

Programme Specification for

MSc Sport, Exercise and Physical Activity for Special Populations



1. Programme title	MSc Sport, Exercise and Physical Activity for Special Populations
2. Awarding institution	Middlesex University
3. Teaching institution	Middlesex University
4. Details of accreditation by professional/statutory/regulatory body	N/A
5. Final qualification	MSc Sport Exercise and Physical Activity for Special Populations. Available Exit points : PG Certificate; PG Diploma
6. Year of validation Year of amendment	
7. Language of study	English
8. Mode of study	Full-time

9. Criteria for admission to the programme

Students will require an undergraduate degree or equivalent qualification in a sport or health related field. Substantial experience and other qualifications will be considered but will be subject to an interview and/or entry examination.

Students for whom English is a second language must have achieved IELTS 6.5 or TOEFL 575 (paper test) or 237 (computer test) and 4.5 in Test of Written English, or equivalent.

NOTE: In all cases, entry to the programme will be subject to the relevant background and approval from the programme leader.

10. Aims of the programme

The programme aims to develop practitioners from a range of fitness and health backgrounds, as expert exercise professionals, qualified to work with special populations. To this end the programme includes a combination of subject specific and work based learning modules.

The Programme aims, through the two subject specific modules, to provide students with the knowledge and skills:

- *To recognise the health status of an individual to determine the appropriate evidence-based interventions*
- *To facilitate the recovery of function and return to health using evidence-based therapeutic and exercise interventions, working in partnership with other professionals as appropriate*

The programme also aims to develop students as reflective practitioners who are able to critically investigate relevant issues and undertake inquiries to inform their practice.

Students will come from a range of health and fitness backgrounds (eg personal trainer, community health professional , physiotherapist) and this will contribute to an inter-professional approach to the learning.

11. Programme outcomes

A. Knowledge and understanding

On completion of this programme the successful student will have knowledge and understanding of :

1. *Demonstrate a critical knowledge and understanding of clinical science and apply this to the understanding of the health status of individuals, to determine appropriate evidence-based interventions*
2. *Demonstrate a critical understanding of the ethical principals and professional codes of practice when working with clients for exercise prescription.*
3. *Demonstrate an ability to work independently and responsibility as*

Teaching/learning methods

Student's gain knowledge and understanding through attending lectures, seminars, supervised placement work, and practical gym based sessions

Assessment methods

Student's knowledge and understanding is assessed through a wide range of methods which will assess both clinical reasoning and skills. These will include written and practical examinations, viva voce presentations, placement journal and coursework assignments.

<p><i>an advanced practitioner in dealing with the elements of unpredictability and complexity that present in practice.</i></p> <p>4. <i>Demonstrate the ability to conduct research at M level.</i></p>	
<p>B. Cognitive (thinking) skills</p> <p>On completion of this programme the successful student will be able to:</p> <ol style="list-style-type: none"> 1. Systematically analyse and synthesize a range of advanced theoretical approaches to exercise prescription to inform and develop evidenced based practice with special populations. 2. Critically evaluate methods of inquiry and problem solving and creatively apply these to enhance their practice and that of others 3. Demonstrate flexible and creative design and implementation of exercise programmes appropriate to need. 4. Demonstrate an advanced ability to review current practices and to develop strategies for innovative practice. 	<p>Teaching/learning methods</p> <p>Student's learn cognitive skills through seminars, clinic/gym placement work, practical sessions and lectures</p> <p>Assessment methods</p> <p>Student's cognitive skills are assessed by written work, seminars, group work, dissertation and case studies.</p>
<p>C. Practical skills</p> <p>On completion of the programme the successful student will be able to:</p> <ol style="list-style-type: none"> 1. <i>Engage with other professionals at an advanced level when required to work in a multidisciplinary situation.</i> 2. Systematically design and carry out work based inquiry to transform their own practice and that of others 3. Demonstrate advanced practical 	<p>Teaching/learning methods</p> <p>Student's learn practical skills through practical sessions, clinic/gym placement, lectures and seminars.</p> <p>Assessment</p> <p>Student's practical skills are assessed by practical examinations, presentations to their peers and placement journal.</p>

<p>implementation skills from both physical and psychological perspectives.</p> <p>4. systematically design, implement and manage evidence-based exercise interventions to facilitate the recovery to health.</p>	
<p>D. Graduate skills</p> <p>On completion of this programme the successful student will be able to:</p> <ol style="list-style-type: none"> 1. Critically reflect and discourse practice understanding to a wider knowledgeable audience 2. Demonstrate understanding of practice within a local, regional and national context 3. Critically evaluate their own practice and its efficacy from an advanced theoretical perspective. <p>Evaluate practitioner performance through reflective practice and integrate new understanding into future performance</p>	<p>Teaching/learning methods</p> <p>Students acquire personal and enabling skills through reflective practice work, peer review assessments, and independent study.</p> <p>Assessment</p> <p>Student's graduate skills are assessed by presentations, viva voce exams, placement journal, independent study (dissertation) and coursework.</p>

12. Programme structure (levels, modules, credits and progression requirements)

12. 1 Overall structure of the programme

The PG Diploma programme can normally be studied over one year full-time (12 months) or 2 -4 years part-time and comprises of 120 credits.

The full programme (MSc) is modular comprising a total of 180 credit points, including two 30-credit modules, a 30 credit professional placement module, 30 credits research methods module and a 60-credit dissertation module completed during the summer.

Students can exit with the PG certificate or the PG diploma.

PG cert = 60 credits:

PG Dip = 120 credits:

12.2 Levels and modules

Level 7

12.2 Levels and modules		
Module Title	Module Code	Core / Option
	PGDip route	
Clinical science for working with special populations	30 SES 4042	Core – entry module
Exercise prescription and management in special populations	30 SES 4041	Core - entry module
Professional Placement	30 SES 4013	Core
PROGRESSION REQUIREMENTS	MSc route	
Research Methods	30 SES 4030	Core
Dissertation	60 SES 4095	Core

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PROGRESSION REQUIREMENTS	MSc route	

Research Methods	30 SES 4030	Core
Dissertation	60 SES 4095	Core

12.3 Non-compensatable modules (note statement in 12.2 regarding FHEQ levels)

Module level	Module code
	NA

13. Curriculum map

See attached.

14. Information about assessment regulations

Regulations follow those set out in the Middlesex University Regulations document <http://www.intra.mdx.ac.uk/students-teaching/quality-standards/business-school/assessment-information/index.aspx>

15. Placement opportunities, requirements and support (if applicable)

All students are required to complete a placement to satisfy the work experience journal to satisfy SES4013 The placement has to be in an exercise or clinical environment initially but does not have to be at the same place, it could be up to 3 placements.

16. Future careers (if applicable)

Full-time and part-time career opportunities exist within Gyms, private specialist companies, charitable organisations and national medical organisations across the UK and worldwide on an employed and freelance basis. It is foreseen that the present EU directive on Healthy Ageing will produce employment opportunities across Europe.

Some students may choose to continue their academic studies through an MPhil or PhD, or to progress in to teaching after completing a PGCE or PGCHE.

17. Particular support for learning (if applicable)

Learning Resource facilities at Middlesex including CAL suite and internet access.

Access to Learner Development Unit.

Support for modules available on MyUniHub.

Specialist laboratories (Human Performance Lab and Human Movement Lab),

gymnasium and clinical facilities for the development of practical skills

18. JACS code (or other relevant coding system)

19. Relevant QAA subject benchmark group(s)

Health Professionals

20. Reference points

The following reference points were used in designing the Programme.

Internal documentation:

MU Learning and Quality Enhancement Handbook 2010/11

Middlesex University (2010) Learning Framework Document

External Documentation:

Quality Assurance Agency (2010) Framework for Higher Qualifications, London, QAA and SEEC level descriptors 2010.

National occupational standards for clinical exercise with special populations as outlined by Skills Active (NOS D513-522) <http://www.skillsactive.com/component/k2/item/4312-53-assessment--level-4-higher-education-institutions-heis>

21. Other information

Please note programme specifications provide a concise summary of the main features of the programme and the learning outcomes that a typical student might reasonably be expected to achieve if s/he takes full advantage of the learning opportunities that are provided. More detailed information about the programme can be found in the rest of your programme handbook and the university regulations.

Knowledge and understanding		Performance / Practical skills	
A1	<i>Demonstrate a critical knowledge and understanding of clinical science and apply this to the understanding of the health status of individuals, to determine appropriate evidence-based interventions</i>	C1	<i>Engage with other professionals at an advanced level when required to work in a multidisciplinary situation.</i>
A2	<i>Demonstrate a critical understanding of the ethical principals and professional codes of practice when working with clients for exercise prescription.</i>	C2	Systematically design and carry out work based inquiry to transform their own practice and that of others.
A3	Demonstrate an ability to work independently and responsibility as an advanced practitioner in dealing with the elements of	C3	Demonstrate advanced practical implementation skills from both physical and psychological perspectives.

	unpredictability and complexity that present in practice.		
A4	Demonstrate the ability to conduct research at M level.	C4	systematically design, implement and manage evidence-based exercise interventions to facilitate the recovery to health.
Cognitive (intellectual) skills		Personal / Enabling Skills	
B1	Systematically analyse and synthesize a range of advanced theoretical approaches to exercise prescription to inform and develop evidenced based practice with special populations.	D1	Critically reflect and discourse practice understanding to a wider knowledgeable audience
B2	Critically evaluate methods of inquiry and problem solving and creatively apply these to enhance their practice and that of others.	D2	Demonstrate understanding of practice within a local, regional and national context.

B3	Demonstrate flexible and creative design and implementation of exercise programmes appropriate to need.	D3	Critically evaluate their own practice and its efficacy from an advanced theoretical perspective.
B4	Demonstrate an advanced ability to review current practices and to develop strategies for innovation.	D4	Evaluate practitioner performance through reflective practice and integrate new understanding into future performance

This section shows the highest level at which programme outcomes are to be achieved by all graduates, and maps programme learning outcomes against the modules in which they are assessed.

Programme Outcomes (Assessed)

Module Title	Module Code	A1	A2	A3	A4	B1	B2	B3	B4	C1	C2	C3	C4	D1	D2	D3	D4
		Clinical science for working with special populations	SES 4042	X				X						X			
Exercise prescription and management in special populations	SES 4041		X	X		X		X	X		X	X	X		X		X
Professional Placement	SES 4013		X	X		X		X		X		X	X		X	X	X
Research Methods for Sport Science	SES 4030		X		X	X	X										
Dissertation	SES 4095	X	X	X	X	X	X		X		X			X			