



LEEDS  
BECKETT  
UNIVERSITY

# Course

# Specification

## BSc (Hons)

## Physical Activity,

## Exercise and

## Health

**Course Code: BPAEH**

**2019/20**

[leedsbeckett.ac.uk](http://leedsbeckett.ac.uk)

# BSc (Hons) Physical Activity, Exercise and Health

## Material Information Summary for 2019/20 Entrants

Confirmed at 5<sup>th</sup> October 2018

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### General Information

<b>Award</b>	Bachelor of Science (with Honours) Physical Activity, Exercise and Health
<b>Contained Awards</b>	Bachelor of Science Physical Activity, Exercise and Health Diploma of Higher Education Physical Activity, Exercise and Health Certificate of Higher Education Physical Activity, Exercise and Health
<b>Awarding Body</b>	Leeds Beckett University
<b>Level of Qualification &amp; Credits</b>	Level 6 of the Framework for Higher Education Qualifications, with 120 credit points at each of Levels 4, 5 and 6 of the UK Credit Framework for Higher Education (360 credits in total)

### Course Lengths & Standard Timescales

The standard start date for Leeds Beckett University induction week is reproduced below and relates to the majority of students starting a course in September 2019. A proportion of courses have alternate start dates which are displayed on the online prospectus and additionally will be notified to the students concerned via the offer letter. Non-September starters will also have their start dates confirmed in their offer letters.

- 3 years (full time, campus based)  
Starts 23rd September 2019/ Ends June 2022
- 6 years (part time, campus based)  
Starts 23rd September 2019/ Ends June 2025

<b>Part Time Study</b>	PT delivery is usually at half the intensity of the FT equivalent course, although there may be flexibility to increase your pace of study to shorten the overall course duration. Some modules may be delivered in a different sequence to that advertised within this Course Specification but the modules offered within each level are as advertised. Please note that the work placement option is not available to PT students.
<b>Location(s) of Delivery</b>	Headingley Campus, Leeds (plus location of work placement, if applicable)
<b>Entry Requirements</b>	Admissions criteria are confirmed in your offer letter. Details of how the University recognises prior learning and supports credit transfer are

located here: <http://www.leedsbeckett.ac.uk/studenthub/recognition-of-prior-learning/>

#### **Course Fees**

Course fees and additional course costs are confirmed in your offer letter

#### **Timetable Information**

Timetables will be made available to students during induction week via:

- i) The Student Outlook Calendar
- ii) The Student Portal
- iii) The Leeds Beckett app

Any difficulties relating to timetabled sessions can be discussed with your Course Administrator.

#### **Policies, Standards and Regulations**

<http://www.leedsbeckett.ac.uk/public-information/>

There are no additional or non-standard regulations which relate to your course

#### **Key Contacts**

##### **Your Course Director**

Dr Zoe Rutherford

##### **Your Academic Advisor**

Your Academic Advisor will be allocated to you at induction.

##### **Your Course Administrator**

Your Course Administrator can be contacted on [schoolofsportadmin@leedsbeckett.ac.uk](mailto:schoolofsportadmin@leedsbeckett.ac.uk)

#### **Placement Information**

##### **Summary**

Leeds Beckett is dedicated to improving the employability of our students and one of the ways in which we do this is to support our students to gain valuable work experience through work-based placements. Our placement teams have developed strong links with companies, many of whom repeatedly recruit our students into excellent placement roles and the teams are dedicated to supporting students through every stage of the placement process. More information about the many benefits of undertaking a work placement, along with details about how to contact our placement teams may be found [here](#):

<http://www.leedsbeckett.ac.uk/studenthub/placement-information/>

##### **Length**

Minimum 120 hours undertaken at Level 5

##### **Location**

Not specified

#### **Professional Accreditation or Recognition Associated with the Course**

**Professional Body**

There is no professional accreditation associated with this course.

**How is Accreditation/ Recognition Achieved?**

N/A

**Course Accreditation/ Recognition Period**

N/A

**Course Overview**

In meeting the government's aspiration for a more physically active and healthier nation the course has been designed to equip the student with the necessary knowledge, experience and skills within the field of physical activity, exercise and health. As with previous graduates, this will enable future students to consider diverse employment opportunities that exist at a local, national and international level.

Learning will be developed through the strands of Science, Intervention, Application (practical delivery) and Research & Professional Development. Students will learn how the body responds to physical activity and exercise and its role in helping people lead a healthier lifestyle, using the scientific principles of physiology, psychology, applied biomechanics and nutrition. By understanding the reasons why people do and do not, can and cannot engage in these behaviours, students will use behaviour change principals to the design of physical activity and exercise interventions to improve the health of a diverse range of individuals and communities. Students will then learn how to apply this knowledge in the delivery of practical activity sessions and programmes. At the same time, students will be provided with the opportunity to undertake internationally recognised qualifications, ensuring that upon graduation they are competitive within the job market. The research/professional development strand provides the underpinning knowledge required to conduct monitoring, evaluation, reflection and research investigations whilst also developing the students' graduate attributes towards their chosen career.

The course is delivered by staff with a diverse range of practical, research, teaching and industry experience within the field of physical activity, exercise and health. Our expertise includes designing, leading and evaluating programmes in the areas of young people, obesity management, cardiac rehabilitation, diabetes, mental health, sport led programmes, older adults and heard to reach populations. Our current national partners include the FA Premier League, Homeless FA, Sport England, NHS, Public Health England, MoreLife, Leeds City Council, OneLife Suffolk, Leeds Rhinos Foundation, Notts County FITC, TagTiv8, as well as local schools. Engagement with these partners develops our deep appreciation of the employment roles and responsibilities of practitioners working in the field of physical activity, exercise and health (and sport development) and allows us to develop innovative learning and assessment opportunities that are industry relevant.

**Aims**

The aims of the programme are to:

- provide students with a multi and interdisciplinary learning experience,
- enable students to apply theory to practice across a range of vocationally relevant subject areas relevant to Physical Activity, Exercise & Health (PAEH) and beyond,
- align itself where applicable, with professional standards set by industry governing organisations such as the Register of Exercise Professionals (REPS) and the Chartered Institute of the Management of Sport and Physical Activity (CIMSPA),
- produce skilled, knowledgeable, experienced, innovative and employable graduates.

## Course Learning Outcomes

At the end of the course, students will be able to:

- 1 Critically apply the interdisciplinary study of the scientific disciplines of physiology, psychology, applied biomechanics and nutrition to Physical Activity, Exercise and Health.
- 2 Study, analyse and critically evaluate local, national and international intervention strategies for the promotion of physical activity and exercise for health across a diverse range of individuals and communities.
- 3 Develop and critically apply the skills necessary to effectively deliver Physical Activity, Exercise and Health interventions to a range of individuals and communities within different environments.
- 4 Identify and critically evaluate research relevant to the area of Physical Activity, Exercise and Health utilising a wide range of digital media.
- 5 Develop a set of professional and enterprising skills that would enable you to work independently across a diverse range of multicultural and global employment environments.
- 6 Critically evaluate research principles and designs in the application of data collection, analysis and interpretation.

## Teaching and Learning Activities

### Summary

Students will be engaged through a variety of teaching and learning approaches whilst studying the BSc (Hons.) Sport, Physical Activity and Health degree. Challenging and authentic tasks will be used to stretch the students' capabilities in real world learning and assessment, resulting in a deeper approach to learning. Each module on the degree will consist of 20 credits (with the exception of the L6 Final Year Project, 40CP) which equates to 200 notational learning hours. The learning on each module will consist of an average of 48 hours contact time (equivalent to 4 hours per week) within each module.

The following learning and teaching strategies will be used across the modules on the degree (please refer to the individual module specification documents to see where the different learning activities take place):

- Students will attend interactive lectures where they will be expected to contribute having done some preparatory reading in advance.
- Student will participate in online or face to face tutorials where they will work in small groups to engage with learning activities (e.g. excel)
- Students will engage and contribute to laboratory/ practical sessions.
- Students will organise and conduct laboratory and field data collection, analysis and interpretation.
- Students will work independently to research the relevant literature, predominantly using electronic databases and search engines.
- Students will complete directed activities/ formative assessments which will inform the content of scheduled sessions, providing opportunities for feedback. This may include self-test, discussion boards etc.
- Students will participate in practical workshops to experience/develop the skills required in delivering exercise programmes to patients.
- Students will lead practical sessions on physical activity for a variety of target populations.

- Students will participate in group work and assessments, developing the relevant skills required by graduate employers.

### **Your Modules**

*(Correct for students progressing through the programme within standard timescales. Students who are required to undertake repeat study may be taught alternate modules which meet the overall course learning outcomes. Details of module delivery will be provided in your timetable).*

#### **Level 4 Core Modules (2019/20 for FT students and 2019/20 and 2020/21 for standard PT students)**

Psychology of Physical Activity & Behaviour Change

Anatomy & Physiology for Physical Activity, Exercise & Health

Research and Personal Development for Physical Activity, Exercise & Health

Nutrition & Biochemistry for Physical Activity, Exercise & Health

Applied Exercise Teaching

Leadership of Physical Activity in Young People

#### **Level 5 Core Modules (2020/21 for FT students and 2021/22 and 2022/23 for standard PT students)**

Science of Lifelong Physical Activity, Exercise & Health

Principles & Practice of Physical Activity & Public Health

Employability in Physical Activity, Exercise & Health

Research Methods for Physical Activity, Exercise & Health

Nutrition for Health & Active Lifestyles

#### **Level 5 Option Modules (delivery years as per Level 5 core modules above)**

*The following option modules are indicative of a typical year. There may be some variance in the availability of option modules*

Physically Active Learning

Exercise for Referred Populations

#### **Level 6 Core Modules (2021/22 for FT students and 2023/24 and 2024/25 for standard PT students)**

Intervention Design & Evaluation

Population Physical Activity, Exercise & Health Promotion

Final Year Project

### **Level 6 Option Modules (delivery years as per L6 core modules above)**

*The following option modules are indicative of a typical year. There may be some variance in the availability of option modules*

Cardiac Rehabilitation

Contemporary Health Issues & Physical Activity Rehabilitation

Special Education Needs and Disability in PE

Obesity Management

### **Assessment Balance and Scheduled Learning and Teaching Activities by Level**

The assessment balance and overall workload associated with this course are calculated from core modules and a sample of option module choices undertaken by a typical student. They have been reviewed and confirmed as representative by the Course Director.

A standard module equates to 200 notional learning hours, which may be comprised of teaching, learning and assessment, placement activities and independent study. Sandwich placement years spent out of the University are not be included in the calculation unless they are credit bearing and attributed to a level of the course. Modules may have more than 1 component of assessment.

<b>Assessment Balance</b>	<b>Level 4</b>	<b>Level 5</b>	<b>Level 6</b>
Examination	38%	20%	22%
Coursework	38%	50%	74%
Practical	24%	30%	4%
<b>Overall Workload</b>			
Teaching, Learning and Assessment	280 hours	384 hours	203 hours
Independent Study	920 hours	816 hours	997 hours
Placement	-	120 hours	-

### **Learning Support**

If you have a question or a problem relating to your course, your Course Administrator is there to help you. Course Administrators works closely with academic staff and can make referrals to teaching staff or to specialist professional services as appropriate. They can give you a confirmation of attendance letter, and a transcript. You may also like to contact your Course Rep or the Students' Union Advice team for additional support with course-related questions.

If you have any questions about life at our University in general, call into or contact the Student Hub on either campus to speak to our Student Experience Team. This team, consisting of recent graduates and permanent staff, are available to support you throughout your time here. They will make sure you have access to and are aware of the support, specialist services, and opportunities our University provides. There is a Student Hub on the ground floor of the Rose Bowl at City Campus and one in Campus Central at Headingley. You can also find the team in the Gateway in the Leslie Silver Building at City Campus. The telephone number is 0113 812 3000, and the e-mail address is [StudentHub@leedsbeckett.ac.uk](mailto:StudentHub@leedsbeckett.ac.uk).

Within MyBeckett you will see two tabs (Support and Opportunities) where you can find online information and resources for yourselves. The **Support** tab gives you access to details of services available to give you academic and personal support. These include Library Services, the Students' Union, Money advice, Disability advice and support, Wellbeing, International Student Services and Accommodation. There is also an A-Z of Support Services, and access to online appointments/registration.

The **Opportunities** tab is the place to explore the options you have for jobs, work placements, volunteering, and a wide range of other opportunities. For example, you can find out here how to get help with your CV, prepare for an interview, get a part-time job or voluntary role, take part in an international project, or join societies closer to home.