

## Programme Specification Definitive Document

### 1. Basic Information

<b>1.1 Awarding Institution:</b>	Plymouth Marjon University
<b>1.2 Teaching Institution:</b>	Plymouth Marjon University
<b>1.3 Locus of Delivery:</b>	Plymouth Marjon University
<b>1.4 Final Award Title:</b>	BSc (Hons)
<b>1.5 FHEQ Level:</b>	4, 5 and 6
<b>1.6 Programme Title:</b>	Sport and Exercise Science Pathways available: <ul style="list-style-type: none"> <li>• Strength and Conditioning</li> <li>• Physical Activity and Health</li> <li>• Nutrition</li> </ul>
<b>1.7 Mode and Duration of Study:</b>	Full Time – 3 years Part Time – 6 years
<b>1.8 School:</b>	Sport, Exercise & Rehabilitation
<b>1.9 HECoS Code:</b>	100433
<b>1.10 Collaborative Provision Arrangement:</b>	N/A
<b>1.11 UCAS Code(s):</b>	5A8R
<b>1.12 Admission Criteria:</b>	Normal University entrance criteria apply (please refer to the website for further details). International students will be expected to meet the English language requirements of IELTS 6.0 or equivalent.
<b>1.13 Accrediting Professional Body/PSRB:</b>	N/A
<b>1.14 QAA Subject Benchmarking Group(s):</b>	Events, Hospitality, Leisure, Sport and Tourism (2019)
<b>1.15 Other External Points of Reference:</b>	<a href="#">Framework for Higher Education Qualifications (FHEQ); UK Professional Standards Framework</a>
<b>1.16 Language of Study (for learning, teaching and assessment):</b>	English
<b>1.17 Work-Based Learning Arrangements:</b>	SESD51. Work-based Learning: Sport and Exercise Science
<b>1.18 Foundation Degree Progression Routes:</b>	N/A
<b>1.19 Arrangements for Distance Learning:</b>	N/A
<b>1.20 Original Date of Production:</b>	September 2019
<b>1.21 Date of Commencement:</b>	September 2020
<b>1.22 Review Date:</b>	September 2026

## **2. Programme Outline**

The BSc (Hons) Sport and Exercise Science programme explores the application of science (medicine, physical sciences and psychology) to sport performance and exercise participation. The programme identifies key strategies and techniques for optimising sports performance, maximising the benefits of exercise and is endorsed by the British Association of Sport and Exercise Sciences (BASES).

The BSc (Hons) Sport and Exercise Science is a multi-disciplinary programme, and the core curriculum draws from the academic sub-discipline's physiology, psychology and biomechanics that underpin sport and exercise science academically and in applied practice. The programme is underpinned by current research, discussion of theory and professional practice specific to sport performance and exercise participation. Most importantly, the programme is designed for students to become practically competent when working in the sport and exercise science sector.

The University's partner links with professional sports clubs, as well as elite and community sports programmes and athletes in Plymouth and beyond, provides numerous opportunities to develop students' sport and exercise science knowledge in an applied setting. The BSc (Hons) Sport and Exercise Science degree prepares students to work not only as a sport and exercise scientist but also in a range of roles related to the degree including the exercise and fitness industry, health provision, supporting the coach and coaching process, teaching, research and rehabilitation.

The sport and exercise science lab features world class facilities that will enable students to develop and apply their knowledge. Learning is supported by academic staff who hold both academic and professional practice qualifications and who continue to work in the sector as practitioners.

### **2.1 Integrating Sustainability into the Curriculum**

The programme team are responsible for embedding sustainability into the curriculum. The overarching aim is to empower students to become global citizens while also increasing their employability. We implement this through adherence to the broad term of sustainability which outlines respect for human rights, equality, social and economic justice, intergenerational responsibilities and cultural diversity. The programme team work alongside other university-wide agendas such as employability and student engagement to embed these concepts wider. Higher Education is recognised as an important ground for application of these essential skills. The 'instructor-learner' relationship is a unique one where learners apply, and instructors observe, "sustainability-in-action" in the context of a variety of sport and exercise science disciplines. The curriculum has been thoughtfully aligned and made relevant to ensure these principles are being implemented.

The University has a commitment to the environment and sustainability agenda and embedding these considerations is a priority of the programme team. The team will aim to reduce impact on the environment through engagement with e-learning, submission and resources.

## **3. Distinctive Features**

The BSc (Hons) Sport and Exercise Science degree programme with pathways is a distinctive and aspirational model of undergraduate provision in this area. The programme will provide an exceptional student experience in a unique way that will differentiate the University from the

rest of the sector. The programme retains the core disciplines of sport and exercise science, however the inclusion of specialist pathways (strength and conditioning, physical activity and health and nutrition) reflects the recognition to ensure the provision captures both the 'sport' aspect of programme (for example athlete performance, officiating and coaching and the impact of sport on the nation) and the 'exercise' component (positive and preventative impact of exercise on a wide ranging array of physical and mental health conditions).

The special features of the programme include:

- National recognition of the programme through the British Association of Sport and Exercise Sciences endorsement scheme (BUES);
- The option to complete specialist pathways in strength and conditioning, physical activity and health; and nutrition in line with key divisions of BASES;
- The ability to attain the level 2 Gym Instructor and level 3 Personal Training qualifications by the end of level 4;
- The opportunity to graduate and gain credit to undertake the BASES supervised experience;
- The practical application of the subject knowledge at every level and module of the degree programme
- The use of exceptional sport and exercises facilities (BASES accredited lab) to demonstrate the practical and applied nature of the discipline
- The embedding of transferable employability skills in practical sport and exercise science modules at all levels of the programme;
- The opportunity to work with athletes and clients, within a module structure, and as part of the sport science support team to gain additional professional and employability skills;
- The opportunity to be mentored by accredited staff with a wealth of applied professional consultancy experience
- The delivery of aspects of the level 6 curriculum in a High-Performance Setting
- The opportunity to complete a semester of study abroad in collaboration with our partner institutions.

#### **4. Programme Aims**

The Programme aims to:

- Develop a critical understanding of the concepts, theories and principles of sport and exercise science.
- Develop a critical understanding of human response and adaptations to sport and exercise science intervention in sports performance and exercise participation.
- Allow students to design, implement and evaluate safe and effective sport and exercise science assessment, intervention and monitoring programmes that are transferable and encompass both the sport performance and exercise environments.
- Allow students to develop and apply their research skills within sport and exercise science, with an appreciation of moral, ethical, education and legal issues.
- Allow students to become technically proficient in an array of practical sport science and exercise assessment, intervention and monitoring techniques.

## 5. Programme Learning Outcomes

### **Knowledge & understanding:**

By the end of this programme students should be able to demonstrate:

1. A comprehensive and critical understanding of the sport and exercise science disciplines underpinning human structure, function, movement and performance;
2. Planning, application and critical evaluation of the theories and concepts of sport and exercise science through interventions and personal reflective practice;
3. An understanding of the moral, ethical, educational and legal issues which underpin professional practice in sport and exercise science;
4. Comprehensive knowledge of sport and exercise science techniques that are transferable and not limited to the performance environment.

### **Intellectual skills:**

By the end of this programme students should be able to demonstrate:

5. Critical assessment and evaluation of evidence, within sport and exercise science, to develop reasoned and informed argument;
6. Analysis, description and interpretation of data using a variety of appropriate sport and exercise science techniques;
7. The interpretation of knowledge and information to solve problems in theoretical and practical sport and exercise science contexts;
8. Critical evaluation of theories, principles and concepts in sport and exercise science with minimal supervision;
9. The application of existing theories, concepts and techniques in sport and exercise science to solve new problems;
10. Responsibility for their learning and continuing professional development within a sport and exercise science context.

### **Practical skills:**

By the end of this programme students should be able to demonstrate:

11. Safe and effective sport and exercise science laboratory and field-based practice; to include risk assessment and the identification of emergency procedures;
12. The application of appropriate needs analysis to inform sport and exercise science interventions in different populations;
13. The selection, design, prescription and implementation of appropriate sport and exercise science interventions for different populations;
14. Competence in the monitoring of procedures to evaluate sport and exercise science effectiveness;
15. Effective communication with athletes, coaching population and other members of the athlete support team where appropriate.

### **Transferable / key skills:**

By the end of this programme students should be able to demonstrate:

16. Effective communication in a variety of forms reflective of a sport and exercise environment;
17. Critical reflection and evaluation of personal strengths and weaknesses within a sport and exercise science;

18. Effective teamwork, and team membership, and take responsibility for leadership where appropriate;
19. The selection and management of information using appropriate ICT, reflective of sport and exercise science, including the internet, word processing, spreadsheets and statistical software packages;
20. The selection and use of appropriate quantitative and qualitative sport and exercise science techniques for data collection, presentation, analysis and problem solving;
21. Confidence to challenge received opinion and debate, within sport and exercise science, in a professional manner.
22. The ability to organise and communicate information, using established criteria evidencing appropriate proficiency in English language, to audiences in familiar contexts both verbally and in writing (level 4).
23. The ability to organise and communicate information, using a range of relevant criteria evidencing appropriate proficiency in English language, to a variety of audiences in unfamiliar contexts of increasing complexity (level 5).
24. The ability to organise and communicate specialist and inter-related information evidencing appropriate proficiency in English language, using selected criteria, to audiences in complex contexts. (level 6).

## 6. Learning and Teaching Methods

Method	Description
<b>Blended Learning</b>	The delivery of learning opportunities using a range of methods such as attendance at lectures in University, flexible and distributed learning including <i>VLEs</i> , self-directed study etc.
<b>Case Studies</b>	A case study is a research method involving an up-close, in-depth and detailed examination of a subject of study (the case), as well as its related contextual conditions. In doing case study research, the 'case' being studied may be an individual, organisation, event or action, existing in a specific time and place.
<b>Computer based learning / E-learning</b>	Computer and network enabled transfer of skills and knowledge, using electronic applications and processes to learn.
<b>Critical Reflection</b>	Critical reflection, or reflective practice, is the ability to reflect on one's actions so as to engage in a process of continuous learning. It often involves paying critical attention to the practical values and theories which inform everyday actions, by examining practice reflectively and reflexively. This leads to developmental insight. A key rationale for reflective practice is that experience alone does not necessarily lead to learning; deliberate reflection on experience is essential.
<b>Directed Study and reading</b>	Specific reading task set by the lecturer for students.
<b>Field work</b>	Learning undertaken in an alternative context, location or environment from the regular learning environment that may be for an extended period and may require transport and accommodation.
<b>Group Work</b>	Group work is a form of voluntary association of students benefiting from cooperative learning, which enhances the total

	output of the activity than when done individually. It aims to cater for individual differences, develop skills (e.g. communication skills, collaborative skills, and critical thinking skills), generic knowledge and socially acceptable attitudes or to generate conforming standards of behaviour and judgement.
<b>Independent Learning/Study/Directed Self-Study</b>	Activities where an individual learner conducts research, or carries out a learning activity, on their own. This will often include internet resources, sound and video files on LS, book and handout-based exercises.
<b>Lectures/Lead lectures</b>	A lecture is an oral presentation intended to present information or teach students about a particular subject. Lectures are used to convey critical information, history, background, theories and equations. Usually, the lecturer will stand at the front of the room and recite information relevant to the lecture's content.
<b>Observation</b>	Learners observe selected practices related to their area of study and reflect and review them in relation to other models and processes as a means of learning.
<b>Peer Group Study</b>	A learning event in which one learner, or a small group of learners, helps other learners with a particular subject
<b>Personal and Professional Development Planning</b>	Students take part in activities that contribute towards the creation of a personal and professional action plan to achieve stated personal and career related objectives.
<b>Practicals</b>	Student activity, e.g. learning a skill or group work. This can also include laboratory sessions, coaching sessions in the sports hall and conditioning sessions in the fitness suite.
<b>Seminars</b>	A seminar is a form of academic instruction which has the function of bringing together small groups for recurring meetings, focusing each time on some particular subject, in which everyone present is requested to participate. This is often accomplished through an ongoing Socratic dialogue with a seminar leader or instructor, or through a more formal presentation of research. It is essentially a place where assigned readings are discussed, questions can be raised, and debates can be conducted.
<b>Tutorials</b>	A tutorial is a small class of one, or only a few students, in which the tutor, a lecturer, or other academic staff member, gives individual attention to the students. More interactive and specific than a book or a lecture, a tutorial seeks to teach by example and supply the information to complete a certain task.
<b>Video Viewing and Analysis</b>	Students view instructional/educational videos for academic content.
<b>Workshops</b>	A training workshop is a type of interactive training where participants carry out a number of training activities rather than passively listen to a lecture or presentation. Broadly, two types of workshops exist: a general workshop is put on for a mixed audience, and a closed workshop is tailored towards meeting the training needs of a specific group.

## **6.1 Learning Enhancement**

The central teaching and learning methods are identified on individual module descriptors. Where applicable module delivery is enhanced via the application of any of the teaching methods identified in Section 6.0: Teaching Environment

## 6.2 e-Learning

The Sport and Exercise Science programme team recognise the increasing contribution that digital resources make to the learning experiences of students. The team utilises the virtual learning environment to provide access to resources, discussion groups and other learning materials, such as audio files, learning objects, lecture capture, and performance analysis technology. Teaching examples include the use of Edublogs to review placement experiences, online assessments and the provision of podcast and webinars. Students within the SES programme are encouraged to produce, share and utilise a range of e-learning resources as part of their learning experience. The programme also has a twitter feed that encourages dissemination of practical sport and exercise science information from professional organisations and the development of professional networks.

## 7. Modes of Assessment

Achievement of Learning Outcomes is formative through responses to practice tasks and directed tasks, and the accumulation of portfolio evidence from work-based learning. The student is required to draw on these experiences to inform summative assessments, thus providing the opportunity for cumulative learning and reflection and to demonstrate the whole of their learning. Module learning outcomes are explicitly stated on the VLE. Students are provided with assessment guidance and marking frameworks are made available during assessment workshops at the module level.

A broad range of assessment strategies are used in the programme to support the development of knowledge and understanding and professional and practical skills as well as providing opportunities to foster key and transferable skills. Throughout the taught modules formative assessment is employed to support students in their learning and development. Students are encouraged to reflect on their own performance within assessments in line with the values of the University to empower students to become successful graduates.

The University uses Turnitin electronic assessment submission, which allows students to submit assignments electronically without the need to be physically present on campus. Turnitin deters plagiarism and supports staff identifying poor practice and malpractice.

The assessment strategy develops across the three years to shift from the focus of instilling theoretical subject knowledge at level 4 (through the prescribed curriculum) to practical proficiency of applied skills at level 5 and mastery of those at level 6. This is reflected in 'real-life' assessments where students are assessed practically in the specialist field.

Method	Description
Case Study	An analysis of a real-life example within the field of sport and exercise science.
Critical Review	An analysis and evaluation of a topic (often a chapter from a book or an article from a journal), which requires the student to understand the material, while analysing and evaluating it using appropriate criteria.
Essay	An assessed piece of writing used to provide feedback to the trainee to improve their learning and target areas that require further work. The grade does not contribute to the final module mark.
Formal Examination/ Online Examination	An examination is an assessment intended to measure a test-taker's knowledge, skill, aptitude, physical fitness or



	classification in many other topics (e.g., beliefs). An exam may be administered verbally, on paper, on a computer, or in a predetermined area that requires the exam-taker to demonstrate or perform a set of skills. Exams vary in style, rigour and requirements. For example, in a closed book test, an exam taker is usually required to rely upon memory to respond to specific items whereas in an open book test, the exam taker may use one or more supplementary tools such as a reference book or calculator when responding.
Honours Project	An in-depth independent study of up to 10,000 words. This study may be the result of carrying out a primary research project.
Infographic	Infographic are used to present information using charts, graphs or other images, with minimal text, with the intention of creating an easily understood overview of relevant subject areas.
Literature Review	An essay style assignment critically evaluating literature pertinent to a topic. A critique of a selected text (usually a chapter from a book or an article from a journal), activity or organisation.
Oral Presentation	Clearly structured individual or group verbal delivery within timed conditions, delivered using appropriate methods and which demonstrates detailed knowledge and analysis of the subject.
Portfolio/Online Reflective Diary	A collection of documents and/or artefacts created by a person to demonstrate the achievements, learning and skills they have developed. A portfolio may be created for a number of reasons, for example as part of the personal development planning/profiling process, as part of the assessment of a course or to support a claim for APL.
Poster Presentation	Students are given the opportunity to present knowledge and findings in visual format as an equivalent to a written assessment.
Practical Examination/Assessment	An assessment of the ability to apply knowledge, understanding and skills practically (e.g., collecting data, interviewing skills).
Reflective Portfolio	Reflective portfolios will enable students to reflect upon and evaluate their learning in relation to specific practical activities such as undertaking consultancy work with employers or a placement.
Report / Laboratory Report	A report is an analytical piece of work using research to critically review the subject area. A report can also use the support of diagrams, pictures and captions to analyse research.
Research Proposal/Honours Project Proposal	A precise and coherent summary of a proposed research project setting out the central issues to be addressed and the ethical procedures to be followed.
Website/Pitch	A sales presentation or pitch is a line of talk that attempts to persuade someone of something, with a planned sales

	presentation strategy of a product designed to initiate and close a sale of that product.
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## 8. Exemptions to University Regulations

N/A

## 9. Work-Based Learning/Placement Learning

The Sport and Exercise Science degree provides opportunities for students to apply their knowledge and understanding in vocationally relevant workplaces and gain additional skills and experiences that will enhance their future employability. Students will have structured work experience opportunities (SESD51) and will have the opportunity to select workplace settings to tailor the programme towards their particular area of interest.

All students that engage in work-based modules are allocated a University Placement Advisor who confirms the appropriateness of the student's placement and agrees the focus of the placement. Students negotiate their placement aims with the host organisation and their university placement advisor. All placements adhere to the University Policy on Placement Learning. The specific work-based module runs for the whole of the second academic year. Students are guided to work within an organisation that reflects and aligns to their future career aspirations.

Work-based learning opportunities are embedded throughout the modules and students can engage with industry through formalised partnerships the University and programme team have made, high performance field trips and collaborations with guest speakers. Students are also provided ample opportunity to be involved with the sport and exercise science support team to further build their real-life experiences.

The programme is vocationally orientated, and students review their career aspirations through engagement with the PDT system to ensure they maximise opportunities to enhance their future employability. Understanding the sports industry, and specifically the role of a sport and exercise scientist, is integral to the programme and the breadth of the sporting landscape and employment opportunities becomes apparent to students.

## 10. Programme Structure

### Full Time

### BSc Sport and Exercise Science

#### Level 4

Module Code	Module Title	Credits	Assessment	Semester/ Term	Compulsory/ Optional	Condonable/ Non- Condonable
<a href="#">SESC51</a>	The Sport and Exercise Scientist <i>(Immersive module)</i>	20	10% Coursework 90% Practical	Semester A	Compulsory	Non- Condonable
<a href="#">SESC52</a>	Introduction to human movement and biomechanics	20	60% Coursework 40% Practical	Semester B	Compulsory	Condonable
<a href="#">SESC53</a>	Anatomy and physiology for sport and exercise	20	50% Coursework 50% Exam	Semester A	Compulsory	Condonable
<a href="#">SESC54</a>	Introduction to sport, health and exercise psychology	20	50% Coursework 50% Exam	Semester A	Compulsory	Condonable
<a href="#">SESC55</a>	Introduction to sport and exercise nutrition	20	100% Coursework	Semester B	Compulsory	Condonable
<a href="#">SESC56</a>	Conditioning principles for sport, exercise and health	20	40% Exam 60% Practical	Semester B	Compulsory	Condonable

#### Level 5

Module Code	Module Title	Credits	Assessment	Semester/ Term	Compulsory/ Optional	Condonable/ Non- Condonable
<a href="#">SESD51</a>	Work-based Learning: Sport and Exercise Science	20	100% Coursework	Semester X	Compulsory	Non- Condonable
<a href="#">SESD52</a>	Performance and technique analysis for sport	20	100% Coursework	Semester A	Compulsory	Condonable

<a href="#">SESD53</a>	Sport and exercise physiology	20	60% Coursework 40% Practical	Semester B	Compulsory	Condonable
<a href="#">SESD54</a>	Sport and exercise psychology	20	100% Coursework	Semester B	Compulsory	Condonable
<a href="#">SESD55</a>	Research methods and analysis in sport and health sciences	20	100% Coursework	Semester X	Compulsory	Condonable
<a href="#">SESD56</a>	Applied strength and conditioning for sport and exercise ♦	20	30% Coursework 20% Exam 50% Practical	Semester A	Optional	Condonable
<a href="#">SESD57</a>	Nutrition for health and performance *	20	60% Coursework 40% Practical	Semester A	Optional	Condonable
<a href="#">SESD58</a>	Exercise prescription and the fitness professional ❖	20	50% Coursework 50% Practical	Semester A	Optional	Condonable

♦ Compulsory for Strength and Conditioning pathway

\* Compulsory for the Nutrition pathway

❖ Compulsory for the Physical Activity and Health pathway

### Level 6

Module Code	Module Title	Credits	Assessment	Semester/ Term	Compulsory/ Optional	Condonable/ Non- Condonable
<a href="#">SESHP1</a>	Honours Project	40	100% Coursework	Semester X	Compulsory	Non- Condonable
<a href="#">SESH52</a>	Performance biomechanics	20	100% Practical	Semester A	Optional	Condonable
<a href="#">SESH53</a>	Injury biomechanics	20	60% Coursework 40% Practical	Semester B	Optional	Condonable
<a href="#">SESH54</a>	Performance physiology ♦	20	35% Coursework 65% Practical	Semester A	Optional	Condonable
<a href="#">SESH55</a>	Environmental physiology	20	70% Coursework 30% Practical	Semester B	Optional	Condonable
<a href="#">SEPH51</a>	Contemporary sport and exercise psychology	20	100% Coursework	Semester A	Optional	Condonable
<a href="#">SEPH52</a>	Applied sport psychology	20	50% Coursework 50% Practical	Semester B	Optional	Condonable

<a href="#">SESH56</a>	Applied interdisciplinary sport and exercise science	20	100% Coursework	Semester B	Compulsory	Condonable
<a href="#">SESH57</a>	Advances in strength and conditioning ♦	20	70% Coursework 30% Practical	Semester B	Optional	Condonable
<a href="#">SESH58</a>	Advanced nutrition for sport and exercise * †	20	70% Coursework 30% Practical	Semester A	Optional	Condonable
<a href="#">SESH59</a>	Advanced Lifestyle Practitioner † ‡	20	60% Coursework 40% Practical	Semester A	Optional	Condonable
<a href="#">SESH60</a>	Nutrition across the lifespan * † ‡	20	100% Coursework	Semester B	Optional	Condonable

Key: Semester X = A & B

- ♦ Compulsory for Strength and Conditioning pathway
- \* Compulsory for the Nutrition pathway
- † Compulsory for the Physical Activity and Health pathway

- A definitive module descriptor is required for each module

## Part Time

### Level 4 – Year 1

Module Code	Module Title	Credits	Assessment	Semester/ Term	Compulsory/ Optional	Condonable/ Non- Condonable
SESC51	The Sport and Exercise Scientist ( <i>Immersive module</i> )	20	10% Coursework 90% Practical	Semester A	Compulsory	Non- Condonable
SESC52	Introduction to human movement and biomechanics	20	60% Coursework 40% Practical	Semester B	Compulsory	Condonable
SESC53	Anatomy and physiology for sport and exercise	20	50% Coursework 50% Exam	Semester A	Compulsory	Condonable

**Level 4 – Year 2**

<b>Module Code</b>	<b>Module Title</b>	<b>Credits</b>	<b>Assessment</b>	<b>Semester/ Term</b>	<b>Compulsory/ Optional</b>	<b>Condonable/ Non- Condonable</b>
SESC54	Introduction to sport, health and exercise psychology	20	50% Coursework 50% Exam	Semester A	Compulsory	Condonable
SESC55	Introduction to sport and exercise nutrition	20	100% Coursework	Semester B	Compulsory	Condonable
SESC56	Conditioning principles for sport, exercise and health	20	40% Exam 60% Practical	Semester B	Compulsory	Condonable

**Level 5 – Year 3**

<b>Module Code</b>	<b>Module Title</b>	<b>Credits</b>	<b>Assessment</b>	<b>Semester/ Term</b>	<b>Compulsory/ Optional</b>	<b>Condonable/ Non- Condonable</b>
SESD52	Performance and technique analysis for sport	20	100% Coursework	Semester A	Compulsory	Condonable
SESD53	Sport and exercise physiology	20	60% Coursework 40% Practical	Semester B	Compulsory	Condonable
SESD54	Sport and exercise psychology	20	100% Coursework	Semester B	Compulsory	Condonable

**Level 5 – Year 4**

<b>Module Code</b>	<b>Module Title</b>	<b>Credits</b>	<b>Assessment</b>	<b>Semester/ Term</b>	<b>Compulsory/ Optional</b>	<b>Condonable/ Non- Condonable</b>
SESD55	Research methods and analysis in sport and health sciences	20	100% Coursework	Semester X	Compulsory	Condonable
SESD51	Work-based learning: sport and exercise science	20	100% Coursework	Semester X	Compulsory	Non- Condonable
SESD56	Applied strength and conditioning	20	30% Coursework 20% Exam 50% Practical	Semester A	Optional	Condonable

	for sport and exercise ♦					
SESD57	Nutrition for health and performance *	20	60% Coursework 40% Practical	Semester A	Optional	Condonable
SESD58	Exercise prescription and the fitness professional ❖	20	50% Coursework 50% Practical	Semester A	Optional	Condonable

### Level 6 – Year 5

Module Code	Module Title	Credits	Assessment	Semester/ Term	Compulsory/ Optional	Condonable/ Non- Condonable
SESH52	Performance biomechanics	20	100% Practical	Semester A	Optional	Condonable
SESH54	Performance physiology ♦	20	35% Coursework 65% Practical	Semester A	Optional	Condonable
SEPH51	Contemporary sport and exercise psychology	20	100% Coursework	Semester A	Optional	Condonable
SESH56	Applied Interdisciplinary sport and exercise science	20	100% Coursework	Semester B	Compulsory	Condonable
SESH58	Advanced nutrition for sport and exercise *	20	70% Coursework 30% Practical	Semester A	Optional	Condonable
SESH60	Nutrition across the lifespan *❖	20	100% Coursework	Semester B	Optional	Condonable

### Level 6 – Year 6

Module Code	Module Title	Credits	Assessment	Semester/ Term	Compulsory/ Optional	Condonable/ Non- Condonable
SESHP1	Honours project	40	100% Coursework	Semester X	Compulsory	Non- Condonable
SESH53	Injury biomechanics	20	60% Coursework 40% Practical	Semester B	Optional	Condonable
SESH55	Environmental physiology	20	70% Coursework 30% Practical	Semester B	Optional	Condonable
SEPH52	Applied sport psychology	20	50% Coursework 50% Practical	Semester B	Optional	Condonable

SESH57	Advances in strength and conditioning ♦	20	70% Coursework 30% Practical	Semester B	Optional	Condonable
SESH59	Advanced lifestyle practitioner ❖	20	60% Coursework 40% Practical	Semester A	Optional	Condonable

Key: Semester X = A & B

♦ Compulsory for Strength and Conditioning pathway

\* Compulsory for the Nutrition pathway

❖ Compulsory for the Physical Activity and Health pathway

## Full Time

### BSc Sport and Exercise Science (Strength and Conditioning pathway)

#### Level 4

Module Code	Module Title	Credits	Assessment	Semester/ Term	Compulsory/ Optional	Condonable/ Non- Condonable
SESC51	The Sport and Exercise Scientist <i>(Immersive module)</i>	20	10% Coursework 90% Practical	Semester A	Compulsory	Non- Condonable
SESC52	Introduction to human movement and biomechanics	20	60% Coursework 40% Practical	Semester B	Compulsory	Condonable
SESC53	Anatomy and physiology for sport and exercise	20	50% Coursework 50% Exam	Semester A	Compulsory	Condonable
SESC54	Introduction to sport, health and exercise psychology	20	50% Coursework 50% Exam	Semester A	Compulsory	Condonable
SESC55	Introduction to sport and exercise nutrition	20	100% Coursework	Semester B	Compulsory	Condonable
SESC56	Conditioning principles for sport, exercise and health	20	40% Exam 60% Practical	Semester B	Compulsory	Condonable



### Level 5

Module Code	Module Title	Credits	Assessment	Semester/ Term	Compulsory/ Optional	Condonable/ Non- Condonable
SESD51	Work-based Learning: Sport and Exercise Science	20	100% Coursework	Semester X	Compulsory	Non- Condonable
SESD52	Performance and technique analysis for sport	20	100% Coursework	Semester A	Compulsory	Condonable
SESD53	Sport and exercise physiology	20	60% Coursework 40% Practical	Semester B	Compulsory	Condonable
SESD54	Sport and exercise psychology	20	100% Coursework	Semester B	Compulsory	Condonable
SESD55	Research methods and analysis in sport and health sciences	20	100% Coursework	Semester X	Compulsory	Condonable
SESD56	Applied strength and conditioning for sport and exercise	20	30% Coursework 20% Exam 50% Practical	Semester A	Compulsory	Condonable

### Level 6

Module Code	Module Title	Credits	Assessment	Semester/ Term	Compulsory/ Optional	Condonable/ Non- Condonable
SESHP1	Honours Project	40	100% Coursework	Semester X	Compulsory	Non- Condonable
SESH52	Performance biomechanics	20	100% Practical	Semester A	Optional	Condonable
SESH54	Performance physiology	20	35% Coursework 65% Practical	Semester A	Compulsory	Condonable
SEPH51	Contemporary sport and exercise psychology	20	100% Coursework	Semester A	Optional	Condonable
SESH56	Applied interdisciplinary sport and exercise science	20	100% Coursework	Semester B	Compulsory	Condonable

SESH57	Advances in strength and conditioning	20	70% Coursework 30% Practical	Semester B	Compulsory	Condonable
SESH58	Advanced nutrition for sport and exercise	20	70% Coursework 30% Practical	Semester A	Optional	Condonable
SESH59	Advanced Lifestyle Practitioner	20	60% Coursework 40% Practical	Semester A	Optional	Condonable

Key: Semester X = A & B

## Part Time

### Level 4 – Year 1

Module Code	Module Title	Credits	Assessment	Semester/ Term	Compulsory/ Optional	Condonable/ Non- Condonable
SESC51	The Sport and Exercise Scientist <i>(Immersive module)</i>	20	10% Coursework 90% Practical	Semester A	Compulsory	Non- Condonable
SESC52	Introduction to human movement and biomechanics	20	60% Coursework 40% Practical	Semester B	Compulsory	Condonable
SESC53	Anatomy and physiology for sport and exercise	20	50% Coursework 50% Exam	Semester A	Compulsory	Condonable

### Level 4 – Year 2

Module Code	Module Title	Credits	Assessment	Semester/ Term	Compulsory/ Optional	Condonable/ Non- Condonable
SESC54	Introduction to sport, health and exercise psychology	20	50% Coursework 50% Exam	Semester A	Compulsory	Condonable
SESC55	Introduction to sport and exercise nutrition	20	100% Coursework	Semester B	Compulsory	Condonable
SESC56	Conditioning principles for sport, exercise and health	20	40% Exam 60% Practical	Semester B	Compulsory	Condonable

### Level 5 – Year 3

Module Code	Module Title	Credits	Assessment	Semester/ Term	Compulsory/ Optional	Condonable/ Non- Condonable
SESD55	Research methods and analysis in sport and health sciences	20	100% Coursework	Semester X	Compulsory	Condonable
SESD52	Performance and technique analysis for sport	20	100% Coursework	Semester A	Compulsory	Condonable
SESD53	Sport and exercise physiology	20	60% Coursework 40% Practical	Semester B	Compulsory	Condonable

### Level 5 – Year 4

Module Code	Module Title	Credits	Assessment	Semester/ Term	Compulsory/ Optional	Condonable/ Non- Condonable
SESD51	Work-based learning: sport and exercise science	20	100% Coursework	Semester X	Compulsory	Non- Condonable
SESD56	Applied strength and conditioning for sport and exercise	20	30% Coursework 20% Exam 50% Practical	Semester A	Compulsory	Condonable
SESD54	Sport and exercise psychology	20	100% Coursework	Semester B	Compulsory	Condonable

### Level 6 – Year 5

Module Code	Module Title	Credits	Assessment	Semester/ Term	Compulsory/ Optional	Condonable/ Non- Condonable
SESH52	Performance biomechanics	20	100% Practical	Semester A	Optional	Condonable
SESH54	Performance physiology	20	35% Coursework 65% Practical	Semester A	Compulsory	Condonable
SEPH51	Contemporary sport and exercise psychology	20	100% Coursework	Semester A	Optional	Condonable

SESH59	Advanced lifestyle practitioner	20	60% Coursework 40% Practical	Semester A	Optional	Condonable
SESH58	Advanced nutrition for sport and exercise	20	70% Coursework 30% Practical	Semester A	Optional	Condonable
SESH57	Advances in strength and conditioning	20	70% Coursework 30% Practical	Semester B	Compulsory	Condonable

### Level 6 – Year 6

Module Code	Module Title	Credits	Assessment	Semester/ Term	Compulsory/ Optional	Condonable/ Non- Condonable
SESH56	Applied Interdisciplinary sport and exercise science	20	100% Coursework	Semester A	Compulsory	Condonable
SESH56	Applied Interdisciplinary sport and exercise science	20	100% Coursework	Semester A	Compulsory	Condonable
SESHP1	Honours project	40	100% Coursework	Semester X	Compulsory	Non- Condonable

Key: Semester X = A & B

### Full Time

### BSc Sport and Exercise Science (Nutrition pathway)

#### Level 4

Module Code	Module Title	Credits	Assessment	Semester/ Term	Compulsory/ Optional	Condonable/ Non- Condonable
SESC51	The Sport and Exercise Scientist <i>(Immersive module)</i>	20	10% Coursework 90% Practical	Semester A	Compulsory	Non- Condonable
SESC52	Introduction to human movement and biomechanics	20	60% Coursework 40% Practical	Semester B	Compulsory	Condonable
SESC53	Anatomy and physiology for sport and exercise	20	50% Coursework 50% Exam	Semester A	Compulsory	Condonable
SESC54	Introduction to sport, health and exercise psychology	20	50% Coursework 50% Exam	Semester A	Compulsory	Condonable

SESC55	Introduction to sport and exercise nutrition	20	100% Coursework	Semester B	Compulsory	Condonable
SESC56	Conditioning principles for sport, exercise and health	20	40% Exam 60% Practical	Semester B	Compulsory	Condonable

### Level 5

Module Code	Module Title	Credits	Assessment	Semester/ Term	Compulsory/ Optional	Condonable/ Non- Condonable
SESD51	Work-based Learning: Sport and Exercise Science	20	100% Coursework	Semester X	Compulsory	Non- Condonable
SESD52	Performance and technique analysis for sport	20	100% Coursework	Semester A	Compulsory	Condonable
SESD53	Sport and exercise physiology	20	60% Coursework 40% Practical	Semester B	Compulsory	Condonable
SESD54	Sport and exercise psychology	20	100% Coursework	Semester B	Compulsory	Condonable
SESD55	Research methods and analysis in sport and health sciences	20	100% Coursework	Semester X	Compulsory	Condonable
SESD57	Nutrition for health and performance	20	60% Coursework 40% Practical	Semester A	Compulsory	Condonable

### Level 6

Module Code	Module Title	Credits	Assessment	Semester/ Term	Compulsory/ Optional	Condonable/ Non- Condonable
SESHP1	Honours Project	40	100% Coursework	Semester X	Compulsory	Non- Condonable
SESH52	Performance biomechanics	20	100% Practical	Semester A	Optional	Condonable
SESH54	Performance physiology	20	35% Coursework 65% Practical	Semester A	Optional	Condonable
SEPH51	Contemporary sport and exercise psychology	20	100% Coursework	Semester A	Optional	Condonable

SESH56	Applied interdisciplinary sport and exercise science	20	100% Coursework	Semester B	Compulsory	Condonable
SESH58	Advanced nutrition for sport and exercise	20	70% Coursework 30% Practical	Semester A	Compulsory	Condonable
SESH59	Advanced Lifestyle Practitioner	20	60% Coursework 40% Optional	Semester A	Optional	Condonable
SESH60	Nutrition across the lifespan	20	100% Coursework	Semester B	Compulsory	Condonable

Key: Semester X = A & B

## Part Time

### Level 4 – Year 1

Module Code	Module Title	Credits	Assessment	Semester/ Term	Compulsory/ Optional	Condonable/ Non- Condonable
SESC51	The Sport and Exercise Scientist ( <i>Immersive module</i> )	20	10% Coursework 90% Practical	Semester A	Compulsory	Non- Condonable
SESC52	Introduction to human movement and biomechanics	20	60% Coursework 40% Practical	Semester B	Compulsory	Condonable
SESC53	Anatomy and physiology for sport and exercise	20	50% Coursework 50% Exam	Semester A	Compulsory	Condonable

### Level 4 – Year 2

Module Code	Module Title	Credits	Assessment	Semester/ Term	Compulsory/ Optional	Condonable/ Non- Condonable
SESC54	Introduction to sport, health and exercise psychology	20	50% Coursework 50% Exam	Semester A	Compulsory	Condonable
SESC55	Introduction to sport and exercise nutrition	20	100% Coursework	Semester B	Compulsory	Condonable
SESC56	Conditioning principles for	20	40% Exam 60% Practical	Semester B	Compulsory	Condonable

	sport, exercise and health					
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### Level 5 – Year 3

Module Code	Module Title	Credits	Assessment	Semester/ Term	Compulsory/ Optional	Condonable/ Non- Condonable
SESD55	Research methods and analysis in sport and health sciences	20	100% Coursework	Semester X	Compulsory	Condonable
SESD52	Performance and technique analysis for sport	20	100% Coursework	Semester A	Compulsory	Condonable
SESD53	Sport and exercise physiology	20	60% Coursework 40% Practical	Semester B	Compulsory	Condonable

### Level 5 – Year 4

Module Code	Module Title	Credits	Assessment	Semester/ Term	Compulsory/ Optional	Condonable/ Non- Condonable
SESD51	Work-based learning: sport and exercise science	20	100% Coursework	Semester X	Compulsory	Non- Condonable
SESD57	Nutrition for health and performance	20	60% Coursework 40% Practical	Semester A	Compulsory	Condonable
SESD54	Sport and exercise psychology	20	100% Coursework	Semester B	Compulsory	Condonable

### Level 6 – Year 5

Module Code	Module Title	Credits	Assessment	Semester/ Term	Compulsory/ Optional	Condonable/ Non- Condonable
SESH52	Performance biomechanics	20	100% Practical	Semester A	Optional	Condonable
SESH54	Performance physiology	20	35% Coursework 65% Practical	Semester A	Optional	Condonable
SEPH51	Contemporary sport and exercise psychology	20	100% Coursework	Semester A	Optional	Condonable

SESH57	Advances in Strength and conditioning	20	70% Coursework 30% Practical	Semester B	Compulsory	Condonable
SESH58	Advanced nutrition for sport and exercise	20	70% Coursework 30% Practical	Semester A	Compulsory	Condonable
SESH59	Advanced lifestyle practitioner	20	60% Coursework 40% Optional	Semester A	Optional	Condonable

### Level 6 – Year 6

Module Code	Module Title	Credits	Assessment	Semester/ Term	Compulsory/ Optional	Condonable/ Non- Condonable
SESHP1	Honours project	40	100% Coursework	Semester X	Compulsory	Non- Condonable
SESH56	Applied Interdisciplinary sport and exercise science	20	100% Coursework	Semester A	Compulsory	Condonable

Key: Semester X = A & B

### Full Time

### BSc Sport and Exercise Science (Physical Activity and Health pathway)

#### Level 4

Module Code	Module Title	Credits	Assessment	Semester/ Term	Compulsory/ Optional	Condonable/ Non- Condonable
SESC51	The Sport and Exercise Scientist <i>(Immersive module)</i>	20	10% Coursework 90% Practical	Semester A	Compulsory	Non- Condonable
SESC52	Introduction to human movement and biomechanics	20	60% Coursework 40% Practical	Semester B	Compulsory	Condonable
SESC53	Anatomy and physiology for sport and exercise	20	50% Coursework 50% Exam	Semester A	Compulsory	Condonable
SESC54	Introduction to sport, health and exercise psychology	20	50% Coursework 50% Exam	Semester A	Compulsory	Condonable



SESC55	Introduction to sport and exercise nutrition	20	100% Coursework	Semester B	Compulsory	Condonable
SESC56	Conditioning principles for sport, exercise and health	20	40% Exam 60% Practical	Semester B	Compulsory	Condonable

### Level 5

Module Code	Module Title	Credits	Assessment	Semester/ Term	Compulsory/ Optional	Condonable/ Non- Condonable
SESD51	Work-based Learning: Sport and Exercise Science	20	100% Coursework	Semester X	Compulsory	Non- Condonable
SESD52	Performance and technique analysis for sport	20	100% Coursework	Semester A	Compulsory	Condonable
SESD53	Sport and exercise physiology	20	60% Coursework 40% Practical	Semester B	Compulsory	Condonable
SESD54	Sport and exercise psychology	20	100% Coursework	Semester B	Compulsory	Condonable
SESD55	Research methods and analysis in sport and health sciences	20	100% Coursework	Semester X	Compulsory	Condonable
SESD58	Exercise prescription and the fitness professional	20	50% Coursework 50% Practical	Semester A	Optional	Condonable

### Level 6

Module Code	Module Title	Credits	Assessment	Semester/ Term	Compulsory/ Optional	Condonable/ Non- Condonable
SESHP1	Honours Project	40	100% Coursework	Semester X	Compulsory	Non- Condonable
SESH52	Performance biomechanics	20	100% Practical	Semester A	Optional	Condonable
SESH54	Performance physiology	20	35% Coursework 65% Practical	Semester A	Optional	Condonable
SEPH51	Contemporary sport and	20	100% Coursework	Semester A	Optional	Condonable

	exercise psychology					
SESH56	Applied interdisciplinary sport and exercise science	20	100% Coursework	Semester B	Compulsory	Condonable
SESH58	Advanced nutrition for sport and exercise *	20	70% Coursework 30% Practical	Semester A	Optional	Condonable
SESH59	Advanced Lifestyle Practitioner	20	60% Coursework 40% Practical	Semester A	Compulsory	Condonable
SESH60	Nutrition across the lifespan	20	100% Coursework	Semester B	Compulsory	Condonable

Key: Semester X = A & B

## Part Time

### Level 4 – Year 1

Module Code	Module Title	Credits	Assessment	Semester/ Term	Compulsory/ Optional	Condonable/ Non- Condonable
SESC51	The Sport and Exercise Scientist <i>(Immersive module)</i>	20	10% Coursework 90% Practical	Semester A	Compulsory	Non- Condonable
SESC52	Introduction to human movement and biomechanics	20	60% Coursework 40% Practical	Semester B	Compulsory	Condonable
SESC53	Anatomy and physiology for sport and exercise	20	50% Coursework 50% Exam	Semester A	Compulsory	Condonable

### Level 4 – Year 2

Module Code	Module Title	Credits	Assessment	Semester/ Term	Compulsory/ Optional	Condonable/ Non- Condonable
SESC54	Introduction to sport, health and exercise psychology	20	50% Coursework 50% Exam	Semester A	Compulsory	Condonable
SESC55	Introduction to sport and exercise nutrition	20	100% Coursework	Semester B	Compulsory	Condonable

SESC56	Conditioning principles for sport, exercise and health	20	40% Exam 60% Practical	Semester B	Compulsory	Condonable
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### Level 5 – Year 3

Module Code	Module Title	Credits	Assessment	Semester/ Term	Compulsory/ Optional	Condonable/ Non- Condonable
SESD52	Performance and technique analysis for sport	20	100% Coursework	Semester A	Compulsory	Condonable
SESD53	Sport and exercise physiology	20	60% Coursework 40% Practical	Semester B	Compulsory	Condonable
SESD54	Sport and exercise psychology	20	100% Coursework	Semester B	Compulsory	Condonable

### Level 5 – Year 4

Module Code	Module Title	Credits	Assessment	Semester/ Term	Compulsory/ Optional	Condonable/ Non- Condonable
SESD51	Work-based Learning: Sport and Exercise Science	20	100% Coursework	Semester X	Compulsory	Non- Condonable
SESD58	Exercise prescription and the fitness professional	20	50% Coursework 50% Practical	Semester A	Compulsory	Condonable
SESD55	Research methods and analysis in sport and health sciences	20	100% Coursework	Semester X	Compulsory	Condonable

### Level 6 – Year 5

Module Code	Module Title	Credits	Assessment	Semester/ Term	Compulsory/ Optional	Condonable/ Non- Condonable
SESH52	Performance biomechanics	20	100% Practical	Semester A	Optional	Condonable
SESH54	Performance physiology	20	35% Coursework 65% Practical	Semester A	Optional	Condonable
SEPH51	Contemporary sport and	20	100% Coursework	Semester A	Optional	Condonable

	exercise psychology					
SESH59	Advanced Lifestyle Practitioner	20	60% Coursework 40% Practical	Semester A	Optional	Condonable
SESH58	Advanced nutrition for sport and exercise *	20	70% Coursework 30% Practical	Semester A	Optional	Condonable
SESH60	Nutrition across the lifespan	20	100% Coursework	Semester B	Compulsory	Condonable

#### Level 6 – Year 6

Module Code	Module Title	Credits	Assessment	Semester/ Term	Compulsory/ Optional	Condonable/ Non- Condonable
SESHP1	Honours Project	40	100% Coursework	Semester X	Compulsory	Non- Condonable
SESH56	Applied interdisciplinary sport and exercise science	20	100% Coursework	Semester B	Compulsory	Condonable

Key: Semester X = A & B

#### Part time: BSc Sport and Exercise Science (Army All Arms Instructors and Public Services PT instructors)

The following table shows the Sport and Exercise Science Part-time prescribed route for Army All Arms and Public Service PT instructors.

The course comprises ten modules within higher education at level 4, 5 and 6 (220 credits) and two preparatory workshops

#### Level 4

Module Code	Module Title	Credits	Assessment	Semester/ Term	Compulsory/ Optional	Condonable/ Non- Condonable
SESC52	Introduction to human movement and biomechanics	20	60% Coursework 40% Practical	Semester B	Compulsory	Condonable

## Level 5

Module Code	Module Title	Credits	Assessment	Semester/ Term	Compulsory/ Optional	Condonable/ Non- Condonable
SESD52	Performance and technique analysis for sport	20	100% Coursework	Semester A	Compulsory	Condonable
SESD53	Sport and exercise physiology	20	60% Coursework 40% Practical	Semester B	Compulsory	Condonable
SESD54	Sport and exercise psychology	20	100% Coursework	Semester B	Compulsory	Condonable
SESD55	Research methods and analysis in sport and health sciences	20	100% Coursework	Semester X	Compulsory	Condonable

## Level 6

Module Code	Module Title	Credits	Assessment	Semester/ Term	Compulsory/ Optional	Condonable/ Non- Condonable
SESHP1	Honours Project	40	100% Coursework	Semester X	Compulsory	Non- Condonable
SESH52	Performance biomechanics	20	100% Practical	Semester A	Compulsory	Non- Condonable
SESH54	Performance physiology	20	35% Coursework 65% Practical	Semester A	Compulsory	Condonable
SEPH52	Applied sport psychology	20	50% Coursework 50% Practical	Semester B	Compulsory	Condonable
SESH51	Work-based learning	20	100% Coursework	Semester X	Compulsory	Condonable

## Full time: Military Route

The following table shows the Sport and Exercise Science full-time prescribed route for Military.

## Level 6

Module Code	Module Title	Credits	Assessment	Semester/ Term	Compulsory/ Optional	Condonable/ Non- Condonable
SESHP1	Honours Project	40	100% Coursework	Semester X	Compulsory	Non- Condonable

SESH52	Performance biomechanics	20	100% Practical	Semester A	Compulsory	Non-Condonable
SESH54	Performance physiology	20	35% Coursework 65% Practical	Semester A	Compulsory	Condonable
SEPH52	Applied sport psychology	20	50% Coursework 50% Practical	Semester B	Compulsory	Condonable
SESH51	Work-based learning	20	100% Coursework	Semester X	Compulsory	Condonable

Key: Semester X = A & B

- A definitive module descriptor is required for each module

The table below shows the various ‘threads’ through the programme. These ‘threads’ provide cohesion and coherence to the programme, so that learning can be developed and built upon in a robust way that makes sense to the students. Links will be forged during learning sessions with content from previous modules, as well as indication of learning on up-coming modules. The ‘threads’ act as a mechanism for students to see how the learning links together in meaningful way and will be made explicit to students throughout the programme.

#### Threads Level 4

Module Code	Module Title	Thread
SESC51	The Sport and Exercise Scientist (level 2 Gym Instructor)	1.1, 1.2, 1.3, 2.1, 2.2, 2.3, 3.1, 4.1, 5.1, 6.1
SESC52	Introduction to human movement and biomechanics	1.3, 2.3
SESC53	Anatomy and physiology for sport and exercise	1.1, 2.1
SESC54	Introduction to sport, health and exercise psychology	1.2, 2.2
SESC55	Introduction to sport and exercise nutrition	1.4, 2.4,
SESC56	Conditioning principles for sport, exercise and health (level 3 Personal Trainer)	1.1, 2.4, 5.1

#### Threads Level 5

Module Code	Module Title	Thread
SESD51	Work-based learning: sport and exercise science	1.1, 1.2, 1.3, 1.4, 2.1, 2.2, 2.3, 2.4, 3.1, 5.1, 6.1
SESD52	Performance and technique analysis for sport	1.3, 2.3
SESD53	Sport and exercise physiology	1.1, 2.1
SESD54	Sport and exercise psychology	1.2, 2.2
SESD55	Research methods and analysis in sport and health sciences	3.1, 4.1
SESD56	Applied strength and conditioning for sport and exercise ♦	1.1, 1.4, 2.4, 3.1, 6.1
SESD57	Nutrition for health and performance *	1.4, 2.4, 3.1
SESD58	Exercise prescription and the fitness professional ♦	1.4, 2.4, 3.1, 5.1, 6.1

## Threads Level 6

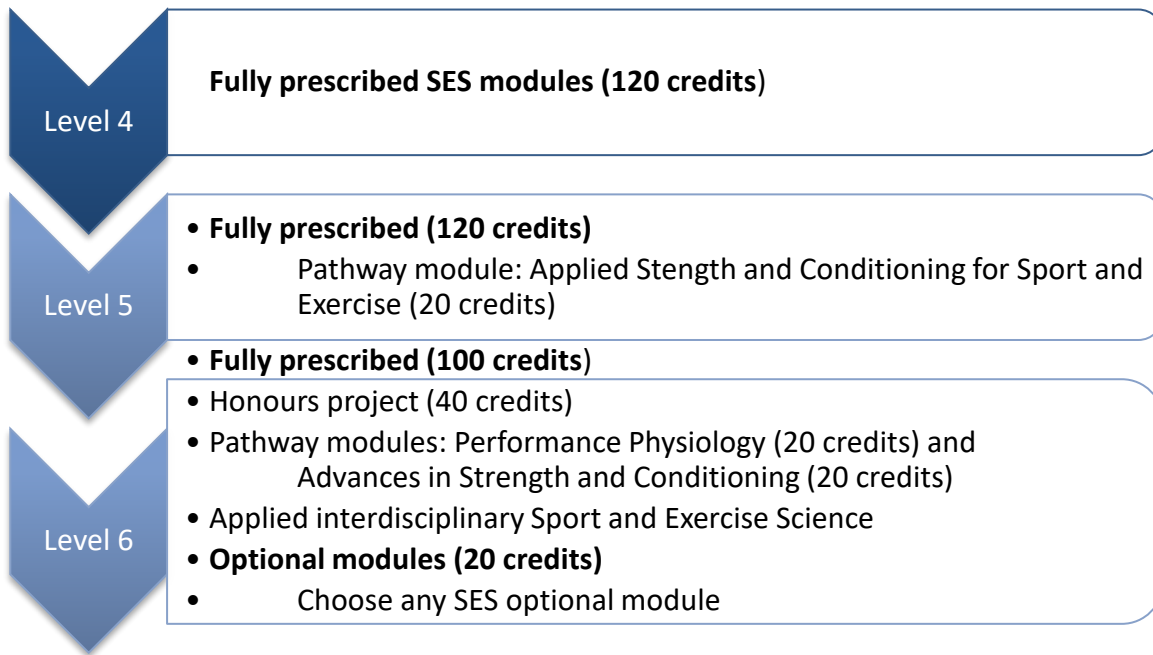
Module Code	Module Title	Thread
SEPH51	Contemporary sport and exercise psychology	1.2, 2.2, 4.1
SEPH52	Applied sport psychology	1.2, 2.2, 4.1, 6.1
SESHP1	Honours Project	4.1, (any of 1.1-1.4, 2.1-2.4)
SESH52	Performance biomechanics	1.3, 2.3, 4.1, 6.1
SESH53	Injury biomechanics	1.3, 2.3, 4.1
SESH54	Performance physiology ♦	1.1, 2.1, 4.1, 6.1
SESH55	Environmental physiology	1.1, 2.1, 4.1
SESH56	Applied interdisciplinary sport and exercise science	1.1, 1.2, 1.3, 1.4, 2.1, 2.2, 2.3, 2.4, 3.1, 5.1, 6.1
SESH57	Advances in strength and conditioning ♦	1.3, 2.1, 2.3, 2.4, 4.1, 6.1
SESH58	Advanced nutrition for sport and exercise *	1.4, 2.4, 4.1
SESH51	Work-based learning*	4.1, 5.1, 6.1
SESH59	Advanced Lifestyle Practitioner ❖	1.2, 2.2, 2.4, 4.1, 5.1, 6.1
SESH60	Nutrition across the lifespan *❖	1.4, 2.4, 4.1

- 1.1 Scientific Knowledge: Physiology
- 1.2 Scientific Knowledge: Psychology
- 1.3 Scientific Knowledge: Biomechanics
- 1.4 Scientific Knowledge: Pathway disciplines
- 2.1 Technical Skills: Development & Application – Physiology
- 2.2 Technical Skills: Development & Application – Psychology
- 2.3 Technical Skills: Development & Application – Biomechanics
- 2.4 Technical Skills: Development & Application – Pathway disciplines
- 3.1 Application of Knowledge & Skills: Interdisciplinary
- 4.1 Understanding and Use of Research
- 5.1 Professional Development and Practice
- 6.1 Employability and Career Readiness

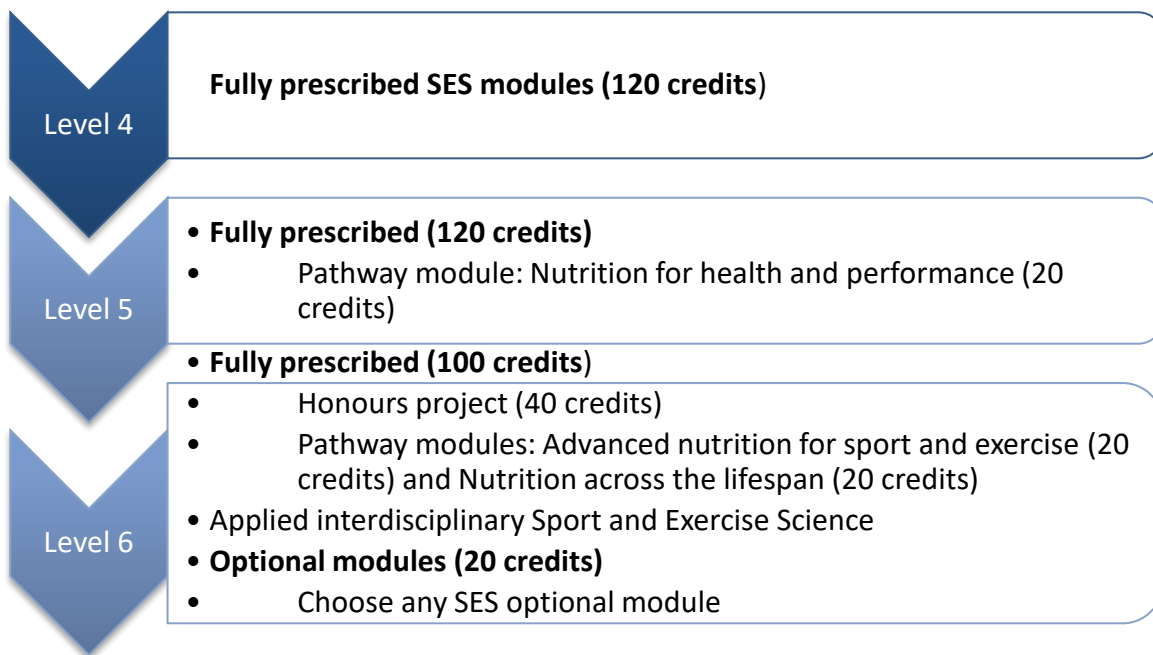
The following figures highlight how the specialist pathway modules exist as part of the BUES endorsement framework and at least 75% of the content is shared with the Sport and Exercise Science core disciplines. In order for students to achieve a specialist pathway in the areas of strength and conditioning, nutrition and physical activity and health; they must complete the prescribed modules at levels 5 and 6 as follows:



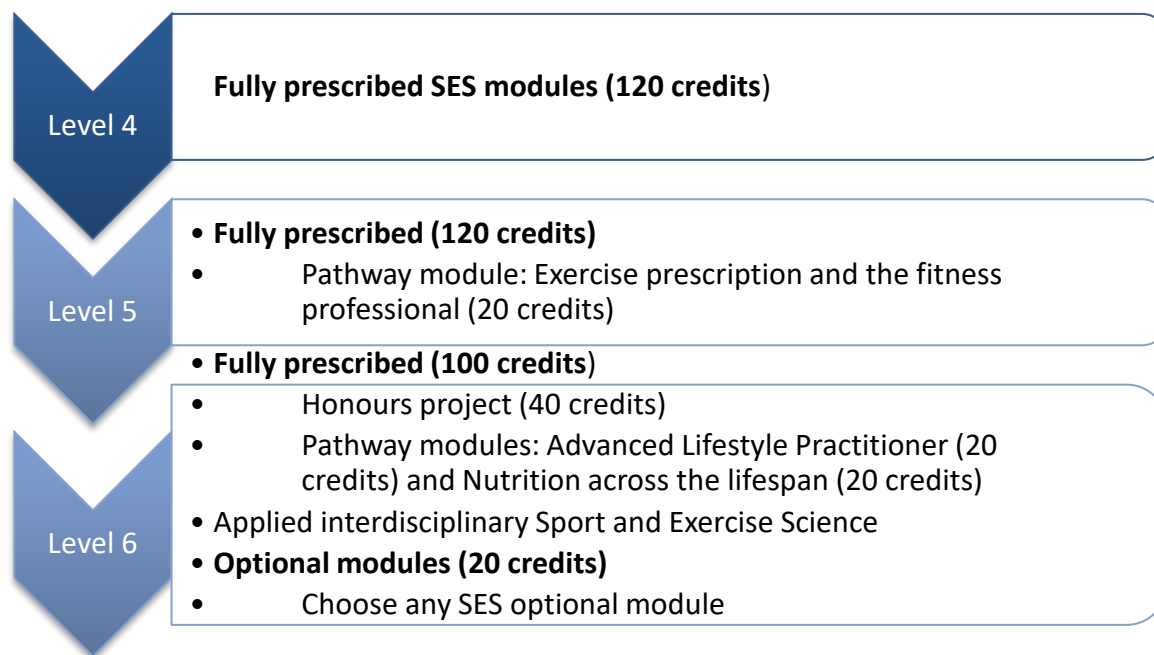
## Strength and Conditioning Pathway illustration



## Nutrition Pathway illustration



## Physical Activity and Health Pathway illustration



All students will be supported by the programme team and their PDTs at the end of level 4 to consider pathway specialisms and which modules are available for each pathway.

### 11. Accrediting Professional Body /Professional Regulatory and Statutory Body (PSRB)

N/A

### 12. Professional Advisory Group

The Professional Advisory Group for this programme provides valuable guidance regarding the on- going development of the programme, placement opportunities and career opportunities for students. The professional participants of this team are comprised are from University employer-partners and accrediting/endorsing bodies (BASES/REPS). The members of this group meet virtually at 3 points across the year and ensure there is broad representation and feedback from industry.

### 13. Academic Progression Opportunities

Successful participants may progress on to the MSc Sport and Exercise Science programme or other post graduate programmes at Plymouth Marjon University, or other institutions. There are also alternative professional development opportunities internally available for students to embark upon (PGCE in primary and secondary education and a PGCert in Coaching and Mentoring).

### 14. Employability and Career Progression Opportunities

The team work closely with the Marjon Futures Team who help students find enriching careers and allow students to understand that the University experience is the beginning of a life of opportunity. Marjon Futures help students to plan their career and develop key employability skills which are highly valued by employers such as volunteering, enterprising and professional developments. Students on the programme will have access to Futures online which provides a

range of programmes and awards to support students develop these important employability skills.

As a highly transferable degree, careers for sport and exercise scientists are varied and wide ranging. The opportunities available to sport and exercise scientists are expanding, and the expansion appears set to continue into the foreseeable future. Many athletes consider the application of sport science as an important component of everyday training and competition, and most governing bodies of sports recognise sport and exercise science as an integral part of their development and success. With respect to exercise, many hospitals and Primary Care Trusts are appointing specialists with exercise science backgrounds to work in areas such as cardiac rehabilitation and health promotion.

The Physiological Society and GuildHE carried out an analysis in 2019, exploring the impact Sport and Exercise Science in Higher Education had on the economy. Key findings identified that:

- Sport and Exercise Science (SES) graduates contribute almost £4 billion to UK economy every year, supporting almost 150,000 jobs;
- SES graduates earn nearly £670,000 more over career;
- For every £1 an SES student spends on their education, they get a gain of £5.50;
- SES Research is preventing and treating conditions and diseases that cost the NHS billions every year.

Career paths can be forged in the performance, professional coaching and officiating, rehabilitation, health and social exercise, research and teaching environments. The following are examples of specific careers and or areas that sport and exercise scientists have gone on to gain employment in:

- Performance: working as a sport and exercise scientist to support athlete performance and minimise injury rates. The varied role of the sector means that this work could be within the traditional disciplines of physiology, psychology and biomechanics or more contemporary areas of strength and conditioning, performance analysis, talent identification, lifestyle support.
- Professional Sport Coaching and officiating: working within professional organisations to support coaching approaches and those officiating in the sport.
- Rehabilitation: supporting the rehabilitators in the return to play of injured athletes.
- Health: The National Health Service (NHS) and partners use exercise professionals in preventative and rehabilitative treatment, via exercise, for chronic disease and pre/post-operative support for patients to improve the success and recovery of surgical interventions.
- Social exercise and fitness: the embedding of level 2 Gym Instructor and level 3 Personal Trainer qualifications mean students can support fitness implementation approaches across a wide range of context in the public and private sector.
- Research and teaching: Masters and PhD study in specific sub-disciplines of sport and exercise science and post graduate certificate of education, primary or secondary physical education.

The SES programme with pathways has been also been designed to respond to sector specific demands but also considers Higher Education Academy framework (2015) to embed

employability in Higher education. Specifically, the SES curriculum recognises the principles underpinning the employability framework:

- Inclusivity: all SES students will have equitable access to opportunities to enhance their employability during the programme.
- Collaboration: Collaboration between the University and employer-partners will provide further real-life opportunities during the curriculum.
- Engagement: Students will be encouraged to engage pro-actively in seeking to develop as individuals in the area of employability focus highlighted.

Specific employability skills addressed throughout the programme include:

- Analytical thinking and innovation
- Active learning and reflective practice
- Creativity, originality and initiative
- Critical thinking and analysis
- Complex problem-solving
- Leadership and social influence
- Emotional intelligence
- Reasoning, problem-solving and ideation
- Systems analysis and evaluation
- ICT Proficiency and Productivity
- Digital Collaboration, Participation, Communication
- Digital Information and Data Management
- Digital Learning and Teaching
- Digital Problem Solving, Creation & Development
- Digital Security, Well-being and Identity

## **15. Support for Students and for Student Learning**

The University recognises the value of the whole student experience within Higher Education and students have full access to the University's facilities for academic and pastoral support and guidance. The Student Support team offers a confidential and comprehensive service to guide and support students through their studies in the following areas:

- Academic Advice
- Academic Skills
- Accommodation
- Disability and Inclusion Advice Service
- Employability and Careers Development
- Finance and Welfare
- Health
- Student Counselling and Well-being
- Student Volunteering

Student support and guidance is further promoted by the following:

- Personal Development Tutor (PDT)\* for every student in the University
- Academic tutorial staff, including programme leaders, module leaders and tutors
- Extensive library, and other learning resources, and facilities
- Library and study skills guidance material
- Programme handbooks, and module guides

- The Chaplaincy Centre which is at the heart of the University and is used for social gathering, quiet reflection and prayer
  - On-campus Nursery provision
- \*Each student has a PDT who takes a pastoral, academic and career development support role in conjunction with Marjon Futures who fully support students throughout their programme by offering students enriching career, travel, volunteer, enterprise and professional development opportunities.

## **16. Student Feedback Mechanisms**

The programme team seek to develop positive relationships with students through on going and continuous dialogue and regular communication.

Programme and module evaluation feedback is attained through surveys at mid and end points of the academic year. In addition, session feedback can be captured instantaneously through the use of Check Out. Final year students are invited to participate in the National Student Survey (NSS) and are made aware of the summative nature of the survey. Feedback from the surveys is fed back to the relevant cohorts via an array of different forums.

Students elect representatives who meet with the programme team at least three times throughout the year to form the student liaison committee. Staff are committed to ensuring that students have a voice and the loop of feedback is closed to invoke improvement and change where appropriate.

## **17. Other Stakeholder Feedback**

Feedback was sought, and received, from graduates, employers, previous external examiners and colleagues from other HE institutions. Feedback confirmed the need for graduates to understand the multi and inter disciplinary approaches within sport and exercise science and the development of the sector to include the areas proposed as pathway specialists.

The feedback attained from high performance partners, suggest that in order to enhance the employability of sport and exercise science graduates, students should have a greater understanding of the over lay of disciplines and the transferable nature of those outside of the performance environment. The curriculum now offers a diverse range of sport science disciplines to recognise the diversity in the sector whilst further enhancing the employability of the students.

Existing student feedback praised the creation of specialist pathways to capture their interests more widely, allowing a more flexible curriculum.

## **18. Quality and Enhancement Mechanisms**

The quality of the student experience and the standards of the awards are managed, and quality assured through the University's regulations policies and procedures. Student achievement and progression is managed through the Module Assessment Boards (MABs) and the Progression and Award Boards (PABs). Programmes are reviewed annually through University annual monitoring processes, including external examiner contributions, and incorporate student feedback mechanisms at both modular and the programme level reported formally through the University's annual monitoring and reporting cycle.



