Programme Specification and Curriculum Map for

BSc Sport and Exercise Science

(Strength and Conditioning)

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| **1. Programme title** | Sport and Exercise Science  |
| **2. Awarding institution**  | Middlesex University |
| **3. Teaching institution**  | Middlesex University |
| **4. Programme accredited by**  | Not Applicable |
| **5. Final qualification**  | BSc (Hons) Sport and Exercise Science (Strength and Conditioning) |
| **6. Academic year** | 2012/13 |
| **7. Language of study** | Modular |
| **8. Mode of study** | FT/PT |

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| **9. Criteria for admission to the programme**Candidates must be able to satisfy the general admissions requirements of Middlesex University in one of the following ways: The normal minimum age of entry is 18. A minimum of 280 points (to include 2 A 2’s) plus GCSEs grades A to C in mathematics, English and science *OR* BTEC National Diploma or VCE’s or International Baccalaureate or Access science course (equivalent tariff to above)Applications from candidates with a foundation degree must obtain a merit or above and the foundation degree must be in a related subject to the award title.Applications from candidates without formal qualifications are welcome, providing they can show appropriate levels of relevant ability and experience; they would need to make a claim for accreditation of prior learning (APL) examples of this could be vocational based fitness qualifications and relevant experience in the field.Exemptions from parts of the degree programmes’ are possible. Claimants seeking accreditation of prior learning and experience must apply to the university and may be required to present a portfolio in support of their claims.In addition for Overseas students: a qualification demonstrating competence in English (e.g. TOEFL 550, IELTS 6.0) if English is not the first language. The programme is suitable for individuals with profound physical or visual impairment.  |

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| **10. Aims of the programme** |
| The programme aims to:The core aim is:* To provide a knowledge and understanding of human response and apply to exercise.

other aims of the programmes are:1. To ensure a familiarity with methods to enhance sport performance.
2. To develop competence in the scientific methods of enquiry and problem-solving abilities.
3. To develop a reflective approach to theory and practice.
4. To develop the student’s ability to analyse, justify, debate and review ideas, protocols and actions.
5. To promote an appreciation of the need for both a multi-disciplinary and inter-disciplinary approach to study and intervention.

To promote autonomous learning and an appreciation of the need for continuing professional development |

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| **11. Programme outcomes** |
| **A. Knowledge and understanding**On completion of this programme the successful student will have knowledge and understanding of :1. Human structure and function with reference to exercise performance, health or movement
2. Research methods and processes with particular relevance to exercise and health
3. The psychology of working with those in sport
4. Nutritional needs of the physically active
5. The basic effects of pharmacological agents on exercise performance, disease and health
6. Techniques and procedures used to assess physical fitness and well-being
7. The principles of safe and effective training for variety of clients including elite athletes, special populations or individuals with chronic diseases taking into account national and professional bodies guidelines and the client’s social and cultural background
 | **Teaching/learning methods**Students gain knowledge and understanding through attending lectures, participatory seminars, small group discussions, directed learning, laboratory and practical clinical sessions and on placement. An understanding of the subject is both summative and formatively assessed.**Assessment Method**Students’ knowledge and understanding is assessed by presentations, written assignments, laboratory reports, case studies, Learning portfolios and unseen examinations. |
| **B. Cognitive (thinking) skills**On completion of this programme the successful student will be able to:1. Develop and challenge ideas through the evaluation of appropriate literature, concepts and principles
2. Design and carryout independent research and critically evaluate research findings
3. Critically analyse and interpret data with understanding of strength and weakness of the data and technique used to collect the data
4. Design and evaluate exercise programmes to enhance health and fitness

Articulate the need for both a multi-disciplinary and inter-disciplinary approach to intervention | **Teaching/learning methods**Students learn cognitive skills through lectures, discussions, formative assessment, peer-review of seminar presentations, debates and directed reading.**Assessment Method**Students’ cognitive skills are assessed by written work, peer-assessment, self-assessment, examinations, presentations and case studies. |
| **C. Practical skills**On completion of the programme the successful student will be able to:1. Select and execute appropriate, laboratory or field tests
2. Design, carryout and communicate independent research using appropriate media
3. Review and competently carry out safety and risk assessment or appropriate emergency care in accordance with legislation and professional codes of conduct.
4. Plan, design, manage and execute practical activities using appropriate techniques and procedures.
 | **Teaching/learning methods**Students learn practical skills through attending laboratory classes, formative assessment, skills sessions and work experience**Assessment Method**Students’ practical skills are assessed by practical examinations, laboratory reports, and logbook and supervisor reports. |
| **D. Graduate Skills**On completion of this programme the successful student will be able to:1. Develop communication and presentation skills
2. Demonstrate teamwork and interpersonal skills
3. Competently use information technology
4. Demonstrate competence in numeracy and problem solving techniques
5. Develop Personal career plans
6. Develop an autonomous and reflective approach to lifelong learning
 | **Teaching/learning methods**Students acquire graduate skills through reading, group work exercises, structured and directed learning, reflection and development of portfolio material, formative assessment and on placement.**Assessment method**Students’ graduate skills are assessed by written work in the form of portfolios, case studies, logbook, presentations, peer assessment and self-assessment and project work. |
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| **12. Programme structure (levels, modules, credits and progression requirements)** |
| **12. 1 Overall structure of the programme** |
| See Page 16 |

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| **12.2 Levels and modules** **Starting in academic year 2010/11 the University is changing the way it references modules to state the level of study in which these are delivered. This is to comply with the national Framework for Higher Education Qualifications. This implementation will be a gradual process whilst records are updated. Therefore the old coding is bracketed below.** |
| Level 4 (1) |
| COMPULSORY | OPTIONAL  | PROGRESSION REQUIREMENTS |
| Students must take all of the followingSES1240SES1241SES1242SES1243 | None  | Completion of all level 4 modules. |
| Level 5 (2) |
| COMPULSORY | OPTIONAL  | PROGRESSION REQUIREMENTS |
| Students must take all of the following SES2203SES2222SES2116SES2557  | None  | Completion of all level 5 modules. |
| Level 6 (3) |
| COMPULSORY | **COMPULSORY FOR A SPECIFIC PROGRAMME** | PROGRESSION REQUIREMENTS |
| **Students must take all of the following** SES3360 orSES3330 | **Sport and Exercise Science S(trength and Conditioning)**SES3332SES3340 | Completion of all level 6 modules. |
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| **12.3 Non-compensatable modules (note statement in 12.2 regarding FHEQ levels)** |
| Module level | Module code |
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