

Title of Programme: BSc (Hons) Sports Sciences

Programme Code: HHSP0

*BSc (Hons) Sport and Exercise Science*

# Programme Specification

This programme specification is relevant to students entering:  
25 September 2023

Associate Dean of School (Academic Quality Assurance):  
Stefanie Schmeer

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.

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## Summary of amendments to the programme:

Section	Amendment

If you have any queries regarding the changes please email [AQO@herts.ac.uk](mailto: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).

## Section 1

<b>Awarding Institution/Body</b>	University of Hertfordshire
<b>Teaching Institution</b>	University of Hertfordshire
<b>University/partner campuses</b>	College Lane Campus/de Havilland Campus
<b>Programme accredited by</b>	Not applicable
<b>Final Qualification</b>	BSc Hons
<b>All Final Award titles</b>	BSc Hons Sport and Exercise Science
<b>(Qualification and Subject)</b>	BSc Hons Sport and Exercise Science (Sandwich) BSc Hons Sport and Exercise Science with a Year Abroad

**FHEQ level of award** 6

### 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 recently built Institute of Sport. The Institute of Sport contains a large physiology laboratory, research laboratory, biomechanics laboratory, environmental chamber, two sports therapy teaching laboratories, a sports injury clinic, as well as a classroom for more workshop and lecture-based activities.

The degree programme aligns with the University of Hertfordshire's 'Herts Learning Principles'. These principles include prioritising students learning, ensuring coherent design, offers opportunity for personalisation, harnesses technology and builds community. Examples of how the Sport and Exercise Science degree programme harnesses these principles include using a wide variety of learning and teaching strategies throughout the course, harnessing technology through the use of interactive quizzes, Padlet, Kahoot and a wide range of multimedia for assessments, ensuring real world authentic assessments across the programme (e.g. fitness testing using laboratory equipment), ensuring students have a wide variety of choice within the programme (including option modules and mode of assessment) and allowing students a choice of assessment topics to ensure they pursue their specific interests.

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 National Strength and Conditioning Education Recognition Scheme, giving students the opportunity to sit the certified strength and conditioning specialist qualification upon graduation. 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.

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## **B. Educational Aims of the Programme**

### **Diversity and Inclusion**

Our programmes are purposefully designed to enable all students to engage meaningfully with the curriculum by being accessible and representative. We will support students to shape their learning experience, removing barriers and enabling them to succeed. The curriculum explicitly includes multiple and representative perspectives, valuing collective identities and individual diversity. Learning, teaching and assessment activities help students to understand how they can enhance outcomes both for themselves and for others. All students belong to a learning community, and during their studies we really want to hear their voices, encourage them to listen to others, and express themselves.

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

### **Graduate Attributes**

Our graduates will be capable and professional, creative and enterprising, and will build their social and global awareness throughout. In addition to their subject expertise and proficiency, as a University of Hertfordshire graduate, they will be:

- Professionally focused
- Globally minded
- Sustainability driven
- Digitally capable and confident
- Inclusive and collaborative
- Evidence based and ethical

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## **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 (2021) have been used as a guiding framework for curriculum design.

Knowledge and Understanding	Teaching and learning methods	Assessment strategy
<p>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.</p> <p>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.</p> <p>A3- Demonstrate an appreciation of the relationship between health, and sport and 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>Acquisition of knowledge and understanding is through 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.</p> <p>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.</p> <p>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.</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</p>	<p>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).</p>

	is being taught/learnt and to broaden their individual knowledge and understanding of the subject.	
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 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 developed through</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 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>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).</p> <p>B5 is demonstrated in many assignments and activities.</p> <p>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> <p>Assessment of B8-B9 is by the successful completion a reflective report of the placement year.</p>
Practical skills	Teaching and learning methods	Assessment strategy
<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</p>	<p>Practical skills are developed through all level 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</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>

<p>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><b>For students undertaking the Sandwich year:</b></p> <p>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.</p>	<p>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>	
Transferable skills	Teaching and learning methods	Assessment strategy
<p>D1- Communicate effectively with others using a variety of formats.</p> <p>D2- Effectively use a range of information sources.</p> <p>D3- Organise and present intellectual argument commensurate with the level of award.</p> <p>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).</p> <p>D5- Be numerate at a level appropriate to the programme.</p> <p>D6- Use information technology effectively and appropriately.</p> <p>D7- Develop the skills required for continued self-managed professional activity.</p> <p>D8- Appreciate the importance of graduate attributes through reflective practice</p>	<p>Transferable skills are developed through levels 4, 5 and 6 and an understanding of the graduate attributes is embedded in modules from L4 (D8).</p> <p>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.</p> <p>The Applied Independent Research Project encourages students to develop a variety of transferable skills (D1-D7).</p> <p>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).</p> <p>Students develop the ability to undertake self-managed professional activity during various L6 modules.</p>	<p>Transferable skills are assessed through a range of in-course assessments, in the form of laboratory reports/training plans/dietary analyses, portfolio assessment, reflective practice (D1-D8), oral/poster presentations (D1-D6), practical assessments (D1, D3, D4, D8) and group projects (D1, D4, D8).</p> <p>The Applied Independent Sports Research Project assesses a variety of transferable skills (D1-D7).</p> <p>D8 is assessed as part of the Portfolio for Academic and Professional skills module and coursework for Work Experience in Sport and Exercise Science.</p> <p>D9 is assessed as part of the coursework for coursework for Work Experience in Sport and Exercise Science. And the placement report for</p>

D9- Develop skills relevant to a work-place environment.	Finally the importance of graduate attributes is a key part of the placement year/ Work Experience in Sport module (if taken)	those who undertake a sandwich year.
<b>For students undertaking the Study Abroad Year:</b>		D10 is assessed by successful completion of the Year Abroad.
D10 - Develop the skills necessary to gain a knowledge and understanding of topics in Sport and Exercise Science in a different cultural environment.	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)  Throughout, the learner is encouraged to develop transferable skills by maintaining a record of evidence and 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), Year 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 the 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 30 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, Sport and Geography. 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 the 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 of 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 by the module leader prior to commencement of any hours. Failure to complete these hours will result in students being unable to submit the coursework assessment. Students will generally not be eligible for a referral opportunity and an assessment grade of FREN would normally be awarded if the module is failed.

### Student Exchange programme Incoming Exchange

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  
5LMS0113 Functional Anatomy and Clinical Biomechanics  
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, Sandwich, Year Abroad

**Entry point** Semester A

**Level 4** Sport and Exercise Science

	Module Code	Credit Points	% Test	% Examination	% Coursework	% Practical	Semesters
<b>Compulsory Modules</b>							
Module Title							
Musculoskeletal Anatomy	4LMS0190	15	40	0	0	60	A
Principles of Biomechanics	4LMS0191	15	100	0	0	0	B
Human Physiology and Nutrition	4LMS0185	30	40	0	30	30	AB
Exercise Prescription and Fitness Testing	4LMS0187	15	0	0	40	60	B
Introduction to Sport & Exercise Psychology	4LMS0189	15	60	0	0	40	B
Developing an Academic Approach	4LMS0152	15	0	0	100	0	A
Skill Acquisition and Motor Control	4LMS0188	15	30	0	70	0	A



Progression to level 5 requires a minimum of 90 credits. For students studying the HIC programme, admission to level 5 requires the full 120 credits at level 4 to be passed, any exceptions require formal approval by the Programme Leader.

### Level 5 Sport and Exercise Science

	Module Code	Credit Points	% Test	% Examination	% Coursework	% Practical	Semesters
<b>Compulsory Modules</b>							
Module Title							
Applied Biomechanics of Performance	5LMS0108	15	0	0	100	0	A
Exercise Physiology and Metabolism	5LMS0106	30	40	0	30	30	AB
Applied Sport and Exercise Psychology	5LMS0109	30	0	0	70	30	AB
Research Design	5LMS0110	15	25	0	75	0	B

	Module Code	Credit Points	% Test	% Examination	% Coursework	% Practical	Semesters
<b>Optional Modules*</b>							
Module Titles							
Sports Conditioning and Testing	5LMS0112	15	0	0	0	100	B
Exercise for a Healthy Population	5LMS0111	15	0	0	100	0	A
Process and Practice in High Performance Sport	5LMS0081	15	0	0	100	0	A
Functional Anatomy and Clinical Biomechanics	5LMS0113	15	50	0	0	50	B

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

\* The University reserves the right to withdraw an optional module due to low demand.

### Level 6 Sport and Exercise Science

	Module Code	Credit Points	% Test	% Examination	% Coursework	% Practical	Semesters
<b>Compulsory Modules</b>							
Module Title							
Applied Independent Sports Research Project	6LMS0155	30	0	0	80	20	AB

<b>Optional Modules*</b> Module Titles	Module Code	Credit Points	% Test	% Examination	% Coursework	% Practical	Semesters
Advanced Biomechanics	6LMS0162	15	0	0	50	50	A
Sport and Performance Nutrition	6LMS0164	15	0	50	50	0	A
Performance Physiology	6LMS0156	15	0	0	100	0	B
Exercise Referral and Health Promotion	6LMS0157	15	0	0	100	0	B
Contemporary Issues in Exercise Psychology	6LMS0161	15	0	0	70	30	B
Contemporary Issues in Sport Psychology	6LMS0160	15	0	0	70	30	A
Strength and Conditioning	6LMS0165	15	50	0	0	50	A
Work Experience in Sport and Exercise Science	6LMS0158	15	0	0	60	40	A
Technology in Sport	6LMS0159	15	0	0	30	70	B
Enterprise and Entrepreneurship in Sports Business Management	6LMS0127	15	0	0	100	0	B
Year Abroad: Sport	6LMS0189	0	0	0	P/F	0	ABC
Sandwich Placement: Sport	6LMS0169	0	0	0	P/F	0	ABC

\* The University reserves the right to withdraw an optional module due to low demand.

#### Mode of study Part-time

#### Entry point Semester A

Year 1/Level 4

The structure below represents the typical part-time student journey. Deviations are possible in agreement with the Programme Leader and provided part-time study rates are adhered to.

<b>Compulsory Modules</b> Module Title	Module Code	Credit Points	% Test	% Examination	% Coursework	% Practical	Semesters
Exercise Prescription and Fitness Testing	4LMS0187	15	0	0	40	60	B
Introduction to Sport & Exercise Psychology	4LMS0189	15	60	0	0	40	B
Developing an Academic Approach	4LMS0152	15	0	0	100	0	A
Skill Acquisition and Motor Control	4LMS0188	15	30	0	70	0	A

Year 2/Level 4

	Module Code	Credit Points	% Test	% Examination	% Coursework	% Practical	Semesters
<b>Compulsory Modules</b>							
Module Title							
Musculoskeletal Anatomy	4LMS0190	15	40	0	0	60	A
Principles of Biomechanics	4LMS0191	30	100	0	0	0	B
Human Physiology and Nutrition	4LMS0185	30	40	0	30	30	AB

Year 3/Level 5

	Module Code	Credit Points	% Test	% Examination	% Coursework	% Practical	Semesters
<b>Compulsory Modules</b>							
Module Title							
Applied Biomechanics of Performance	5LMS0108	15	0	0	100	0	A
Applied Sport and Exercise Psychology	5LMS0109	30	0	0	70	30	AB

	Module Code	Credit Points	% Test	% Examination	% Coursework	% Practical	Semesters
<b>One Optional Modules*</b>							
Module Titles							
Sports Conditioning and Testing	5LMS0112	15	0	0	0	100	B
Functional Anatomy and Clinical Biomechanics	5LMS0113	15	50	0	0	50	B

\* The University reserves the right to withdraw an optional module due to low demand.

Year 4/Level 5

<b>Compulsory Modules</b> Module Title	Module Code	Credit Points	% Test	% Examination	% Coursework	% Practical	Semesters
Exercise Physiology and Metabolism	5LMS0106	30	40	0	30	30	AB
Research Design	5LMS0110	15	25	0	75	0	B
<b>One Optional Modules*</b> Module Titles	Module Code	Credit Points	% Test	% Examination	% Coursework	% Practical	Semesters
Exercise for a Healthy Population	5LMS0111	15	0	0	100	0	A
Process and Practice in High Performance Sport	5LMS0081	15	0	0	100	0	A

\* The University reserves the right to withdraw an optional module due to low demand.

Year 5/Level 6

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

\* The University reserves the right to withdraw an optional module due to low demand.

<b>Compulsory Modules</b>	Module Code	Credit Points	% Test	% Examination	% Coursework	% Practical	Semesters
Module Title							
Applied Independent Sports Research Project	6LMS0155	30	0	0	80	20	AB
<b>Two Optional Modules* not already chosen (one semester A, one semester B)</b>							
Module Titles	Module Code	Credit Points	% Test	% Examination	% Coursework	% Practical	Semesters
Advanced Biomechanics	6LMS0162	15	0	0	50	50	A
Sport and Performance Nutrition	6LMS0164	15	0	50	50	0	A
Performance Physiology	6LMS0156	15	0	0	100	0	B
Exercise Referral and Health Promotion	6LMS0157	15	0	0	100	0	B
Contemporary Issues in Exercise Psychology	6LMS0161	15	0	0	70	30	B
Contemporary Issues in Sport Psychology	6LMS0160	15	0	0	70	30	A
Strength and Conditioning	6LMS0165	15	50	0	0	50	A
Work Experience in Sport and Exercise Science	6LMS0158	15	0	0	60	40	A
Technology in Sport	6LMS0159	15	0	0	30	70	B
Enterprise and Entrepreneurship in Sports Business Management	6LMS0127	15	0	0	100	0	B

\* The University reserves the right to withdraw an optional module due to low demand.

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 with a 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)
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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: <a href="http://sitem.herts.ac.uk/secreg/upr/AS11.htm">http://sitem.herts.ac.uk/secreg/upr/AS11.htm</a>
Certificate of Higher Education		120 credit points at level 4	4, 5	See UPR AS11, section 13: <a href="http://sitem.herts.ac.uk/secreg/upr/AS11.htm">http://sitem.herts.ac.uk/secreg/upr/AS11.htm</a>
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	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/UPR AS13](#) ( and [UPR AS14](#) ) with the exception of those listed below, which have been approved by the University:

None

Further programme-specific regulations (requiring School-level approval) 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 submit 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  
 4LMS0187 Exercise Prescription and Fitness Testing  
 5LMS0108 Applied Biomechanics of Performance  
 5LMS0106 Exercise Physiology and Metabolism  
 6LMS0162 Advanced Biomechanics  
 6LMS0164 Sport and Performance Nutrition  
 6LMS0156 Performance Physiology

For the module listed below, attendance at all timetabled practical classes is compulsory:

6LMS0165 Strength and Conditioning

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 more than 3 classes they would normally be awarded an assessment status of FREN.

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 submit 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 Sports Research Project will not be compensated by the Programme Board of Examiners.

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 Institute of Sport 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 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, Sport and Geography.
- The Subject Group Leader who has designated responsibility for the Institute of Sport Subject Group.
- A Programme Leader and three deputies who are responsible for the day-to-day management of the programme, each of the 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 programme administration team to deal with day-to-day administration associated with the programme.
- Module Leaders who are responsible for individual modules.
- The Sport Sciences Programme Committee, the membership of which includes staff and student representatives.

## **Support**

Students are supported by:

- An induction week or part-week at the beginning of each new academic session.
- Overseas Orientation
- A Programme Leader and Level Tutors to help students understand the course/programme structure.
- You will have a Personal Tutor who will be an important point of contact, able to help you gain a good understanding of the School and programme you are studying and 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.
- A substantial Student Centre that provides advice on issues such as finance, University regulations, legal matters, accommodation, international student support, etc.
- Office of Dean of Students, Student Wellbeing (incorporating Counselling, Mental Health and Disability Support), Chaplaincy, and Day Nursery.
- A versatile online interactive intranet and learning environment.
- Guided student-centred learning on Canvas module sites.
- Access to extensive digital and print collections of information resources.
- Attractive modern study environments in 2 Learning Resources Centres.
- Student Success Hubs, which include a Mathematics Drop-in Centre.
- Medical Centre.
- University Disability Advisors.
- Careers and Employment Service.
- Hertfordshire Student's Union.
- Dedicated programme site.
- Student representatives on programme committees.
- A designated team of programme administrators.
- Access to sporting facilities, and opportunities for participation in inter – university competitive sport at national level.
- Athletic support through athletic scholarships.
- School of Life and Medical Sciences Academic Support Unit.

## **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 dedicated programme site;
- A Definitive Module Document (DMD) 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/>.

## G. Entry requirements

The normal entry requirements for the programme are:

112- 120 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

DMM 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). BTEC Sport Extended Diploma (QCF) at DMM (with merits achieved in the following modules – Principles of Anatomy and Physiology in Sport, The Physiology of Fitness and Fitness Testing for Sport and Exercise). 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 at 4/C 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 programme, as outlined in the School's Disclosure and Barring Service Procedure.

For current entry tariff point requirements, please refer to the relevant page for the Course on the University website or on the online prospectus.

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).

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If you would like this information in an alternative format please contact:  
[icaq@herts.ac.uk](mailto:icaq@herts.ac.uk)

If you wish to receive a copy of the latest External Examiner's Report for the programme, please email a request to [aqo@herts.ac.uk](mailto:aqo@herts.ac.uk)

## BSc (Hons) Sport and Exercise Science

**Table 2: Development of Intended Programme Learning Outcomes in the Constituent Modules**

This map identifies where the programme learning outcomes are delivered and assessed in the constituent modules. It provides (i) an aid to academic staff in understanding how individual modules contribute to the programme aims (ii) a checklist for quality control purposes and (iii) a means to help students monitor their own learning, personal and professional development as the programme progresses.

		Programme Learning Outcomes (as identified in section 1 and the following page)																																		
		Knowledge & Understanding										Intellectual Skills										Practical Skills					Transferable Skills									
		Module Title	Module Code	A1	A2	A3	A4	A5	A6	A7	A8	B1	B2	B3	B4	B5	B6	B7	B8	B9	C1	C2	C3	C4	C5	D1	D2	D3	D4	D5	D6	D7	D8	D9	D10	
Level 4		Musculoskeletal Anatomy	4LMS0190	X										X							X		X	X		X	X		X	X	X					
		Principles of Biomechanics	4LMS0191	X										X							X		X			X	X		X	X	X					
		Human Physiology and Nutrition	4LMS0185	X	X								X	X	X	X			X			X		X	X		X	X	X	X	X	X				
		Exercise Prescription and Fitness Testing	4LMS0187	X	X	X		X						X	X			X			X	X	X	X		X	X	X	X	X	X					
		Introduction to Sport and Exercise Psychology	4LMS0189	X	X										X	X	X		X			X		X			X	X	X	X		X		X		
		Developing an Academic Approach	4LMS0152										X	X	X	X	X		X					X			X	X	X	X	X	X		X		
		Skill Acquisition and Motor Control	4LMS0188	X	X									X	X	X			X			X		X			X	X	X	X	X	X				
Level 5		Applied Biomechanics of Performance	5LMS0108	X					X			X		X	X		X	X			X	X	X	X		X	X		X	X	X					
		Research Design	5LMS0110						X				X	X				X			X		X			X	X	X	X	X	X					
		Exercise Physiology and Metabolism	5LMS0106	X	X	X			X			X	X	X	X		X	X			X	X	X	X		X	X	X	X	X	X					
		Applied Sport and Exercise Psychology	5LMS0109	X	X	X			X					X	X	X	X	X			X		X	X		X	X	X	X		X		X			
		Exercise for a Healthy Population	5LMS0111			X		X	X				X		X		X	X					X			X	X	X	X		X					
		Sports Conditioning and Testing	5LMS0112	X	X				X					X	X		X	X			X	X	X	X		X	X	X	X	X	X					
		Process and Practice in High Performance Sport	5LMS0081				X		X			X	X		X	X	X	X					X			X	X	X			X	X				
	Functional Anatomy and Clinical Biomechanics	5LMS0113	X					X						X			X	X			X		X	X		X	X	X	X	X	X					
	Year Abroad: Sport	6LMS0189	X	X										X	X	X					X		X	X		X	X	X	X	X	X		X		X	
	Sandwich Placement: Sport	6LMS0169	X	X		X				X				X	X	X		X	X	X	X	X	X	X	X	X	X	X	X	X	X		X	X		
Level 6		Applied Independent Sports Research Project	6LMS0155	X	X					X		X	X	X	X			X			X		X	X		X	X	X	X	X	X	X				
		Advanced Biomechanics	6LMS0162	X			X		X			X	X	X	X			X			X	X	X	X		X	X	X	X	X	X	X				

Module Title	Module Code	A1	A2	A3	A4	A5	A6	A7	A8	B1	B2	B3	B4	B5	B6	B7	B8	B9	C1	C2	C3	C4	C5	D1	D2	D3	D4	D5	D6	D7	D8	D9	D10
Sport and Performance Nutrition	6LMS0164	X	X		X		X			X	X	X	X			X			X	X	X	X		X	X	X	X	X	X	X			
Performance Physiology	6LMS0156	X	X	X	X		X			X	X	X	X			X			X	X	X	X		X	X	X	X	X	X	X			
Exercise Referral and Health Promotion	6LMS0157	X	X	X		X	X					X	X		X	X			X		X	X		X	X	X	X	X	X	X			
Contemporary Issues in Exercise Psychology	6LMS0161	X	X	X			X					X	X	X		X			X		X	X		X	X	X	X	X	X	X			
Contemporary Issues in Sport Psychology	6LMS0160	X	X	X	X		X					X	X	X		X			X		X	X		X	X	X	X	X	X	X			
Strength and Conditioning	6LMS0165	X	X		X		X					X	X		X	X			X	X	X	X		X	X	X	X	X	X	X			
Work Experience in Sport and Exercise	6LMS0158	X	X		X							X	X	X		X			X	X	X	X		X	X	X	X	X	X	X	X	X	
Technology in Sport	6LMS0159		X		X					X	X	X	X			X			X	X	X	X		X	X	X	X	X	X				
Enterprise and Entrepreneurship in Sports Business Management	6LMS0127				X		X			X	X	X	X	X		X			X		X			X	X	X	X	X	X	X	X		

## 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.

### 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.

### 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.
- 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.

### 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).
- 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.

### Table 3: Development of Graduate Attributes in the Constituent Modules

This map identifies where the Graduate Attributes are delivered in the constituent modules. It provides (i) an aid to academic staff in understanding how individual modules contribute to the development of the Graduate Attributes (ii) a checklist for quality control purposes and (iii) a means to help students monitor their own personal and professional development as the programme progresses.

D = Delivered

	Module Title	Module Code	Professionally Focused	Globally Minded	Sustainability Driven	Digitally capable & confident	Inclusive and collaborative	Evidenced based and Ethical
Level 4	Musculoskeletal Anatomy	4LMS0190	D	D	D	D	D	D
	Principles of Biomechanics	4LMS0191	D	D	D	D	D	D
	Human Physiology and Nutrition	4LMS0185	D	D	D	D	D	D
	Exercise Prescription and Fitness Testing	4LMS0187	D	D	D	D	D	D
	Introduction to Sport and Exercise Psychology	4LMS0189	D	D	D	D	D	D
	Developing an Academic Approach	4LMS0152	D	D	D	D	D	D
	Skill Acquisition and Motor Control	4LMS0188	D	D	D	D	D	D
	Applied Biomechanics of Performance	5LMS0108	D	D	D	D	D	D
Level 5	Research Design	5LMS0110	D	D	D	D	D	D
	Exercise Physiology and Metabolism	5LMS0106	D	D	D	D	D	D
	Applied Sport and Exercise Psychology	5LMS0109	D	D	D	D	D	D
	Exercise for a Healthy Population	5LMS0111	D	D	D	D	D	D
	Sports Conditioning and Testing	5LMS0112	D	D	D	D	D	D
	Process and Practice in High Performance Sport	5LMS0081	D	D	D	D	D	D
	Functional Anatomy and Clinical Biomechanics	5LMS0113	D	D	D	D	D	D
	Year Abroad: Sport	6LMS0189	D	D	D	D	D	D
	Sandwich Placement: Sport	6LMS0169	D	D	D	D	D	D
Level 6	Applied Independent Sports Research Project	6LMS0155	D	D	D	D	D	D
	Advanced Biomechanics	6LMS0162	D	D	D	D	D	D
	Sport and Performance Nutrition	6LMS0164	D	D	D	D	D	D
	Performance Physiology	6LMS0156	D	D	D	D	D	D
	Exercise Referral and Health Promotion	6LMS0157	D	D	D	D	D	D
	Contemporary Issues in Exercise Psychology	6LMS0161	D	D	D	D	D	D
	Contemporary Issues in Sport Psychology	6LMS0160	D	D	D	D	D	D
	Strength and Conditioning	6LMS0165	D	D	D	D	D	D
	Work Experience in Sport and Exercise	6LMS0158	D	D	D	D	D	D
	Technology in Sport	6LMS0159	D	D	D	D	D	D
	Enterprise and Entrepreneurship in Sports Business Management	6LMS0127	D	D	D	D	D	D

## 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**

**Language of Delivery**

Unit 25 Hospitality, Leisure, Sport, and Tourism

Undergraduate

November 18

March 2023

Level 4 entering September 2023

School of Life and Medical Sciences

English

**Table 4 Course structure**

Course details			
Course Code	Course Description	HECOS	UCAS
HHSP0	BSc (Hons) Sport and Exercise Science	100433	C600