	C5	P1	P2	P3	P4	P5	T1	T2	T3	T4	T5
laboratories and/or field settings																				
display a critical appreciation of the integration of the variables involved in the delivery (teaching, instructing and coaching) of enhanced sport performance.	x			x		x		x	x	x		x	x			x		x		x

### Mapping of Programme Learning Outcomes to Modules

Programme Learning Outcome	Knowledge and understanding (K)					Analysis and Criticality (C)					Application and Practice (P)					Transferable skills and other attributes (T)					
	Module Code (Core)	K1	K2	K3	K4	K5	C1	C2	C3	C4	C5	P1	P2	P3	P4	P5	T1	T2	T3	T4	T5
<b>Level 4</b>																					
Fundamentals of Strength & Conditioning		x	x	x		x			x		x	x							x		
Health & Exercise Physiology	x						x		x		x		x	x			x		x	x	x
Human Anatomy & Movement Analysis	x							x	x		x						x		x		
Introduction to Sport & Exercise Psychology	x			x			x							x			x		x		
Introduction to Research in Sport										x			x	x						x	x
Principles of Biomechanics in Sport	x					x	x		x	x	x								x	x	
<b>Level 5</b>																					
Applied Exercise Physiology	x		x				x		x		x			x			x		x	x	x
Applied Strength & Conditioning	x	x	x	x		x			x		x	x							x		
Approaches to Applied Sport & Performance Psychology	x			x			x							x			x		x		

Programme Learning Outcome	Knowledge and understanding (K)					Analysis and Criticality (C)					Application and Practice (P)					Transferable skills and other attributes (T)				
	K1	K2	K3	K4	K5	C1	C2	C3	C4	C5	P1	P2	P3	P4	P5	T1	T2	T3	T4	T5
Exercise Instruction & Special Populations	x	x	x	x		x	x					x				x		x		x
Principles & Applications of Biomechanics in Sport	x				x	x			x	x	x			x		x			x	
Research Methods					x					x			x	x			x			x
<b>Level 6</b>																				
Advanced Strength & Conditioning	x	x	x	x		x		x	x		x	x						x		
Extended Independent Work					x				x	x	x		x	x			x		x	x
Sports Science in Practice		x	x	x		x	x		x		x	x	x	x		x		x		