



LEEDS  
BECKETT  
UNIVERSITY

# Course Specification

## BSc (Hons) Sport and Exercise Science

Course Code: SPEXS

2019/20

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

# BSc (Hons) Sport and Exercise Science

## 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) Sport and Exercise Science
<b>Contained Awards</b>	Bachelor of Science Sport and Exercise Science Diploma of Higher Education Sport and Exercise Science Certificate of Higher Education Sport and Exercise Science
<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.
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<b>Location(s) of Delivery</b>	Headingley Campus, Leeds (plus location of work placement, if applicable)
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<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: <a href="http://www.leedsbeckett.ac.uk/studenthub/recognition-of-prior-learning/">http://www.leedsbeckett.ac.uk/studenthub/recognition-of-prior-learning/</a>
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## 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 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](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/):  
<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**

The course is endorsed by the British Association of Sport and Exercise Science (BASES) Undergraduate Endorsement Scheme (BUES)

**How is Accreditation/ Recognition Achieved?**

BASES endorsement is awarded to courses that meet specific criteria covering the necessary foundation of sport and exercise science knowledge and technical skills, in addition to professional development competencies required to succeed in the profession. When reviewing a course, BUES considers the curriculum, the practical experience gained by students and the resources and facilities of the institution. The rigorous assessment criteria ensure that only the highest calibre courses achieve the BASES endorsement award.

**Course Accreditation/ Recognition Period**

31 August 2017 to 31 August 2022

**Course Overview****Aims**

The overall aim of the programme is, through direct experience and critical appraisal of research, to develop knowledge, critical understanding and applied practical skills for each of the four key disciplines of Sport and Exercise Science. Students will explore the application of Sport and Exercise Science in the contexts of sports performance and exercise and health, and have an appreciation of the multi-disciplinary nature of Sport and Exercise Science. In addition, the programme will equip students with employability skills and self-awareness to support their continuing personal and professional development.

**Course Learning Outcomes**

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

- 1 Develop knowledge and understanding of the multi-disciplinary basis of Sport and Exercise Science and be able to critically apply the scientific disciplines of Biomechanics, Nutrition, Physiology and Psychology.
- 2 Critically evaluate contemporary research in Biomechanics, Nutrition, Physiology and Psychology by successfully evaluating and reflecting on limitations of existing research.
- 3 Develop a set of advanced skills and understand the application of these skills commensurate with working as a professional in sport and exercise science, including the ability to operate specialist equipment and digital applications.
- 4 Understand and utilise a scientific process to question and problem solve issues relevant to experiences in sport and exercise.
- 5 Analyse empirical data and critically evaluate evidence to produce verifiable conclusions.
- 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.) Sport and Exercise Science 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).

You will:

- attend interactive lectures where you will be expected to actively contribute to lecture discussion after having done some preparatory study in advance (e.g., session pre-reading; listening to a specific webinar/podcast).
- attend seminars and workshops where you will be expected to actively contribute having done some preparatory study in advance (e.g., session pre-reading; listening to a specific webinar/podcast).
- participate in online or face-to-face tutorials where you will work in small groups to engage with learning activities.
- engage and contribute to laboratory/practical sessions.
- organise and conduct laboratory and field data collection, analysis and interpretation.
- work independently to research the relevant literature, predominantly using electronic databases and search engines.
- complete directed activities and 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.
- participate in practical workshops to experience/develop the skills required for collecting valid and reliable scientific data.
- 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)**

Physiology of the Human Body

Human Behaviour in Sport & Exercise

Personal Professional & Academic Development

Nutrition & Biochemistry for Sport & Exercise

Biomechanical Principles of Human Movement

The Sport & Exercise Scientist in Action

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

Research Methods for Sport & Exercise Science

Employability in Sport & Exercise Science

**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*

Psychology of Sport & Exercise

Food & Nutrition for Health, Sport & Exercise

Real-World Applications in Sport & Exercise Science

Physiological Responses to Exercise

Biomechanical Determinants of Sports Performance

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

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

Clinical Exercise Physiology

Nutrition for the Prevention & Treatment of Disease

Performance Nutrition

Psychological Applications of Physical Activity & Health

Applied Sport Psychology

Biomechanics of Health & Sports Injury

Neuromuscular Aspects of Skilled Performance

Performance in Extreme Environments

Scientific Principles of Strength & Conditioning Practice

Obesity Management

Cardiac Rehabilitation

### 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	42%	47%	62%
Coursework	35%	38%	38%
Practical	23%	15%	-
<b>Overall Workload</b>			
Teaching, Learning and Assessment	272 hours	268 hours	196 hours
Independent Study	928 hours	812 hours	1004 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.