



PROGRAMME SPECIFICATION

Part 1: Basic Data			
Awarding Institution	University of the West of England		
Teaching Institution	Hartpury College		
Delivery Location	Hartpury College		
Study abroad / Exchange / Credit recognition	None		
Faculty responsible for programme	Hartpury		
Department responsible for programme	Sport		
Modular Scheme Title	Sport		
Professional Statutory or Regulatory Body Links	None		
Highest Award Title	BSc (Hons) Sport and Exercise Sciences (SW) BSc (Hons) Sport and Exercise Sciences		
Default Award Title	None		
Fall-back Award Title	None		
Interim Award Titles	BSc Sport and Exercise Sciences (SW) BSc Sport and Exercise Sciences DipHE Sport and Exercise Sciences CertHE Sport and Exercise Sciences Cert Sports Studies		
UWE Progression Route	MSc Applied Strength and Conditioning MSc Coaching Science		
Mode(s) of Delivery	Full time; Part time; Sandwich year		
Codes	UCAS: C615	JACS: C600	
	ISIS2: C615 (FT/PT) C61E (SW)	HESA:	
Relevant QAA Subject Benchmark Statements	Events, Hospitality, Leisure, Sport and Tourism		
First CAP Approval Date	07 September 2016	Valid from	01 September 2016
Revision CAP Approval Date	V1.1- 07 July 2016 V3.0 – 02 May 2018 V3.1- 18 May 2018	Revised with effect from	V1.1 01 Sept 2016 V3.0 01 Sept 2018 V3.1 01 Sept 2018
Version	V3.1		
Review Date	01 September 2024		

Part 2: Educational Aims of the Programme

The BSc (Hons) Sport and Exercise Sciences programme will apply the sciences of physiology, psychology and biomechanics to sport and exercise. Students will be provided with the opportunity to apply basic theory to specific areas of sport and exercise including strength and conditioning, nutrition, health related exercise, sports therapy and performance analysis. Not only will graduates develop a theoretical understanding, but in addition develop the abilities and skills required to apply knowledge and challenge current thinking to advance practice. Furthermore, due to the interdisciplinary nature of sports science, graduates will evaluate how sports science support teams work in collaboration for optimal performance.

The programme is designed to become more challenging as students progress from level 1 through to level 3. At level 1 students will learn underpinning knowledge and understanding and develop practical techniques in preparation for study at levels 2 and 3. During level 2 an opportunity to apply theory and practical skills to more specific areas of study within sport and exercise is offered. The importance of research skills including collection and analysis of data is also emphasised in preparation for study at level 3. There is an emphasis on increasing depth of thinking at level 3 where students are encouraged to become more independent, employing analytical and critical evaluation skills to solve more complex problems within their specific areas of study in sport and exercise.

Programme requirements for the purposes of the Higher Education Achievement Record (HEAR)

Graduates completing the BSc (Hons) Sport and Exercise Sciences programme will have a theoretical understanding of the physiological, psychological and biomechanical principles of sport and exercise. They will be able to practically apply their knowledge to specific sport and exercise disciplines. Graduates will demonstrate the skills required to engage in an interdisciplinary approach to support performance and exercise engagement. On completion of the programme graduates will exhibit the skills necessary to interact with athletes and clients when communicating information in support of performance and exercise prescription. Graduates will be ideally placed to work in a range of sport and exercise settings.

Part 3: Learning Outcomes of the Programme

The award route provides opportunities for students to develop and demonstrate knowledge and understanding, qualities, skills and other attributes in the following areas:

Learning Outcomes:	Module No: UISXL8-30-1	Module No: UISXM5-15-1	Module No: UISXKY-15-1	Module No: UISXL7-15-1	Module No: UISXLE-15-1	Module No: UISXM4-15-1	Module No: UISXLR-15-1	Module No: UISV5Y-15-2	Module No: UISXSB-15-2	Module No: UISXRJ-15-2	Module No: UISXSD-15-2	Module No: UISXRX-15-2	Module No: UISXTX-15-2	Module No: UISV5X-15-2	Module No: UISXRV-15-2	Module No: UISXS9-15-2	Module No: UISXS5-15-2	Module No: UISXS6-15-2	Module No: UINXRP-15-2	Module No: UINXRO-30-2	Module No: UINXRR-45-2	Module No: UINVK6-15-2	Module No: UINV3R-45-3	Module No: UISV4B-15-3	Module No: UISV3T-15-3	AND/OR	Module No: UISV4A-15-3	Module No: UISV4D-15-3	Module No: UISV55-15-3	Module No: UISV3V-15-3	Module No: UISV3X-15-3	Module No: UISV3W-15-3	Module No: UISV45-15-3	
(A) Knowledge and understanding of:																																		
1. The theoretical basis of sporting performance including sport physiology, sport psychology and sport biomechanics.	✓		✓	✓	✓			✓	✓	✓				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓		✓		✓	
2. Principles that relate theory to practice in industry, sports science and related wider disciplines that inform that industry	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓		✓	✓	✓
3. Current developments in the sport industry and related disciplines	✓	✓		✓	✓		✓	✓		✓	✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓
4. The relative contribution of academic and work-related learning knowledge in developing competency required to gain employment in the sport industry.			✓					✓										✓	✓	✓	✓	✓	✓	✓	✓	✓								
(B) Intellectual Skills																																		
1. Demonstrate an ability to engage in academic enquiry and identify key themes from written work and oral presentations relating to the sport specific industry and the related wider subject disciplines which inform that industry.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
2. Evaluate and challenge knowledge, research, concepts and evidence of practice from a range of sources to present coherent arguments, applying theory to practice.	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3. Analyse and interpret data and disseminate findings via appropriate methods	✓	✓	✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Part 3: Learning Outcomes of the Programme

4. Apply skills learnt to engage in own business practice.								✓				✓									✓								
5. Adopt an inter-disciplinary approach in relation to supporting sporting performance.								✓													✓		✓				✓		✓
(C) Subject/Professional/Practical Skills																													
1. Develop personal attributes including (but not limited to) flexibility, creativity, self-reliance, adaptability, interpersonal communication and leadership qualities.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
2. Plan, design, implement and evaluate effective programmes of intervention for the sports industry.	✓		✓	✓	✓	✓					✓	✓	✓									✓	✓		✓	✓	✓	✓	✓
3. Understand the purpose and relevance of IT applications to the modern sport and exercise scientist.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓								✓	✓	✓	✓	✓	✓	✓
4. Develop an independent work ethic and gain vocationally relevant qualifications where necessary.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
5. Demonstrate practical skills competencies that inform sporting performance	✓		✓	✓	✓	✓								✓	✓	✓						✓	✓		✓	✓	✓	✓	✓
(D) Transferable skills and other attributes																													
1. Demonstrate use of academic skills including research techniques, reporting of data and referencing.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
2. Demonstrate an ability to manage time effectively.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3. Communicate effectively and appropriately through verbal and non-verbal means.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4. Demonstrate appropriate IT skills.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Part 4: Student Learning and Student Support

Teaching and learning strategies to enable learning outcomes to be achieved and demonstrated

At Hartpury there is a policy for a minimum average requirement of 12 hours/week contact time over the course of the full undergraduate programme. This contact time encompasses a range of face to face activities as described below. Teaching on the programme is a mixture of scheduled and independent learning which will enable learning outcomes to be achieved and demonstrated.

Scheduled learning includes lectures, seminars, tutorials, project supervision, demonstration, practical classes and workshops; fieldwork; external visits; work based learning. Scheduled sessions may vary slightly depending on the module choices made.

Independent learning includes hours engaged with essential reading, case study preparation, assignment preparation and completion etc. Scheduled sessions may vary slightly depending on the module choices made.

Virtual Learning Environment (VLE)

This specification is supported by a VLE where students will be able to find all necessary module information. Direct links to information sources will also be provided from within the VLE.

To support learners' career preparations, Hartpury's employability team will assist students with their career planning and students will have access to a range of online resources. Tutors will also offer subject specific careers advice through module sessions or individual tutorials.

Description of the teaching resources provided for students

Two all-weather 3G sports pitches, grass pitches, sports halls, human performance laboratory and the training facilities (power gym, cardiovascular gym, tennis court) within the Hartpury Academy of Sport are fully utilised to support the teaching and learning experience. Students engage in laboratory sessions and work-related learning to encourage the contextualisation of learning to industry.

Students with specific learning requirements will be supported through the HE Learning Support Service which works with the individual student to facilitate them accessing support through government schemes, provides them with study advice to maximise their chances of success and where necessary guides them through applying for alternative means of assessment.

Description of any Distinctive Features

The purpose of the BSc (Hons) Sport and Exercise Sciences programme is to develop a theoretical understanding of the physiological, psychological and biomechanical demands of sport and exercise. The inclusion of industry specific practical skills is a key aspect of the programme, allowing for students to contextualise the theory learnt and become proficient sport and exercise scientists. In addition, this programme aids student understanding of communication with athletes and how discipline specific sports scientists work together for optimal performance. A mixture of taught sessions and the promotion of work-related learning will facilitate these aspects and contribute to the student experience.

A variety of optional modules in combination with compulsory aspects of the programme presents students with an opportunity to focus and specialise in specific areas of study within sports science. The inclusion of optional modules focusing on key business principles affords the students opportunities to learn basic skills in preparation for self-employment.

Part 4: Student Learning and Student Support

Students are presented with a variety of learning environments during the programme including lectures, seminars, practicals, guest speakers from industry and industry visits. These are intended to enhance student knowledge and develop necessary skills for employment. A diverse range of assessments are aligned with taught content, which determine theoretical understanding and industry standard practical skills abilities.

The Associate Faculty prioritises student support. Key to that support is the tutorial system that complements study skills sessions operated throughout the University. Study skills sessions afford students the opportunity to enhance their academic ability through individual and group tutorials with the year 1 provision focusing on the development of academic skills. In year 2 students are assisted with their career choices and development thereof. Each student has a year tutor who guides the student throughout their study and will be key for the students when choosing modules. Students are also strongly encouraged to utilise, and engage in, face-to-face tutorials with either their allocated personal tutor or their subject specific module tutors in order to support their academic development. Student Advisors are also available for more general academic support needs alongside the Wellbeing team and the onsite counselling service provided by the institution. Assessment offences information and study/examination guidance is also provided to all students. Learning is also supported electronically by the students having access to the VLE which include module information regarding assessments, semester schedules, lecture contents and additional reading. Interactive quizzes, questionnaires and personal feedback further develop the knowledge and skills learnt. Access is available remotely so that the VLE provides students with access to academic materials relevant to their chosen modules and programme. Students are kept up-to-date with information via the announcements areas on the VLE or via the SMS text message service with which the Associate Faculty has engaged with.

The University Learning Centre is highly supportive of the academic disciplines within the sports industry field and provides an extensive range of paper (textbooks and periodicals) and electronic (e-book, periodicals and database) resources relevant to the subject area. The University Learning Centre and the programme team are in constant contact to ensure that up-to-date, relevant material which supports students' academic journey is provided.

Part 5: Assessment

Approved variant to University [Academic Regulations and Procedures](#)

Assessment Strategy

Assessment strategy to enable the learning outcomes to be achieved and demonstrated:

Individuals learn through different methods, hence a range of teaching and assessment techniques are used throughout the programme. Theoretical lectures, practicals, seminars and debates and guest speakers from within the industry enhance the student's academic knowledge, whilst giving the student the opportunity to practice and develop applied skills needed for industry. To support the different learning approaches a range of assessment techniques will be used throughout the programme.

In line with the College's commitment to facilitating equal opportunities, a student may apply for alternative means of assessment if appropriate once full evidence of a disability or SpLD is obtained. Each application will be considered on an individual basis taking into account learning and assessment needs. For further information regarding this please refer to the VLE (HE Learning Support, Examination Access Arrangements).

Part 5: Assessment

Assessment Map

The programme encompasses a range of **assessment methods** including; written assignments, posters, presentations, written examinations, portfolios and laboratory reports. These are detailed in the following assessment map:

		Type of Assessment*									
		Unseen Written Exam	Open Book Written Exam	In-class Written Test	Practical Exam	Practical Skills Assessment	Oral assessment and/or presentation	Written Assignment	Report / Project	Dissertation	Portfolio
Compulsory Modules Year 1	Introduction to Functional Anatomy and Biomechanics						A(G) (50)				B (50)
	Sport Development and Leadership						A (100)				
	Academic Skills for Sport						A (100)				
	Introduction to Exercise Physiology	A (100)									
	Introduction to Sport and Exercise Psychology	A (50)						B (50)			
	Skill Acquisition		A (100)								
	Introduction to Sports Coaching				A (25)			B (75)			
Compulsory Modules Year 2	The Sport and Exercise Scientist					A (100)					
	Exercise Physiology	A (50)						B (50)			
	Applied Biomechanics in Sport		A (100)								
Optional Modules Year 2	Sports Psychology										A (100)
	Fitness Training and Testing	A (50)			A (50)						
	The Injured Athlete		A (100)								
	Independent Report		A (25)					B (75)			
	New Venture Creation						A (100)				
	Sports Nutrition	A (40)						B (60)			
	Health Related Exercise	A (50)									B (50)
	Study Trip						A (100)				
International Academic Study Portfolio										A (100)	
International Academic Study Project						A (25)				B (75)	

Part 5: Assessment

	International Academic Study Extended Project					A (25)				B (75)
Optional SW Year	Sandwich Year Work Placement									A (100)
Compulsory Modules Year 3	Undergraduate Dissertation								A (100)	
	Sports Science for Coaches		A (100)							
	Applied Sport and Exercise Physiology AND/OR Sport Psychology in Action						A (100)			A (100)
Optional Modules Year 3	Sports Injury Assessment					A (100)				
	Performance Analysis					A (100)				
	Special Populations		A (100)							
	Contemporary Issues in Sports Education					A (50)		B (50)		
	Injury Prevention and Rehabilitation					A (50)		B (50)		
	Contemporary Practice in Sports Conditioning									A (100)

*Assessment should be shown in terms of either **Written Exams**, **Practical exams**, or **Coursework** as indicated by the colour coding above.

Part 6: Programme Structure

This structure diagram demonstrates the student journey from Entry through to Graduation for a typical **full time student**, including:
 level and credit requirements
 interim award requirements
 module diet, including compulsory and optional modules

ENTRY	Year 1	Compulsory Modules	Optional Modules	Interim Awards
		UISXL8-30-1 Introduction to Functional Anatomy and Biomechanics	None	<u>Cert Sports Studies</u> Credit requirements: 60 credits at level 0 or above of which not less than 45 are at level 1 or above. <u>CertHE Sport and Exercise Sciences</u> Credit requirements: 120 credits at level 0 or above of which not less than 90 are at level 1 or above
UISXM5-15-1 Sport Development and Leadership				
UISXKY-15-1 Academic Skills for Sport				
UISXL7-15-1 Introduction to Exercise Physiology				
UISXLE-15-1 Introduction to Sport and Exercise Psychology				
UISXM4-15-1 Skill Acquisition				
UISXLR-15-1 Introduction to Sports Coaching				

Year 2	Compulsory Modules	Optional Modules	Interim Awards
	UISV5Y-30-2 The Sport and Exercise Scientist	Usually 45 credits are selected from the following optional modules;	<u>Dip HE Sport and Exercise Sciences</u> Credit requirements: 240 credits at level 0 or above of which not less than 210 are at level 1 or above, and not less than 90 are at level 2 or above.
UISXSB-15-2 Exercise Physiology			
UISV5X-15-2 Applied Biomechanics in Sport			
UISXRV-15-2 Sports Psychology			

		UINXRP-15-2 International Academic Study Portfolio	
		UINXRQ-30-2 International Academic Study Project	
		UINXRR-45-2 International Academic Study Extended Project	

Optional Sandwich Year Work Placement UINVK6-15-2

	Compulsory Modules	Optional Modules	Interim Awards
Year 3	UINV3R-45-3 Undergraduate Dissertation	UISV3W-15-3 Contemporary Practice in Sports Conditioning	<u>BSc Sport and Exercise Sciences</u> Credit requirements: 300 credits at level 0 or above of which not less than 270 are at level 1 or above, not less than 150 at level 2 or above and not less than 60 credits are at level 3 or above. <u>BSc Sport and Exercise Sciences (SW)</u> Credit requirements: As BSc Sport and Exercise Sciences with the addition that the credits must include the module 'Sandwich Year Work Placement UINVK6-15-2'
	UISV4B-15-3 Sports Science for Coaches	UISV4D-15-3 Sports Injury Assessment	
	Students must choose at least one of the following modules:	UISV45-15-3 Performance Analysis	
	UISV3T-15-3 Applied Sport and Exercise Physiology	UISV55-15-3 Special Populations	
	AND/ OR		
	UISV4A-15-3 Sport Psychology in Action		
		UISV3V-15-3 Contemporary Issues in Sports Education	
	UISV3X-15-3 Injury Prevention and Rehabilitation		

Target Awards' Credit Requirements:

BSc (Hons) Sport and Exercise Sciences

360 credits at level 0 or above of which not less than 270 credits at level 1 or above, not less than 150 credits are at level 2 or above, and not less than 90 credits at level 3 or above. This must include all compulsory modules.

BSc (Hons) Sport and Exercise Sciences (SW)

As BSc (Hons) Sport and Exercise Sciences with the addition that the credits must include the module 'Sandwich Year Work Placement UINVK6-15-2'

Part time:

There are a number of routes that a part time student can take to graduate, this can be done depending upon student requirements, hence a production of a specific map will depend on an individual student basis.

Part 7: Entry Requirements

The University's Standard Entry Requirements apply.

Applicants will have achieved tariff points as appropriate for the year of entry, up to date requirements are available through the [courses database](#).

Level 3 qualification in a sport related subject or a biological science, or equivalent. National Diploma DMM in Sport/Science based subject and related industrial experience and National Governing Body coaching awards are desirable.

We also welcome applicants from a diverse range of backgrounds who do not have the entry requirements outlined above. The University will consider applicants on the basis of evidence of personal, professional and educational experience which indicates an applicant's ability to meet the demands of an undergraduate degree programme. Applicants with non-standard entry criteria will be reviewed on an individual basis. This will take the form of an individual interview with members of the programme team and possibly the completion of a set task such as a written assignment. Where appropriate experience or learning has been gained prior to enrolment on the programme RPL/RPEL may be possible.

Applicants whose first language is not English must also gain a minimum IELTS score of 6.0 prior to entry onto the programme.

Part 8: Reference Points and Benchmarks

Description of **how** the following reference points and benchmarks have been used in the design of the programme:

QAA UK Quality Code for HE

Has been used to define the minimum level of achievement that students need to achieve to succeed on this programme and achieve the qualification. It has also been used to inform the academic quality of the programme and enhance the quality of the learning opportunities and the assessment methods used to measure achievement on the programme.

Relevant subject benchmark statements (Hospitality, leisure, sport and tourism)

Have informed the characteristics of the subject matter and curriculum development of the programme, the programme learning outcomes and the attributes that a graduate of this programme should be able to demonstrate.

University strategies and policies: The Academic Regulations and Procedures

Has been used to ensure that the quality of learning, teaching and assessment on this programme adheres to the university's frame work of academic regulations, procedures and working practices that enable the assurance of academic standards.

Staff research projects

The proposed modules for the BSc (Hons) Sport and Exercise Sciences programme are based on well-established teaching areas within the Associate Faculty. These modules will be taught by staff who are either research or consultancy active, or actively engaged in scholarly activity, and who bring their current experience to bear on their teaching.

Graduate outcomes identified in the [QAA-HEA Guidance](#)

Relevant graduate outcomes covering knowledge and understanding, skills and attributes are embedded within compulsory and optional modules available on the BSc (Hons) Sport and Exercise Sciences programme.

What methods have been used in the development of this programme to evaluate and improve the quality and standards of learning? This could include consideration of stakeholder feedback from, for example current students, graduates and employers.

Employer interaction and staff/student feedback:

- 1 Mock Validation
- 2 Undergraduate Sports Staff Student Liaison Groups
- 3 Programme Development Team Meetings
- 4 External Industry Professionals Consultations
- 5 Market Impact Assessment

This specification provides a concise summary of the main features of the programme and the 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 learning outcomes, content and teaching, learning and assessment methods of individual modules can be found in module specifications, available on the [University's website](#).