

Programme Specification amendment notification

Title of Programme: BSc Sport and Exercise Science

Programme Code: HHSP0: 2020/ 2021 entry

For Collaborative: Choose an item. at <insert partner name>

As a result of the ongoing Coronavirus pandemic, the University has been required to make some revisions to this programme for the 2020/21 academic session, affecting sections C and/or D of this Programme Specification. These amendments are as follows:

| Section | Amendment |
|----------------------------------|---|
| D Module Sequencing | 5LMS0108 Applied biomechanics of performance moved from Sem A to B 5LMS0110 Research Design moved from Sem B to Sem A 6LMS0157 Exercise Referral and Health Promotion moved from Sem B to Sem A 6LMS0158 Work Experience in Sport and Exercise Science moved from Sem A to Sem B 6LMS0165 Strength and Conditioning moved from Sem A to Sem B. 6LMS0159 Technology in sport moved from Sem B to Sem A. |
| Section D under Table 1a Level 4 | Due to the situation caused by the Covid pandemic which has resulted in the postponement of some practical assessments, students may be allowed to progress to the next academic year provided that the only element of missing, referred or deferred mark for the module 4LMS0190 Musculoskeletal Anatomy is the practical assessment. |
| D Assessment structure | 4lms0190 Amend assessment to 40% Coursework 60% practical |
| | 4lms0228 (HIC) Amend assessment to 40% coursework and 60% practical |
| | 4LMS0185 Amend assessment to 70% coursework and 30% practical. |
| | 4LMS0225 (HIC) Amend assessment to 70% coursework and 30% practical. |
| | 5LMS0113 Amend Coursework 60%, practical 40% |
| | 5LMS0106 Amend to Practical 60%, coursework 40% |
| | 6LMS0162 Amend to 100% coursework |
| | 6LMS0164 Amend to 100% coursework |
| | |

Associate Dean of School (Academic Quality Assurance):

Signature

P. Shankar

School of Life and Medical Sciences

Title of Programme: Sports Sciences
BSc (Hons) Sport and Exercise Science

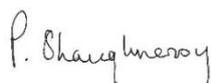
Programme Code: HHSP0

Programme Specification

This programme specification is relevant to students entering:
21 September 2020

Associate Dean of School (Academic Quality Assurance):
Philomena Shaughnessy

Signature



A programme specification is a collection of key information about a programme of study (or course). It identifies the aims and learning outcomes of the programme, lists the modules that make up each stage (or year) of the programme, and the teaching, learning and assessment methods used by teaching staff. It also describes the structure of the programme, its progression requirements and any programme-specific regulations. This information is therefore useful to potential students to help them choose the right programme of study, to current students on the programme, and to staff teaching and administering the programme.

Summary of amendments to the programme:

| Section | Amendment |
|---------|--|
| D | Sport and Performance Nutrition 6LMS0164 moved from Sem B to A Performance Physiology 6LMS0156 moved from Sem A to B. |
| | |
| | |

If you have any queries regarding the changes please email AQO@herts.ac.uk

Programme Specification BSc (Hons) Sport and Exercise Science

This programme specification (PS) is designed for prospective students, enrolled students, academic staff and potential employers. It provides a concise summary of the main features of the programme and the intended learning outcomes that a typical student might reasonably be expected to achieve and demonstrate if he/she takes full advantage of the learning opportunities that are provided. More detailed information on the teaching, learning and assessment methods, learning outcomes and content for each module can be found in Definitive Module Documents (DMDs) and Module Guides.

Section 1

| | |
|------------------------------------|--|
| Awarding Institution/Body | University of Hertfordshire |
| Teaching Institution | University of Hertfordshire |
| University/partner campuses | College Lane Campus/de Havilland Campus |
| Programme accredited by | Not applicable |
| Final Qualification | BSc Hons |
| All Final Award titles | Sport and Exercise Science |
| (Qualification and Subject) | Sport and Exercise Science (Sandwich) Sport and Exercise Science with a Year Abroad |
| FHEQ level of award | 6 |
| UCAS code(s) | C600 |
| Language of Delivery | English |

A. Programme Rationale

The programme offers a multi-disciplinary education in Sport and Exercise Science, with the objective of producing graduates who have the necessary scientific knowledge and technical skills to pursue a wide range of careers relevant to Sport and Exercise Science.

This degree programme includes a number of distinct themes including: physiology, psychology, biomechanics, sports performance, nutrition, strength and conditioning and health promotion. The programme is designed to provide a balance of academic theory and practical skills to support an evidence-based, research informed, learning environment. Classes encourage the application of theory to practice with problem based learning in a dynamic environment. Learning and teaching strategies are inclusive and innovative to meet a range of learning needs, and assessment methods are varied to demonstrate the wide breadth of skills achieved by each student. Practical teaching is delivered in high specification, purpose-built laboratories, along with specialised facilities at the internationally recognised Hertfordshire Sports Village.

The Sport and Exercise Science course is aligned to the British Association of Sport and Exercise Science (BASES) Undergraduate Endorsement Scheme (BUES). Furthermore, the content is mapped against the Register of Exercise Professionals (REPs) qualifications, namely Level 2 Gym Instructor, L3 Advanced Gym instructor and L3 Exercise Referral, giving students the option to complete the full qualifications alongside their degree. In addition, students will be given the option to pursue United Kingdom Strength & Conditioning Association (UKSCA) accreditation after graduating.

All students have the extraordinary opportunity to undertake a sandwich year placement within a sport and exercise setting in the UK or worldwide. Placement students have dedicated professional and university supervisors to support and enhance their experience. Alternatively, students may choose to study a year abroad at one of the University's academic partner institutions outside of the UK where they may select modules that complement their programme.

As a result of their studies, graduates are equipped for a broad range of careers including but not limited to; applied sports science (e.g. strength and conditioning coach for an elite sports team, performance analysis specialist, physiology, nutrition or psychology advisor for a sports team or individual, personal trainer),

physical activity and health promotion (e.g. GP referral practitioner, trainee cardiologist, health advisor), or education (e.g. teaching via PGCE/Schools Direct, lecturing in Further Education or Masters study). Furthermore, employability skills are embedded throughout the programme to enhance the attributes of the sport and exercise scientist providing an excellent pathway for entry into graduate schemes in a wide range of companies.

B. Educational Aims of the Programme

The programme has been devised in accordance with the University's graduate attributes of programmes of study as set out in [UPR TL03](#).

Additionally this programme aims to:

- Enable students to develop a thorough knowledge and understanding of the scientific disciplines relevant to the human being during sport and exercise
- Provide experience of, and ability in, the testing and assessment of physical, psychological and physiological performance during exercise and sport in field based and laboratory settings
- Provide insight into the relationships between health and exercise
- Enhance the post-graduation prospects of students by stimulating the further development of the students' intra- and inter-personal skills and thus preparing them for a wide variety of graduate employment or further training

C. Intended Learning Outcomes

The programme provides opportunities for students to develop and demonstrate knowledge and understanding, skills and other attributes in the following areas. The programme outcomes are referenced to the QAA benchmark statements for Unit 25 Hospitality, Leisure, Sport and Tourism and the Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies (2014) and relate to the typical student. Additionally, the SEEC Credit Level Descriptors for Further and Higher Education (2016) have been used as a guiding framework for curriculum design.

| Knowledge and Understanding | Teaching and learning methods | Assessment strategy |
|--|--|---|
| A1- Demonstrate knowledge and understanding of the disciplines (anatomy, physiology, biochemistry, psychology, nutrition or biomechanics) underpinning human structure and function at rest and during sport and exercise. | Acquisition of knowledge and understanding is a focus across levels 4, 5 and 6. A1 is achieved through a combination of lectures, practicals, workshops and tutorials; coursework; laboratory, gym based and field work at levels 4, 5 and 6. | Knowledge and understanding are assessed through: a combination of unseen examinations (A1-A4, A6) and in-course assessments (A1-A, A6), in the form of laboratory reports (A1-A4), practical assessments (A2, A4) literature reviews (A1, A3-A5), training/exercise plans (A3-A5) design exercises such as the production of videos or (A4), oral/poster presentations (A1-A8) and project reports (A7, A8). |
| A2- Demonstrate the scientific skills needed to monitor, assess and evaluate the responses either psychological and/or physiological of human subjects to sport and exercise in the field and laboratory setting. | A2 is predominantly achieved at levels 5 and 6 and is achieved through a combination of lectures, practicals, workshops and tutorials; coursework; laboratory, gym based and field work. | |
| A3- Demonstrate an appreciation of the relationship between health, and sport and | A3 is achieved in several modules at Levels 5 and 6 e.g. Exercise Physiology and Metabolism, Exercise for a Healthy Population and Exercise Referral and Health Promotion. | |

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| <p>exercise in a range of participant groups.</p> <p>A4- Demonstrate detailed understanding of the processes and techniques involved in the delivery of enhanced sport performance.</p> <p>A5-Demonstrate an awareness of appropriate exercise prescription to improve the health of the nation</p> <p>A6 Demonstrate detailed knowledge of theories and concepts relevant to Sport and Exercise Science</p> <p>A7- Plan, organise and perform an independent research project in the field of sports and exercise science.</p> <p>A8 - gain an understanding of the professional aspects of Sport and Exercise Science from a sandwich placement in an approved working environment.</p> | <p>A4 is achieved in several modules at Levels 5 and 6 e.g. Exercise Physiology and Metabolism, Applied Sport and Exercise Psychology, Strength and Conditioning for Performance, Performance Physiology and Advanced Biomechanics</p> <p>A5 is achieved in the L4 module Exercise Prescription and Testing and is also built on in L5 Exercise for a Healthy Population and L6 Exercise Referral and Health Promotion</p> <p>A6 is predominantly achieved at levels 5 and 6 through a combination of lectures and workshops.</p> <p>A7 is achieved for those students working towards an Honours award, by the planning, execution and production of an applied independent research project</p> <p>A8 is achieved during a placement period in a relevant field</p> <p>Throughout, the learner is encouraged to undertake independent study both to supplement and consolidate what is being taught/learnt and to broaden their individual knowledge and understanding of the subject.</p> | |
| Intellectual skills | Teaching and learning methods | Assessment strategy |
| <p>B1-Critically analyse data with appropriate statistical tests with a well-founded appreciation of the implications of the results.</p> <p>B2-Demonstrate at a level appropriate to the award, a critical approach in enquiry and a readiness to test hypotheses.</p> <p>B3-Apply knowledge in solving routine and novel problems.</p> <p>B4-Conceptualise and hypothesise, rationally</p> | <p>Acquisition of intellectual skills is a focus across levels 4, 5 and 6.</p> <p>B1-B7 are developed throughout the programme in all of the methods and strategies outlined in section A.</p> <p>For example, some written assessments are based upon problem solving scenarios; others are based upon critical reflection upon professional practice; some presentations are based upon summarising research findings, and others involve critiques of published work.</p> | <p>Intellectual skills are assessed through: a combination of assessed in-course assessments in the form of laboratory reports or other written reports (B1-B4, B6, B7), problem solving exercises (B3, B4, B7) and project reports (B1-B7). B5 is demonstrated in many assignments and activities. Further assessment includes assessment of project design (B3, B5), data analysis (B2, B4) and extraction of sound conclusions based on gathered data analysis (B1-B7).</p> |

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| <p>and appropriately, on the basis of known data and facts</p> <p>B5-Adopt responsibility for their own learning and continuing professional development through both academic and professional reflective practice.</p> <p>B6-Critically appraise and evaluate the effects of sport and exercise interventions on the participant</p> <p>B7- Perform effective literature searches using a range of databases</p> <p>B8 - reflect critically on their performance and practice</p> <p>B9 -synthesise knowledge and evaluate research to support practice in an applied setting.</p> | <p>Intellectual skills are further developed through critical thinking exercises in lectures, practicals, workshops and tutorials.</p> <p>B8 and B9 are developed throughout a sandwich placement in Sport and Exercise related environment.</p> <p>Throughout, the learner is encouraged to develop intellectual skills further by independent study</p> | <p>Assessment of B8-B9 is by the successful completion a reflective report of the placement year.</p> |
| <p>Practical skills</p> <p>C1-Demonstrate appropriate laboratory and field skills</p> <p>C2-.Prescribe action to enhance sports performance underpinned by current research</p> <p>C3- Prepare, design and undertake practical activities employing suitable techniques, abilities, principles and procedures</p> <p>C4 - Identify and act in response to ethical, moral and safety issues which directly relate to sports contexts, including adherence to applicable codes of conduct and legislation.</p> <p>For students undertaking the Sandwich year:</p> | <p>Teaching and learning methods</p> <p>Acquisition of practical skills is a focus across levels 4, 5 and 6.</p> <p>C1-C4 are developed through an extensive series of practical classes and workshops at all levels. They are also further developed by the provision of research methodology workshops at L5 and L6.</p> <p>C5 is developed by undertaking the Sandwich placement.</p> <p>Throughout, the learner is expected to consolidate their development of practical computing skills by use of computers available in the laboratories and Learning Resources Centres.</p> | <p>Assessment strategy</p> <p>Practical skills are assessed through laboratory classes (C1, C2), practical sessions (C1, C2), workshops (C2, C4), practical assessments (C1-C4) and coursework assignments (C1-C5).</p> |

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| C5 Professionally undertake work-based experiences at an external sport and/or exercise related organisation, and communicate the beneficial aspects of the sandwich year to other students | | |
| Transferable skills | Teaching and learning methods | Assessment strategy |
| D1-Communicate effectively with others using a variety of formats. | Transferable skills are developed through levels 4, 5 and 6 and an understanding of the graduate attributes is embedded in modules from L4 (D8). | Transferable skills are assessed through a range of in-course assessments, in the form of laboratory reports/training plans/dietary analyses, portfolio |
| D2-Effectively use a range of information sources. | | assessment, reflective practice (D1-D8), oral/poster presentations (D1-D6), practical assessments (D1, D3, D4, D8) and group projects (D1, D4, D8). |
| D3-Organise and present intellectual argument commensurate with the level of award. | D1-D6 are developed through a series of lectures, practicals, workshops and tutorials; coursework; laboratory, gym based and field work at levels 4, 5 and 6. | The Applied Independent Sports Research Project assesses a variety of transferable skills (D1-D7). |
| D4-Work effectively both alone (e.g. on assignments or during the applied independent research project) and as part of a team (e.g. in group work, during group discussions and workshops). | The Applied Independent Research Project encourages students to develop a variety of transferable skills (D1-D7). | D8 is assessed as part of the Portfolio for Academic and Professional skills module and coursework for Work Experience in Sport and Exercise Science. |
| D5-Be numerate at a level appropriate to the programme. | Students will develop their skills on a variety of different software packages that are used to complete the in-course assessments across levels 4, 5 and 6 (D6). | D9 is assessed as part of the coursework for coursework for Work Experience in Sport and Exercise Science. And the placement report for those who undertake a sandwich year. |
| D6-Use information technology effectively and appropriately. | Students develop the ability to undertake self-managed professional activity during various L6 modules. | D10 is assessed by successful completion of the Year Abroad. |
| D7-Develop the skills required for continued self-managed professional activity. | Finally the importance of graduate attributes is a key part of the placement year/ Work Experience in Sport module (if taken) | |
| D8-Appreciate the importance of graduate attributes through reflective practice | Practice-based learning outcome (D9) will be developed as part of the sandwich placement year and Work Experience in Sport and Exercise Science (optional module) | |
| D9- Develop skills relevant to a work-place environment | | |
| For students undertaking the Study Abroad Year: | Throughout, the learner is encouraged to develop transferable skills by maintaining a record of evidence and | |
| D10 - develop the skills necessary to gain a | | |

knowledge and understanding of topics in Sport and Exercise Science in a different cultural environment

completing a personal development plan.

D. Programme Structures, Features, Levels, Modules, and Credits

The programme is offered in full-time (3 years), sandwich (4 years), study abroad (4 years) and part-time (6 years) modes, and leads to the award of a BSc (Hons) Sport and Exercise Science, BSc (Hons) Sport and Exercise Science (Sandwich) or BSc (Hons) Sport and Exercise Science with a Year Abroad.

Entry is normally at Level 4, with suitable A level or equivalent qualifications but is possible at Levels 5 or 6 with suitable qualifications (e.g. successful completion of Level 4 or 5 of comparable degrees elsewhere). Intake is normally Semester A (September).

Professional and Statutory Regulatory Bodies

The BSc Sports and Exercise Science programme is endorsed by British Association of Sport and Exercise Science (BASES) Undergraduate Endorsement Scheme (BUES).

Work-Based Learning, including Sandwich Programmes

Sandwich Award:

A sandwich award requires the successful completion of at least 36 weeks full-time equivalent placement activity from a maximum of two separate placements, neither of which should be normally less than 12 weeks in duration, in order for the award to be made. The placement may be completed in the United Kingdom or abroad. Students are required to document this period of work in accordance with the guidelines produced by the Department of Psychology and Sport Sciences. The student's progress is monitored by visits from the University's academic staff within the United Kingdom and by phone or video conferencing if the student is abroad

Year Abroad:

A year abroad is deemed to be no less than two semesters in a UH approved host Higher Education institution where the student successfully achieves at least 90 credit points.

Students who have not achieved the minimum progression requirements at the end of Level 5 may be prevented from undertaking a sandwich award or year abroad. Additionally, students on sandwich award or year abroad, who have Level 4 or 5 modules to repeat will not be allowed to re-enrol on these modules until they return to complete L6 studies. This is to avoid conflict between UH attendance requirements and the student's commitments to their employer or host institution.

We encourage students to participate in work experience. It is the responsibility of the student to negotiate with the host organisation where detailed arrangements of timing, location and content of their work experience are a course requirement.

Work Experience in Sport and Exercise Science:

Students undertaking the optional module Work Experience in Sport and Exercise Science 6LMS0158 are required to complete a minimum of 70 hours work within a sports-related work placement. Students can apply for one of the advertised established placement opportunities or alternatively find their own relevant work experience placement. The placement must be agreed but the module leader prior to commencement of any hours. Failure to complete these hours will result in students being unable to sit the coursework assessment. Students will not be eligible for a referral opportunity and an assessment grade of FREN would normally be awarded

Erasmus Exchange programme

Erasmus students are permitted to study at level 4 and 5 on the following modules:

4LMS0185 Human Physiology and Nutrition
 4LMS0189 Introduction to Sport and Exercise Psychology
 4LMS0188 Skill Acquisition and Motor Control
 4LMS0190 Musculoskeletal Anatomy
 4LMS0191 Principles of Biomechanics
 4LMS0187 Exercise Prescription and Fitness Testing
 5LMS0106 Exercise Physiology and Metabolism
 5LMS0109 Applied Sport and Exercise Psychology
 5LMS0112 Sports Conditioning and Testing
 5LMS0108 Applied Biomechanics of Performance
 5LMS0111 Exercise for a Healthy Population
 5LMS0110 Research Design

Programme Structure

The programme structure and progression information below (Table 1a and 1b) is provided for the Honours award. Any interim awards are identified in Table 1b. The Programme Learning Outcomes detailed above are developed and assessed through the constituent modules. Table 2 identifies where each learning outcome is assessed.

Table 1a Outline Programme Structure

Mode of study Full time, Part time, Sandwich, Year Abroad

Entry point Semester A

Level 4 Sport and Exercise Science

| | Module Code | Credit Points | Language of Delivery | % Examination | % Coursework | % Practical | Semesters |
|---|-------------|---------------|----------------------|---------------|--------------|-------------|-----------|
| Compulsory Modules | | | | | | | |
| Module Title | | | | | | | |
| Musculoskeletal Anatomy | 4LMS0190 | 15 | English | 40 | 0 | 60 | A |
| Principles of Biomechanics | 4LMS0191 | 15 | English | 0 | 100 | 0 | B |
| Human Physiology and Nutrition | 4LMS0185 | 30 | English | 40 | 30 | 30 | AB |
| Exercise Prescription and Fitness Testing | 4LMS0187 | 15 | English | 0 | 40 | 60 | B |
| Introduction to Sport & Exercise Psychology | 4LMS0189 | 15 | English | 0 | 60 | 40 | B |
| Developing an Academic Approach | 4LMS0152 | 15 | English | 0 | 100 | 0 | A |
| Skill Acquisition and Motor Control | 4LMS0188 | 15 | English | 0 | 100 | 0 | A |

Progression to level 5 requires a minimum of 90 credits.

Level 5 Sport and Exercise Science

| | Module Code | Credit Points | Language of Delivery | % Examination | % Coursework | % Practical | Semesters |
|-------------------------------------|-------------|---------------|----------------------|---------------|--------------|-------------|-----------|
| Compulsory Modules | | | | | | | |
| Module Title | | | | | | | |
| Applied Biomechanics of Performance | 5LMS0108 | 15 | English | 0 | 100 | 0 | A |
| Exercise Physiology and Metabolism | 5LMS0106 | 30 | English | 40 | 30 | 30 | AB |

| | | | | | | | |
|---------------------------------------|----------|----|---------|---|-----|---|----|
| Applied Sport and Exercise Psychology | 5LMS0109 | 30 | English | 0 | 100 | 0 | AB |
| Research Design | 5LMS0110 | 15 | English | 0 | 100 | 0 | B |

Optional Modules

| Module Title | Module Code | Credit Points | Language of Delivery | % Examination | % Coursework | % Practical | Semesters |
|--|-------------|---------------|----------------------|---------------|--------------|-------------|-----------|
| Sports Conditioning and Testing | 5LMS0112 | 15 | English | 0 | 0 | 100 | B |
| Exercise for a Healthy Population | 5LMS0111 | 15 | English | 0 | 100 | 0 | A |
| Process and Practice in High Performance Sport | 5LMS0081 | 15 | English | 0 | 100 | 0 | A |
| Functional Anatomy and Clinical Biomechanics | 5LMS0113 | 15 | English | 60 | 0 | 40 | B |

Progression to level 6 requires a minimum of 210 credits and to undertake module 6LMS0155 Applied Independent Research Project, a pass in 5LMS0110 Research Design is required.

Level 6 Sport and Exercise Science

Compulsory Modules

| Module Title | Module Code | Credit Points | Language of Delivery | % Examination | % Coursework | % Practical | Semesters |
|---|-------------|---------------|----------------------|---------------|--------------|-------------|-----------|
| Applied Independent Sports Research Project | 6LMS0155 | 30 | English | 0 | 100 | 0 | AB |

Optional Modules

| Module Title | Module Code | Credit Points | Language of Delivery | % Examination | % Coursework | % Practical | Semesters |
|---|-------------|---------------|----------------------|---------------|--------------|-------------|-----------|
| Advanced Biomechanics | 6LMS0162 | 15 | English | 50 | 50 | 0 | A |
| Sport and Performance Nutrition | 6LMS0164 | 15 | English | 50 | 50 | 0 | A |
| Performance Physiology | 6LMS0156 | 15 | English | 40 | 60 | 0 | B |
| Exercise Referral and Health Promotion | 6LMS0157 | 15 | English | 0 | 100 | 0 | B |
| Contemporary Issues in Exercise Psychology | 6LMS0161 | 15 | English | 0 | 100 | 0 | B |
| Contemporary Issues in Sport Psychology | 6LMS0160 | 15 | English | 0 | 100 | 0 | A |
| Strength and Conditioning | 6LMS0165 | 15 | English | 0 | 0 | 100 | A |
| Work Experience in Sport and Exercise Science | 6LMS0158 | 15 | English | 0 | 100 | 0 | A |
| Technology in sport | 6LMS0159 | 15 | English | 0 | 30 | 70 | B |
| Enterprise and Entrepreneurship in Sports Business Management | 6LMS0127 | 15 | English | 0 | 100 | 0 | B |
| Year Abroad: Sport | 6LMS0189 | 0 | English | 0 | 0 | 0 | ABC |
| Sandwich Placement: Sport | 6LMS0169 | 0 | English | 0 | 0 | 0 | ABC |

Mode of study Part time

Entry point Semester A

Year 1/Level 4

| | Module Code | Credit Points | Language of Delivery | % Examination | % Coursework | % Practical | Semesters |
|---|-------------|---------------|----------------------|---------------|--------------|-------------|-----------|
| Compulsory Modules | | | | | | | |
| Module Title | | | | | | | |
| Exercise Prescription and Fitness Testing | 4LMS0187 | 15 | English | 0 | 40 | 60 | B |
| Introduction to Sport & Exercise Psychology | 4LMS0189 | 15 | English | 0 | 60 | 40 | B |
| Developing an Academic Approach | 4LMS0152 | 15 | English | 0 | 100 | 0 | A |
| Skill Acquisition and Motor Control | 4LMS0188 | 15 | English | 0 | 100 | 0 | A |

Year 2/Level 4

| | Module Code | Credit Points | Language of Delivery | % Examination | % Coursework | % Practical | Semesters |
|--------------------------------|-------------|---------------|----------------------|---------------|--------------|-------------|-----------|
| Compulsory Modules | | | | | | | |
| Module Title | | | | | | | |
| Musculoskeletal Anatomy | 4LMS0190 | 15 | English | 40 | 0 | 60 | A |
| Principles of Biomechanics | 4LMS0191 | 15 | English | 0 | 100 | 0 | B |
| Human Physiology and Nutrition | 4LMS0185 | 30 | English | 40 | 30 | 30 | AB |

Year 3/Level 5

| | Module Code | Credit Points | Language of Delivery | % Examination | % Coursework | % Practical | Semesters |
|---------------------------------------|-------------|---------------|----------------------|---------------|--------------|-------------|-----------|
| Compulsory Modules | | | | | | | |
| Module Title | | | | | | | |
| Applied Biomechanics of Performance | 5LMS0108 | 15 | English | 0 | 100 | 0 | A |
| Applied Sport and Exercise Psychology | 5LMS0109 | 30 | English | 0 | 100 | 0 | AB |

| | Module Code | Credit Points | Language of Delivery | % Examination | % Coursework | % Practical | Semesters |
|--|-------------|---------------|----------------------|---------------|--------------|-------------|-----------|
| One Optional Module | | | | | | | |
| Module Title | | | | | | | |
| Sports Conditioning and Testing | 5LMS0112 | 15 | English | 0 | 0 | 100 | B |
| Functional Anatomy and Clinical Biomechanics | 5LMS0113 | 15 | English | 60 | 0 | 40 | B |

Year 4/Level 5

| Compulsory Modules Module Title | Module Code | Credit Points | Language of Delivery | % Examination | % Coursework | % Practical | Semesters |
|---|-------------|---------------|----------------------|---------------|--------------|-------------|-----------|
| Exercise Physiology and Metabolism | 5LMS0106 | 30 | English | 40 | 30 | 30 | AB |
| Research Design | 5LMS0110 | 15 | English | 0 | 100 | 0 | B |

| One Optional Modules Module Title | Module Code | Credit Points | Language of Delivery | % Examination | % Coursework | % Practical | Semesters |
|--|-------------|---------------|----------------------|---------------|--------------|-------------|-----------|
| Exercise for a Healthy Population | 5LMS0111 | 15 | English | 0 | 100 | 0 | A |
| Process and Practice in High Performance Sport | 5LMS0081 | 15 | English | 0 | 100 | 0 | A |

Year 5/Level 6

| Four Optional Modules (two semester A, two Semester B) Module Title | Module Code | Credit Points | Language of Delivery | % Examination | % Coursework | % Practical | Semesters |
|---|-------------|---------------|----------------------|---------------|--------------|-------------|-----------|
| Advanced Biomechanics | 6LMS0162 | 15 | English | 50 | 50 | 0 | A |
| Sport and Performance Nutrition | 6LMS0164 | 15 | English | 50 | 50 | 0 | A |
| Performance Physiology | 6LMS0156 | 15 | English | 40 | 60 | 0 | B |
| Exercise Referral and Health Promotion | 6LMS0157 | 15 | English | 0 | 100 | 0 | B |
| Contemporary Issues in Exercise Psychology | 6LMS0161 | 15 | English | 0 | 100 | 0 | B |
| Contemporary Issues in Sport Psychology | 6LMS0160 | 15 | English | 0 | 100 | 0 | A |
| Strength and Conditioning | 6LMS0165 | 15 | English | 0 | 0 | 100 | A |
| Work Experience in Sport and Exercise Science | 6LMS0158 | 15 | English | 0 | 100 | 0 | A |
| Technology in sport | 6LMS0159 | 15 | English | 0 | 30 | 70 | B |
| Enterprise and Entrepreneurship in Sports Business Management | 6LMS0127 | 15 | English | 0 | 100 | 0 | B |

Year 6/Level 6

| Compulsory Modules Module Title | Module Code | Credit Points | Language of Delivery | % Examination | % Coursework | % Practical | Semesters |
|---|-------------|---------------|----------------------|---------------|--------------|-------------|-----------|
| Applied Independent Sports Research Project | 6LMS0155 | 30 | English | 0 | 100 | 0 | AB |

| Two Optional Modules not already chosen (one semester A, one Semester B) Module Title | Module Code | Credit Points | Language of Delivery | % Examination | % Coursework | % Practical | Semesters |
|---|-------------|---------------|----------------------|---------------|--------------|-------------|-----------|
| Advanced Biomechanics | 6LMS0162 | 15 | English | 50 | 50 | 0 | A |
| Sport and Performance Nutrition | 6LMS0164 | 15 | English | 50 | 50 | 0 | A |
| Performance Physiology | 6LMS0156 | 15 | English | 40 | 60 | 0 | B |
| Exercise Referral and Health Promotion | 6LMS0157 | 15 | English | 0 | 100 | 0 | B |
| Contemporary Issues in Exercise Psychology | 6LMS0161 | 15 | English | 0 | 100 | 0 | B |
| Contemporary Issues in Sport Psychology | 6LMS0160 | 15 | English | 0 | 100 | 0 | A |
| Strength and Conditioning | 6LMS0165 | 15 | English | 0 | 50 | 50 | A |
| Work Experience in Sport and Exercise Science | 6LMS0158 | 15 | English | 0 | 100 | 0 | A |
| Technology in sport | 6LMS0159 | 15 | English | 0 | 30 | 70 | B |
| Enterprise and Entrepreneurship in Sports Business Management | 6LMS0127 | 15 | English | 0 | 100 | 0 | B |

The award of an Honours Degree requires 360 credit points passed with a minimum of at least 120 at level 6 including the final year project.

Honours classification

The University has approved structure and assessment regulations common to all programmes. Full details are provided in [UPR AS14](#), Section D.

Table 1b Final and interim awards available

The programme provides the following final and interim awards:

| Final Award | Award Title | Minimum requirements | Available at end of Level | Programme Learning Outcomes developed (see above) |
|-------------|--|--|---------------------------|--|
| BSc (Hons) | Sport and Exercise Science | 360 credit points including 240 at level 6/5 of which 120 must be at level 6 | 6 | A1-A7, B1-B7, C1-C4, D1-D8 (graduates who are successful in 6LMS0158 Work Experience in Sport and Exercise Science will also develop D9) (see Table 2) |
| BSc (Hons) | Sport and Exercise Science (Sandwich) | 360 credit points including 240 at level 6/5 of which 120 must be at level 6 | 6 | A1-A8, B1-B9, C1-C5, D1-D9 (see Table 2) |
| BSc (Hons) | Sport and Exercise Science (Year Abroad) | 360 credit points including 240 at level 6/5 of which 120 must be at level 6 | 6 | A1-A7, B1-B7, C1-C4, D1-D8, D10 (see Table 2) |

| Interim Award | Award Title | Minimum requirements | Available at end of Level | Programme Learning Outcomes developed (see above) |
|------------------------|-------------|-----------------------------|---------------------------|---|
| University Certificate | | 45 credit points at level 4 | 4 | See UPR AS11, section 13: http://sitem.herts.ac.uk/secreg/upr/AS11.htm |

| | | | | |
|---------------------------------|----------------------------|---|------|--|
| Certificate of Higher Education | | 120 credit points at level 4 | 4, 5 | See UPR AS11, section 13: http://sitem.herts.ac.uk/secreg/upr/AS11.htm |
| Diploma of Higher Education | Sport and Exercise Science | 240 credit points including at least 120 at level 5 | 5, 6 | A1-A3, A5, B1-B7, C1-C4, D1-D5, D6, D8 (see Table 2) |
| BSc/BA | Sport and Exercise Science | 300 credit points including 180 at level 6/5 of which 60 must be at level 6 | 6 | A1-A6, B1-B7, C1-C4, D1-D8 (see Table 2) |

Programme-specific assessment regulations

The programme complies with the University's academic regulations (in particular, [UPR AS11](#), [UPR AS12](#) and [UPR AS14](#)) with the exception of those listed below, which have been approved by the University:

Further points of clarification and interpretation relevant to this specific programme are given below:

Attendance requirements

For the following modules, attendance at all timetabled practical classes related to the coursework/practical assignment are compulsory, as specified in the DMD. In order to be eligible to sit the coursework, students must have attended all of these specified sessions. A student who is denied assessment due to inadequate attendance will accrue a fail grade for that assessment. Where a student has provided valid evidence for absence, catch up sessions would normally be provided.

4LMS0185 Human Physiology and Nutrition
 5LMS0108 Applied Biomechanics of Performance
 5LMS0106 Exercise Physiology and Metabolism
 6LMS0162 Advanced Biomechanics
 6LMS0164 Sport and Performance Nutrition
 6LMS0156 Performance Physiology

For the modules listed below, attendance at all timetabled practical classes is compulsory. In order to be eligible to sit the practical assessments for this module, students must attend a minimum of 90% of all practical sessions held by the time of the assessment. A student who is denied practical assessment due to inadequate attendance will accrue a fail grade for that assessment. Students will not be eligible for a referral opportunity and an assessment status of FREN will be awarded.

Where a student has provided valid evidence for absence, catch up sessions will be provided for a maximum of 3 practical/workshop classes. A student who is absent for more than 3 classes would not normally be eligible for a catch up opportunity and consequently denied the opportunity to sit the practical assessment. Where a student misses greater than 3 classes they would normally be awarded an assessment status of FREN.

4LMS0187 Exercise Prescription and Fitness Testing
 6LMS0165 Strength and Conditioning

For module 6LMS0158 Work Exercise in Sports and Exercise Science, Students must complete a minimum of 70 hours of sport or exercise related work experience, failure to complete these hours will result in students being unable to sit the coursework assessment. Students will not be eligible for a referral opportunity and an assessment grade of FREN will be awarded.

A fail grade in the Applied Independent Research Project will not be compensated by the Programme Board.

Full-time students will normally be required to have successfully accumulated at least 90 credit points at Level 5 (and at least 210 credit points in total) for progression to the sandwich year or the year abroad

Practical assessments on this programme/module will be video and/or audio recorded for the purposes of assessment moderation, external examining, and any necessary review by the Module Team. Recordings will be stored securely, with access limited to the Sport, Health and Exercise Technical Team, the Module Team, the Internal Moderator and External Examiner. Recordings will be retained for the duration of the module, the meeting of the Module Board of Examiners, and until any investigation of an appeal, complaint, academic misconduct or fitness to practise case has been completed. Recordings will be destroyed in accordance with the UPR IM07. If you wish to discuss the video/audio recording of assessments, please contact your Programme/Module Leader.

E. Management of Programme & Support for student learning.

Management

The programme is managed and administered through:

- The Dean of School.
- Associate Deans of School who have delegated responsibility for Academic Quality and Learning & Teaching for programmes in Life and Medical Sciences.
- The Head of Department who has designated responsibility for the Department of Psychology and Sport Sciences
- The Subject Group Leader who has designated responsibility for the Sport, Health and Exercise Subject Group.
- A Programme Lead and three deputies who are responsible for the day to day management, each of these deputy tutors is responsible for a specific level of the programme but can also advise students on the programme as a whole.
- An Admissions Tutor with specific responsibility for open days and selection.
- A Placements Tutor with responsibility in supporting students in finding placements as required by the programme syllabus.
- A designated administrator to deal with day to day administration associated with the programme.
- Module Leaders who are responsible for individual modules.
- The Sport & Exercise Science Programme Committee, the membership of which includes staff and students.

Support

Students are supported by:

- A Programme Lead and Level Tutors to help students understand the course/programme structure.
- Personal Tutors to provide academic and pastoral support.
- A Project Supervisor to advise and support in respect of the level 6 project.
- A Placement Tutor.
- Module Leaders.
- Student representatives on programme committees.
- A designated Programme Administrator.
- An Equality Office.
- University Disability Advisors.
- Office of the Dean of Students, incorporating Chaplaincy, Counselling and nursery.
- An induction week or part-week at the beginning of each new academic session.
- Overseas orientation.
- Attractive modern study environments in 2 Learning Resources Centres.

- Access to extensive digital and print collections of information resources.
- A Mathematics Drop-in Centre.
- Guided student-centred learning through the use of StudyNet/Canvas, a versatile on-line inter-active intranet and learning environment.
- A substantial Student Centre that provides advice on issues such as finance, University regulations, legal matters, accommodation, international student support etc.
- Medical Centre.
- Careers Enterprise and Employment Services
- A campus pharmacy
- The Students Union
- Access to sporting facilities, and opportunities for participation in inter – university competitive sport at national level.
- Athletic support through athletic scholarships.

F. Other sources of information

In addition to this Programme Specification, the University publishes guidance to registered students on the programme and its constituent modules:

- A Programme (or Student) Handbook;
- A Definitive Module Document (DMD) for each constituent module;
- A Module Guide for each constituent module.

The [Ask Herts](#) website provides information on a wide range of resources and services available at the University of Hertfordshire including academic support, accommodation, fees, funding, visas, wellbeing services and student societies.

As a condition of registration, all students of the University of Hertfordshire are required to comply with the University's rules, regulations and procedures. These are published in a series of documents called 'University Policies and Regulations' (UPRs). The University requires that all students consult these documents which are available on-line, on the UPR web site, at: <http://www.herts.ac.uk/secreg/upr/>. In particular, [UPR SA07](#) 'Regulations and Advice for Students' Particular Attention - Index' provides information on the UPRs that contain the academic regulations of particular relevance for undergraduate and taught postgraduate students.

In accordance with section 4(5) of the Higher Education and Research Act 2017 (HERA), the UK Office for Students (OfS) has registered the University of Hertfordshire in the register of English higher education providers. The Register can be viewed at: <https://www.officeforstudents.org.uk/advice-and-guidance/the-register/the-ofs-register/>. Furthermore, the OfS has judged that the University of Hertfordshire delivers consistently outstanding teaching, learning and outcomes for its students. It is of the highest quality found in the UK. Consequently, the University received a Gold award in the 2018 Teaching Excellence and Student Outcomes (TEF) exercise. This award was made in June 2018 and is valid for up to 3 years. The TEF panel's report and conclusions can be accessed at: <https://www.officeforstudents.org.uk/advice-and-guidance/teaching/tef-outcomes/#/provider/10007147>.

G. Entry requirements

The normal entry requirements for the programme are:

104 UCAS points to include at least one Science A Level preferably Biology and/or PE (acceptable A levels: Human Biology, Biology, Chemistry, Physics, Psychology, Sports Science, PE)

or

DDM in BTEC Nationals (NQF/QCF) Extended Diploma in Sport and Exercise Science or Applied Science.
 BTEC National (RQF) Extended Diploma in Sport (With merits achieved in the following modules – Anatomy and Physiology and Fitness Training and Programming for Health, Sport and Well-Being)
 Level 3 OCR CTEC Extended Diploma in Sport and Physical Activity (With merits achieved in the following

modules – Body Systems and the Effects, Nutrition and Diet for Sport and Exercise, Sports Injuries and Rehabilitation).

Additional Science BTEC's will be considered at tutor discretion

IB - 112 points with a minimum of 2 HL subject at grade 4 or above including one Science subject (with the remaining points to come from a combination of HL, SL and Core). Plus GCSE English language, mathematics and double science at grade 3/4 (C/D) or above (or 2 single sciences). A minimum IELTS score of 6.0 is required for those for whom English is not their first language.

Applicants may require a satisfactory Enhanced Disclosure and Barring Service (DBS) check if work experience requires it: Non-disclosure of any criminal activity prior to or during studies may lead to a student being withdrawn from the module, as outlined in the School's Disclosure and Barring Service Procedure.

The programme is subject to the University's Principles, Policies and Regulations for the Admission of Students to Undergraduate and Taught Postgraduate Programmes (in [UPR SA03](#)), along with associated procedures. These will take account of University policy and guidelines for assessing accredited prior certificated learning (APCL) and accredited prior experiential learning (APEL).

If you would like this information in an alternative format please contact the student administrator for Sport and Exercise Science: Jenny Norris, j.norris2@herts.ac.uk

If you wish to receive a copy of the latest Programme Annual Monitoring and Evaluation Report (AMER) and/or the External Examiner's Report for the programme, please email a request to aqo@herts.ac.uk

KEY TO PROGRAMME LEARNING OUTCOMES

Knowledge and Understanding

- A1. Demonstrate knowledge and understanding of the disciplines (anatomy, physiology, biochemistry, psychology, nutrition or biomechanics) underpinning human structure and function at rest and during sport and exercise.
- A2. Demonstrate the scientific skills needed to monitor, assess and evaluate the responses either psychological and/or physiological of human subjects to sport and exercise in the field and laboratory setting
- A3. Demonstrate an appreciation of the relationship between health, and sport and exercise in a range of participant groups.
- A4. Demonstrate detailed understanding of the processes and techniques involved in the delivery of enhanced sport performance.
- A5. Demonstrate an awareness of appropriate exercise prescription to improve the health of the nation
- A6. Demonstrate detailed knowledge of theories and concepts relevant to Sport and Exercise Science
- A7. Plan, organise and perform an independent research project in the field of sports and exercise science.
- A8 - Gain an understanding of the professional aspects of Sport and Exercise Science from a sandwich placement in an approved working environment.

Intellectual Skills

- B1. Critically analyse data with appropriate statistical tests with a well-founded appreciation of the implications of the results.
- B2. Demonstrate at a level appropriate to the award, a critical approach in enquiry and a readiness to test hypotheses.
- B3. Apply knowledge in solving routine and novel problems.
- B4. Conceptualise and hypothesise, rationally and appropriately, on the basis of known data and facts

Practical Skills

- C1. Demonstrate appropriate laboratory and field skills
- C2. Prescribe action to enhance sports performance underpinned by current research
- C3. Prepare, design and undertake practical activities employing suitable techniques, abilities, principles and procedures
- C4. Identify and act in response to ethical, moral and safety issues which directly relate to sports contexts, including adherence to applicable codes of conduct and legislation.
- C5. Professionally undertake work-based experiences at an external sport and/or exercise related organisation, and communicate the beneficial aspects of the sandwich year to other students

Transferable Skills

- D1. Communicate effectively with others using a variety of formats.
- D2. Effectively use a range of information sources.
- D3. Organise and present intellectual argument commensurate with the level of award.
- D4. Work effectively both alone (e.g. on assignments or during the applied independent research project) and as part of a team (e.g. in group work, during group discussions and workshops).

- B5. Adopt responsibility for their own learning and continuing professional development through both academic and professional reflective practice
- B6. Critically appraise and evaluate the effects of sport and exercise interventions on the participant
- B7. Perform effective literature searches using a range of databases

- B8. Reflect critically on their performance and practice
- B9. Synthesise knowledge and evaluate research to support practice in an applied setting

- D5. Be numerate at a level appropriate to the programme.
- D6. Use information technology effectively and appropriately.
- D7. Develop the skills required for continued self-managed professional activity.
- D8. Appreciate the importance of graduate attributes through reflective practice
- D9. Develop skills relevant to a work-place environment
- D10. Develop the skills necessary to gain a knowledge and understanding of topics in Sport and Exercise Science in a different cultural environment

Section 2

Programme management

Relevant QAA subject benchmarking statements

Type of programme

Date of validation/last periodic review

Date of production/ last revision of PS

Relevant to level/cohort

Administrative School

Unit 25 Hospitality, Leisure, Sport, and Tourism

Undergraduate

November 2018

September 2019

Level 4 entering September 2020

School of Life and Medical Sciences

Table 3 Course structure

| Course details | | |
|----------------|---------------------------------------|--------|
| Course code | Course description | HECOS |
| HHSP0 | BSc (Hons) Sport and Exercise Science | 100433 |