



LEEDS
BECKETT
UNIVERSITY

Course Specification

**BSc (Hons) Sport
and Exercise
Science**

Course Code: SPEXS

2020/21

BSc (Hons) Sport and Exercise Science

Material Information Summary for 2020/21 Entrants

Confirmed at 2 August 2019

General Information

Award	Bachelor of Science (with Honours) Sport and Exercise Science
Contained Awards	Bachelor of Science Sport and Exercise Science Diploma of Higher Education Sport and Exercise Science Certificate of Higher Education Sport and Exercise Science
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

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 2020. 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 21 September 2020/ Ends June 2023

- 6 years (part time, campus based)

Starts 21 September 2020/ Ends June 2026

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.
Location(s) of Delivery	Headingley Campus, Leeds (plus location of work placement, if applicable)
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/>

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

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 (2020/21 for FT students and 2020/21 and 2021/22 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 (2021/22 for FT students and 2022/23 and 2023/24 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 (2022/23 for FT students and 2024/25 and 2025/26 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

Contemporary Health Issues & Physical Activity 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.

Level 4 is assessed by a broadly even mix of examinations and coursework, with some practical assessments.

Level 5 is assessed by a broadly even mix of examinations and coursework, with some practical assessments.

Level 6 is assessed predominantly by examinations, with some coursework.

Assessment Balance	Level 4	Level 5	Level 6
Examination	42%	47%	62%
Coursework	35%	38%	38%
Practical	23%	15%	-
Overall Workload			
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 work 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.
