



LEEDS
BECKETT
UNIVERSITY

Course Specification

BSc (Hons) Science of Sport Performance

Course Code: BSPER

2019/20

leedsbeckett.ac.uk

BSc (Hons) Science of Sport Performance

Material Information Summary for 2019/20 Entrants

Confirmed at 5th October 2018

General Information

Award	Bachelor of Science (with Honours) Science of Sport Performance
Contained Awards	Bachelor of Science Science of Sport Performance Diploma of Higher Education Science of Sport Performance Certificate of Higher Education Science of Sport Performance
Awarding Body	Leeds Beckett University
Level of Qualification & Credits	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

- 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

Part Time Study	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.
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Location(s) of Delivery	Headingley Campus, Leeds (plus location of work placement, if applicable)
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Entry Requirements	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/
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Course Fees	Course fees and additional course costs are confirmed in your offer letter
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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 Adam Gledhill
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

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

Length There is a requirement for students to complete a minimum of 120 hours of professional development activities at Level 5. This will usually be achieved via work placements or other work-based learning where placements are not possible.

Location Not specified

Professional Accreditation or Recognition Associated with the Course

Professional Body There is no professional accreditation or recognition associated with the course

How is Accreditation/ Recognition Achieved?

N/A

Course Accreditation/ Recognition Period

N/A

Course Overview

Aims

The BSc (Hons) Science of Sport Performance programme is aimed at providing students with a desire to learn how athletes, coaches, and practitioners function optimally in sport performance settings. Students will study a range of scientific disciplines and professional roles in the context of sport performance, including Biomechanics, Nutrition, Physiology, Psychology, Performance Analysis, Performance Lifestyle Support, and Strength and Conditioning.

The programme balances the development of evidence-based knowledge and practical skills with the aim of producing graduates who can contribute constructively in a range of settings. In addition to developing knowledge and skills that are specific to sport performance research and practice, students are expected to acquire transferable qualities and attributes that are desired by a wide range of employers, particularly the ability to find and process information and be able to communicate effectively in written and verbal formats.

The opportunity to focus the degree to reflect personal and professional interests exists through core modules at every level of study (e.g., Personal, Professional & Academic Development; Employability in Sport Performance; Final Year Project) and final-year elective modules (e.g., The Performance Analyst; The Performance Lifestyle Advisor; The Advanced Strength & Conditioning Coach). Through these modules (particularly the latter), students can deepen their contextual knowledge and practical experience of the duties and demands associated with key professional roles in sport performance settings.

Furthermore, with work-based learning elements embedded within the three core modules listed above, all students will have had the chance to engage in, reflect on, and learn from their experiences of working in authentic, real-world sport performance environments by the time they graduate from the programme. Such exposure will be vital in helping graduates make well-informed decisions regarding their ongoing personal and professional development beyond this particular programme of study.

The course is delivered by staff with a diverse range of practical, research, teaching and industry experience within the fields of applied sport science, athlete testing, and the prescription of high-performance exercise and training. Our expertise includes: rugby science, stress in sport, extreme environments, biomechanics of gait, strength and conditioning, doping in sport, bone health, and exercise metabolism. As a practical example of our expertise, in August 2017, members of our course team worked with other staff and students from the Carnegie School of Sport to coordinate the world's largest biomechanics research project at the IAAF World Athletics Championships in London.

The team were then invited to conduct similar testing and analysis at the IAAF World Indoor Athletics Championships in Birmingham (February 2018). Our current partners include professional sporting and high-performance organisations such as Leeds Rhinos, Yorkshire Carnegie Rugby, England Athletics, British Triathlon, Ministry of Defence, and the Football Association. Engagement with the above partners and global events such as the IAAF World Athletics Championships allows us to provide excellent employability development opportunities within the programme, whilst enhancing our appreciation of the employment roles and responsibilities of practitioners working in sport performance settings.

The overall aim of the programme is, through direct experience and critical appraisal of research and practice, to develop essential scientific knowledge, critical understanding and practical skills relevant to sport performance environments. Students will explore and experience the application of principal scientific disciplines in the context of sport performance, and acquire an in-depth appreciation of the multi- and interdisciplinary nature of sport performance science. In addition, the programme will equip students with employability skills and enhance their self-awareness to support continuing personal and professional development.

Course Learning Outcomes

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

- 1 Develop knowledge and understanding of the multi- and inter-disciplinary basis of sport performance science, with extensive critical appreciation of the scientific disciplines of Biomechanics, Nutrition, Physiology, and Psychology.
- 2 Critically evaluate contemporary research and professional practice in sport performance science by successfully evaluating and reflecting on limitations of existing evidence.
- 3 Acquire and develop a set of advanced skills commensurate with working as a professional in sport performance contexts, including the ability to operate specialist equipment, digital applications, and other relevant technology.
- 4 Understand and utilise a scientific, evidence-informed process to question and problem solve issues relevant to experiences in sport performance contexts.
- 5 Analyse empirical data and critically evaluate appropriate evidence to produce verifiable conclusions and practical recommendations.
- 6 Develop a set of professional skills necessary for making enterprising decisions in global and diverse employment settings, and to take responsibility for one's own continuous professional development.

Teaching and Learning Activities

Summary

Students will be engaged through a variety of teaching and learning approaches whilst studying the BSc. (Hons) Science of Sport Performance programme. 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, 40 credits), which equates to 200 notional learning hours. The learning on each module will consist of 48 hours contact time (equivalent to four hours per week).

The following learning and teaching strategies will be used across the modules on the programme (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 study in advance. A number of these will be key-concept lectures delivered by industry experts.
- Students will attend seminars and workshops where they will be expected to contribute having done some preparatory study in advance.
- Students will participate in online or face-to-face tutorials where they will work in small groups to engage with learning activities.
- Students will engage and contribute to laboratory/practical sessions, many of which will involve the teaching and/or assessment of practical knowledge and skills.
- Students will organise and conduct laboratory- and field-based 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 guided readings, self-diagnostic testing, discussion boards, etc.

- Students will participate in work-based learning environments and problem-based learning activities to experience/develop the essential knowledge and skills required to work in their chosen professional role/context.
- Students will participate in group work and related assessments, developing the relevant skills and qualities deemed essential 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)

Human Movement

Nutrition & Biochemistry for Sport & Exercise

Psychophysiological Responses to Exercise for Performance

Young Athlete Development

Profiling Sport Performance

Personal, Professional & Academic Development

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

Biomechanics & Performance Analysis

Science of Physiological Adaptations

Food & Nutrition for Health, Sport, & Exercise

Psychosocial Development for Elite Sport Performance

The Developing Strength & Conditioning Coach

Employability in Sport Performance

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

Analysing Sport Performance

Adapting Performance Environments

Final Year Project

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

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

Applied Physiology of Sport Performance

Applied Sport Psychology

Creating Positive Performance Environments

Neuromuscular Aspects of Skilled Performance

Performance Nutrition

Sport Governance

The Performance Analyst

The Performance Lifestyle Advisor

The Advanced Strength & Conditioning Coach

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.

Assessment Balance	Level 4	Level 5	Level 6
Examination	48%	25%	22%
Coursework	43%	52%	55%
Practical	8%	23%	23%
Overall Workload			
Teaching, Learning and Assessment	288 hours	384 hours	288 hours
Independent Study	912 hours	816 hours	912 hours
Placement	-	-	-

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.

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.