

**Programme Specification and Curriculum  
Map for BSc (Hons)  
Sport and Exercise Science**



<b>1. Programme title</b>	BSc. (Hons) Sport & Exercise Science BSc. (Hons) Sport & Exercise Science with Foundation Year
<b>2. Awarding institution</b>	Middlesex University
<b>3. Teaching institution</b>	Middlesex University
<b>4. Details of accreditation by professional/statutory/regulatory body</b>	
<b>5. Final qualification</b>	BSc. (Hons) Sport and Exercise Science
<b>6. Year of validation Year of amendment</b>	2018-19
<b>7. Language of study</b>	English
<b>8. Mode of study</b>	Full Time/Part Time

**9. Criteria for admission to the programme**

Criteria for admission to the programme BSc Sport & Exercise Science

**Evidence that have capacity to work at level 3 for example:**

- 5 GCSEs (Grade C or above) or 5 GCEs (Grade C or above) including:
  - English Language/Literature and Mathematics and Science.
- PLUS, the following:
- 48 UCAS tariff points with 32 points in a Science subject (equivalent to 2 A-Level Ds)

**Evidence that have capacity to work at level 4+ for example:**

- 5 GCSEs (Grade C or above) or 5 GCEs (Grade C or above) including:
  - English Language/Literature and Mathematics and Science.
- PLUS, one of the following:
- Three A-Levels with a minimum of 112 UCAS Tariff points with least one A level in a science discipline or physical education.
  - A BTEC National Diploma or Certificate in an appropriate area (e.g. Applied Science/sport) normally with a minimum of 2 merits OR
  - Applicants who have successfully completed a relevant Diploma in Access to Higher Education (Science/Sport) with a minimum of a merit OR
  - Applicants who have successfully completed an appropriate (e.g Applied Science/Sport) Advanced GNVQ with at least 3 level III passes at merit standard.
  - Mature Students will be interviewed by the team to discuss suitability for study at level 4.
  - Applicants who have successfully passed a HE Foundation Science/Sport programme.
  - Overseas applicants with an appropriate qualification and an IELTS score of 6.0 and over.

## 10. Aims of the programme

The programme aims to:

- A. Provide a multi-disciplinary understanding of sport and exercise science.
- B. Provide a balance of scientific, technical, and technical skills on which to base professional competence in relation to sport and exercise science.
- C. Enable students to identify, implement and evaluate appropriate strategies to promote effective laboratory practices.
- D. Integrate leadership skills in professional practice and establish the basis for subsequent career or research success (lifelong learning).
- E. Enable students to positively and flexibly change sport and exercise environment and facilitate the development of problem solving skills.
- F. Enable students to evaluate and appraise new information, review evidence and critically analyse conflicting theories and assimilate best professional practice.

## 11. Programme outcomes

### A. Knowledge and understanding

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

1. The principles of sport and exercise science.
2. Sport and exercise science and its inter-relationship with other fields of study.
3. Applied sport and exercise science current topics, with particular emphasis in specialist areas.
4. The significance of sport and exercise science and its relationship to professional codes of practice.
5. An evidence based approach to deal with the complexities of sport and exercise science.
6. Career opportunities specific to their chosen programme.
7. Applying autonomous and reflective approach to lifelong learning.

### Teaching/learning methods

Students learn knowledge and understanding through either on line or on campus attendance in lectures, seminars, tutorials, workshops, problem solving sessions, laboratory teaching, demonstration classes, Placements and field work will be used to develop skills. If, due to the COVID-19 pandemic, face to face learning in the laboratory or classroom or other practical clinical settings is not possible, virtual tools and on line opportunities will be used to develop key practical skills.

Students will get a variety of directed and self-directed learning activities e.g. Group projects, case study analysis, laboratory based learning, and portfolio development and work based activity. Students acquire graduate skills through reading, group work exercises, structured and directed learning, reflection and development of portfolio material, formative assessment and on placement. The availability of placements is subject to the co-operating organisation, and we are working closely with our partners to make as many as possible available even during the pandemic. We also have provisions in place to help you acquire the employment skills you need

### Assessment methods

(a) Formative assessment

Formative assessment will be used to identify learning gaps throughout the module to close academic gaps and promote student success. This will include students assessing themselves, peers and academics through their writing, quizzes, presentations and oral discussion. All formative assessment will occur during planned sessions and varied to depending on the content learning objectives of the lesson.

(b) Summative assessment

	<p>Summative assessment will be used to evaluate student learning, skill acquisition and academic achievement throughout the module. This will include , coursework, vivas, laboratory reports, presentations, professional portfolios and in-course tests.</p>
<p><b>B. Cognitive and practical skills</b></p> <p>On completion of this programme the successful student will be able to:</p> <ol style="list-style-type: none"> <li>1. Identify, select and use analytic and evaluative skills that address issues Influencing sport and science.</li> <li>2. Prioritise a range of options and select appropriate communication formats to convey solutions.</li> <li>3. Apply sport and exercise science knowledge in unfamiliar contexts, synthesising ideas or novel solutions.</li> <li>4. Critically evaluate the results of an academic investigation and be able to extract data using a range of techniques appropriate to their chosen fields.</li> <li>5. Demonstrate confidence and flexibility in identifying and defining complex problems within sport and exercise science.</li> <li>6. Select and execute appropriate, laboratory or field tests and supports or is proactive in leadership requiring a level of autonomy.</li> <li>7. Review and competently carry out risk assessment or appropriate emergency care in accordance with legislation and professional codes of conduct.</li> <li>8. Work effectively within a team and demonstrate organisational skills in laboratory and field based settings.</li> <li>9. Seek and apply new techniques and processes to own performance and identify how these might be evaluated.</li> </ol>	<p><b>Teaching/learning methods</b></p> <p>Students learn cognitive skills through on line or on campus lectures, discussions, formative assessment, peer-review of seminar presentations, debates and directed reading.</p> <p>Students learn practical skills through attending laboratory classes, formative assessment, skills sessions and work experience.</p> <p>If, due to the COVID-19 pandemic, face to face learning in the laboratory or classroom or other practical clinical settings is not possible, virtual tools and on line opportunities will be used to develop key practical skills.</p> <p>The availability of work experience may be affected during the pandemic. We have provisions in place to help you acquire the employment skills you need</p> <p><b>Assessment Method</b></p> <p>(a) Formative assessment. Formative assessment will be used to identify learning gaps throughout the module to close academic gaps and promote student success. This will include students assessing themselves, peers and academics through their writing, quizzes, presentations and oral discussion. All formative assessment will occur during planned sessions and varied to depending on the content learning objectives of the lesson.</p> <p>(b) Summative assessment</p> <p>Student cognitive and practical skills are assessed by vivas, laboratory reports, presentations, professional portfolios and in course tests.</p>

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

### 12.1 Overall structure of the programme

An undergraduate BSc honours degree is comprised of 360 credits of learning. In each year you will take 120 credits (P/T 60credits) of learning and this will enable you to complete your award as a full-time student in 3 years. Modules are delivered as either 30 or 15 credits. 30 credit modules are studied over the whole academic year of 24 weeks of learning followed by an assessment period. The 15 credit modules are studied for 12 weeks in term 1, or 12 weeks in term 2.

**Part-time study** at each level is permitted, and the selection of modules will be chosen by the programme leader in consultation with the student at the start of the academic year, totaling 60 credits per year.

Foundation Year			
SMART SAT0100 (30 Credits)	Foundation Mathematics MSO0200 (30 Credits)	Foundation Project SAT0300 (30 Credits)	Introductory Sport Science SES0100 (30 Credits)

Year 1				
Professional Skills and Work Based Practice  SES1501 (30 Credits)	Movement Analysis  SES1504 (15 Credits)	Fundamentals of Sport & Exercise Science  SES1502 (30 Credits)	Fundamentals of Physical Education & Sports Coaching  SES1505 (15 Credits)	Fundamentals of Training Principles in Sport & Exercise  SES1503 (30 Credits)

Year 2				
Research Methods  SES2501 (30 Credits)	Applied Physiology & Biomechanics  SES2504 (30 Credits)	Applied Performance Analysis  SES2503 (15 Credits)	Applied Sport Psychology  SES2505 (30Credits)	Applied Sport & Exercise Nutrition  SES2502 (15 Credits)

Year 3					
Dissertation  SES3501 (30 Credits)	Advanced Sport & Exercise Science  SES3502 (30 Credits)	Advanced Physiology  SES3504 (15 Credits)	Advanced Biomechanics  SES3505 (15 Credits)	Advanced Sport Psychology  SES3506 (15 Credits)	Sport & Exercise Science Work Based Practice  SES3503 (15 Credits)

<b>12.2 Levels and modules</b>		
Level 3 (Foundation year) 120 credits		
COMPULSORY	OPTIONAL	PROGRESSION REQUIREMENTS
SAT0100 SMART  MSO0200 Foundation Mathematics  SAT0300 Foundation Project  SES0100 Introductory Sport Science	There are no optional modules	All level 3 modules must be passed to progress. Modules can be compensated in accordance to University regulations
Level 4 (year 1) 120 credits		
COMPULSORY	OPTIONAL	PROGRESSION REQUIREMENTS
Students must take all of the following:  SES1501 Professional skills and work based placement  SES1504 Movement Analysis  SES1502 Fundamentals of Sport & Exercise Science  SES1505 Fundamentals of Physical Education & Sports Coaching  SES1503 Fundamentals of Training Principles in Sport & Exercise	There are no optional modules	All level 4 modules must be passed to progress. Modules can be compensated in accordance to University regulations
Level 5 (year 2) 120 credits		
COMPULSORY	OPTIONAL	PROGRESSION REQUIREMENTS

<p>Students must take all of the following:</p> <p>SES2501 Research Methods</p> <p>SES2504 Applied Physiology &amp; Biomechanics</p> <p>SES2503 Applied Performance Analysis</p> <p>SES2505 Applied Sport Psychology</p> <p>SES2502 Applied Sport &amp; Exercise Nutrition</p>	<p>There are no optional modules</p>	<p>All level 5 modules must be passed to progress. Modules can be compensated in accordance to University regulations</p>
<p>Level 6 (year 3) 120 credits</p>		
<p>COMPULSORY</p>	<p>OPTIONAL</p>	<p>PROGRESSION REQUIREMENTS</p>
<p>Students must take all of the following:</p> <p>SES3501 Dissertation</p> <p>SES3502 Advanced Sport &amp; Exercise Science</p> <p>SES3504 Advanced Physiology</p> <p>SES3505 Advanced Biomechanics</p> <p>SES3506 Advanced Sport Psychology</p> <p>SES3503 Work Based Practice</p>	<p>There are no optional modules</p>	<p>All level 6 modules must be passed to progress.</p>

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

Module level	Module code
6	All level 6 modules are non-compensatable.

**13. Curriculum map**

See Curriculum Map attached.

#### 14. Information about assessment regulations

The regulations applying to the programme are those common to the University. There are opportunities for re-assessment in failed components of work and specific details are given in the module handbooks. At levels 5 and 6, where a student has failed a piece of work, the mark for the resubmitted work is capped at 40%.

Students must adhere to module assessment deadlines. Where a student cannot meet the deadline for extenuating reasons (for example illness, accidents, bereavement, family problems), an extension can be formally requested. Failure to participate in assessment without good reason will result in a fail grade for the summative assessment.

Students that have an average attendance falling below 80% (on line or on campus) over a 5-week period will automatically be required to attend a meeting with their programme leader and achievement officer. This meeting will look to support students and ensure their suitability to continue with their studies.

Due to the health and safety requirements, all students with an attendance below 80% will not be able to complete practical/laboratory assessments delivered on campus and will receive a 20-grade for that assessment. To enable re-assessment at a later date, students must attend the module specific revision session(s) in selected programme weeks and obtain the consent of the module leader to sit the outstanding exam. In situations whereby the student has agreed extenuating circumstances from the university, the resultant grade will **not** be capped at 40%.

Due to the health and safety requirement of work experience, students with attendance below 80% will not be able to complete placement hours. To obtain the consent of the module leader to attend a placement, students must attend the specific revision session(s) in selected programme weeks. In situations whereby the student has agreed extenuating circumstances from the university, the resultant grade will **not** be capped at 40%.

All work submitted after the assessment deadline is a fail and will receive an academic grade-20. In situations of extenuating circumstances,

- Students are unable to upload work to the University system, evidence along with their work must be emailed to the module leader before the deadline passes.
- If there are extenuating circumstances caused through personal issues with the student, an extenuating circumstances form must be applied for via Unihub prior to the submission deadline.

Late practical assessment: all students must upload accompanying work at proposed module deadline prior to practical assessment. If the work is not uploaded by the deadline they will not be able to complete the practical assessment.

Late attendance to practical assessment (on line or on campus): Students are required to arrive 15 minutes before practical time. If the student is absent when called to their assessment they will not be able to complete the assessment that day and will be recorded as a fail, receiving an academic grade 20.

If there is a genuine circumstance of why the student is late, an email needs to be sent with evidence to the module leader and the assessment can take place at the next available slot.



Group assessments: In the event that a student(s) does not arrive, the group is still expected to complete it as the whole group should know every component. It is at the assessor's discretion on how lenient they are. All students must upload accompanying work at proposed module deadline prior to the group assessment. If the work is not uploaded by the deadline they will not be able to complete the group assessment.

If the assessment requires students to support others as part of a group to be a body/participant and they do not turn up or organise this then they will be capped at 40% when their assessment takes place.

Practical: All students must be dressed in LSI branded kit, suitable to the activity.

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

There is a compulsory placement module in academic year 1 and 3, where students will be expected to seek short term up to 100 hours of work experience in suitable sport and exercise science environments. This should be supervised by a suitable sport science practitioner (Coach, teacher, lecturer, Graduate etc.) and adhering to the QAA quality assurance processes (section B).

In academic years 1, the placement will be passed providing the student completes the required hours. In year 3, the placements will be assessed on the successful completion of 100 hours, utilising a portfolio design to measure various aspects of their learning.

The availability of placements is subject to the co-operating organisation, and we are working closely with our partners to make as many as possible available during the pandemic. We also have provisions in place to help you acquire the employment skills you need

Due to COVID-19 the total number of placement hours required to pass the module may be altered under guidance where applicable.

### **16. Future careers (if applicable)**

This degree is broad in scope, allowing students to study the full potential of sports and exercise sciences, and gain an expert knowledge and understanding of scientific methods from sports psychology to the study of the human form. Students completing this programme will graduate with the essential skills and knowledge to thrive in the sport and exercise industry and be well-prepared to enter a broad range of careers working with athletes to support their development or helping people at all levels of fitness to stay healthy.

This programme will support all students wishing to participate in a career of, Sport Science, Dietician, Fitness Instructor / Personal Trainer, GP Referral Exercise Consultant, Health Promotion Specialist, Lecturer in Higher Education, Performance Analyst, Physical Activity Development Manager, Sport and Exercise Psychologist, Sports Development Officer, Strength and Conditioning Coach, Teacher.

### **17. Particular support for learning (if applicable)**

Learning resources at Hendon, sport and exercise science laboratory's at Allianz Park, specialised external lecturers, learning resources for the subject area and IT helpdesk.

Access will be dependent on social distancing requirements at any time.

<b>18. JACS code (or other relevant coding system)</b>	C600
<b>19. Relevant QAA subject benchmark group(s)</b>	Hospitality, Leisure, Sport and Tourism

## 20. Reference points

The following reference points were used in designing the Programme.

### Internal documentation:

- Middlesex University (2015) Guide and Regulations. London. MU.
- Middlesex University (2013) Equality and diversity Policy. London. MU
- Middlesex University (2015). Curriculum Design.

### External Documentation:

- Quality Assurance Agency (2014) The Framework for Higher Qualifications of UK Degree-Awarding bodies (Qualifications Framework), London, QAA
- Quality Assurance Agency (2016) QAA Subject Benchmarking Group: Hospitality, Leisure, Sport and Tourism.
- HEA (2010). Analysis of Academy Resources supporting the JISC Transforming Curriculum Design and Delivery Programmes Phase 1 &2.

## 21. Other information

The following course-related costs (partially funded by the London Sport Institute) are not included in the fees, and you are required to purchase these to complete the course. The costs are approximate and may change due to changes in pricing at the retailer:-

First Aid training ~ (£40)

- London Sport Institute Sports Kit (~£80)
- Reps level 2 and 3 (~£50 each)
- One residential day trip (~ £100)
- One course day trip (~ £100)

Further details on specific additional equipment which is not included in your fees can be requested from the Programme Leader.

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.

## Curriculum Map

### *Curriculum map for Sport & Exercise Science*

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 learning outcomes

Knowledge and understanding		Cognitive skills	
A1	The principles of sport and exercise science.	B1	Identify, select and use analytic and evaluative skills that address issues Influencing sport and science.
A2	Sport and exercise science and its inter-relationship with other fields of study.	B2	Prioritise a range of options and select appropriate communication formats to convey solutions.
A3	Applied sport and exercise science current topics, with particular emphasis in specialist areas.	B3	Apply sport and exercise science knowledge in unfamiliar contexts, synthesising ideas or novel solutions.
A4	The significance of sport and exercise science and its relationship to professional codes of practice.	B4	Critically evaluate the results of an academic investigation and be able to extract data using a range of techniques appropriate to their chosen fields.
A5	An evidence based approach to deal with the complexities of sport and exercise science.	B5	Demonstrate confidence and flexibility in identifying and defining complex problems within sport and exercise science.
A6	Personal career plans.	B6	Select and execute appropriate, laboratory or field tests and supports or is proactive in leadership requiring a level of autonomy.
A7	An autonomous and reflective approach to lifelong learning.	B7	Review and competently carry out risk assessment or appropriate emergency care in accordance with legislation and professional codes of conduct.
		B8	Work effectively within a team and demonstrate organisational skills in laboratory and field based settings.

		B9	Seek and apply new techniques and processes to own performance and identify how these might be evaluated.
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Programme outcomes															
A1	A2	A3	A4	A5	A6	A7	B1	B2	B3	B4	B5	B6	B7	B8	B9
Highest level achieved by all graduates															
6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6

Module Title	Module Code by Level	Programme outcomes															
		A1	A2	A3	A4	A5	A6	A7	B1	B2	B3	B4	B5	B6	B7	B8	B9
Professional Skills and Work Based Practice	SES1501				X	X	X	X		X							
Movement Analysis	SES1504	X	X						X								
Fundamentals of Sport & Exercise Science	SES1502			X		X						X				X	
Fundamentals of Physical Education & Sports Coaching	SES1505				X			X				X					
Fundamentals of Training Principles in Sport & Exercise	SES1503					X						X			X		X

Research methods	SES2501			X						X	X						
Applied Physiology & Biomechanics	SES2504	X	X			X	X						X	X		X	
Applied Performance Analysis	SES2503		X			X					X						X
Applied Sport Psychology	SES2505	X	X									X					X
Applied Sport & Exercise Nutrition	SES2502			X							X		X				
Dissertation	SES3501					X		X		X		X	X	X	X		
Advanced Sport & Exercise Science	SES3502	X	X						X		X						
Advanced Physiology	SES3504	x		x											x	X	
Advanced Biomechanics	SES3505	x		x	x				X							X	
Advanced Sport Psychology	SES3506	x		x													
Advanced Sport & Exercise Work Based Practice	SES3503				X		X	X			X	X				X	X