

LEEDS BECKETT UNIVERSITY

# Course Specification

PG Cert Sport and Exercise

Science 2018-19 (SEPGC)

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



## School of Sport

**Award and programme title: PG Certificate in Sport and Exercise Science (SEPGC)**

**Level of qualification: Level 7**

**Interim awards available:**

N/A

**Length and status of programme and mode of study**

<b>Programme</b>	<b>Length (years) Status (FT/PT/SW)</b>	<b>Mode (campus- based / DL or other)</b>
<b>PG Certificate in Sport and Exercise Science</b>	<b>FT/6 months</b>	<b>Headingley Campus</b>
<b>PG Certificate in Sport and Exercise Science</b>	<b>PT/1 year</b>	<b>Headingley Campus</b>

## Course Specification

### Overview and Aims

The philosophy of the course is to focus the student in the study of sport and exercise science, which is academically challenging, vocationally relevant and underpinned by evidence-based practice. Furthermore, it aims to meet professional standards set by industry governing organisations such as the British Association of Sport & Exercise Sciences. The breadth of this strongly science based post-graduate degree which specialises in sport and exercise science is a key aspect of the provision. Students also have the opportunity to apply theory to practice, which creates a highly valuable learning experience with clear vocational and professional significance. Therefore, the content of the post-graduate certificate in Sport and Exercise

Science has been carefully designed to provide quality assured professional training to meet the needs of the market and to foster life-long learning in participants.

### **Professional Subject Context**

The post-graduate certificate in in Sport and Exercise Science is not subject to external reference points such as Professional, Statutory or Regulatory Bodies. However, the course aims and learning outcomes are aligned with several of the key competencies required for those students wanting to gain accreditation (e.g. British Association of Sport and Exercise Sciences). Furthermore, the course content is appropriate for those wanting to prepare for a career in research, applied sport science and professional practice. Lastly, staff teaching on the course are highly engaged in research and applied sport science and understand the needs of employers within this area, which assist with course and module developments.

### **Market and Demand for the course**

There is continued market demand for this course. The growth in popularity of the undergraduate sport and exercise science related courses has led to thousands of graduates and the fact is that there are fewer jobs than there are graduates. Job opportunities increase dramatically when an applicant possesses a Master's degree, given the advanced level of knowledge and research experience that a person with this type of qualifications can demonstrate. In addition Masters applicants are becoming progressively more informed about the quality and the nature of the degrees they consider and how these will equip them for a successful career. Furthermore, those wanting to gain accreditation (e.g. British Association of Sport and Exercise Science) are required to achieve academic learning at Master level to achieve competencies set by such organisations.

### **Aims of the Course**

This is a post-graduate program for students who are developing their undergraduate and/or professional experience and who have a desire to study Sport and Exercise Science at a higher level. The course is designed to:

- Develop knowledge and understanding of the principles and applications of sport and exercise science and their application to vocational/professional practice.
- Provide an opportunity to critically assess a broad range of theories, methodologies and research findings in sport and exercise science.
- Develop a critical understanding of how to apply theories, strategies and methodologies in appropriate ways.
- Enable the student to develop empirical rigour in identifying solutions to complex problems.
- Develop the appreciation of inter-related scientific concepts that promote understanding of problems and issues in the study of sport and exercise science.
- Provide a forum for the development of research skills and professional competencies in the field of sport and exercise science.

This programme of postgraduate study will provide students with a training of high academic quality and application to the workplace.

## Course Learning Outcomes

On successful completion of this course, students will be able to:	
1	Understand and utilise the distinctive insights and limitations of the science discipline relevant to exercise and sport.
2	Analyse and critically evaluate pertinent research evidence.
3	Take a reflective approach and apply established principles and methodologies to diverse problems and issues in sport and exercise science.
4	To consider and critically reflect upon both traditional and contemporary approaches to research, theory and practice in sport and exercise science.
5	Synthesise theoretical debates and complex issues and apply to professional practices and vocational contexts.
6	Deal with complex issues in the area of sport and exercise science both systematically and creatively, make sound judgment and competently communicating or presenting their conclusions to specialist and non-specialist audiences.
7	Adopt a reflective approach to the understanding of key methodological and pedagogic debates in research in sport and exercise science.

## Course Structure

Level 7
The course focuses the student in the study of sport and exercise science, which is academically challenging, vocationally relevant and underpinned by evidence-based practice. Furthermore, it aims to meet professional standards set by industry governing organisations such as the British Association of Sport &

Exercise Sciences. Students will study modules in the different aspects of sport and exercise to develop an understanding of the distinctive insights and limitations of this discipline, as well as learning to deal with complex issues both systematically and creatively. They will also develop a student's ability to critically evaluate pertinent literature. Research methods, will allow students to apply established principles and methodologies to diverse problems and issues within sport and exercise. Students also have the opportunity to apply theory to practice, which creates a highly valuable learning experience with clear vocational and professional significance.

Students have to select two of the four disciplines based modules (shaded) in semester 1.

Semester 1	Core (Y)	Semester 2	Core (Y)
Research Methods (20cp)	Y		
Essentials of Sport and Exercise Physiology (20cp)			
Sport and Exercise Nutrition (20cp)			
Contemporary Issues in Sport Psychology (20cp)			
Applied Sport and Exercise Biomechanics (20cp)			

## Learning and Teaching

Details relating to contact hours and other key information sets (KIS) are available on the course page of our Online Prospectus on our website.

## Learning and Teaching Approaches

The learning and teaching on the post-graduate certificate in Sport and Exercise Science places the student at the centre of the experience by fostering an inclusive, supportive and challenging environment. Through a curriculum which is informed by research and professional practice students will develop the required skills, knowledge and experience. The course will focus on developing sound knowledge of Sport and Exercise Science with ample opportunities to apply their learning whilst enhancing learning through problem solving approaches. The learning approaches will develop students independent learning capability and critical thinking skills as well as prepare them for employment.

Learning and teaching approaches will be continually improved using feedback from mid and end of module evaluations, peer review, focus groups, enhancement and development days and module development days. This will ensure that the students' learning experience is continually enhanced by supporting the professional development needs of the academic members of staff who will facilitate the learning experience.

Students will be engaged through a variety of teaching and learning approaches whilst studying the post-graduate certificate in Sport and Exercise Science. Challenging and authentic tasks will be used to stretch the student's capabilities in real world learning and assessment resulting in a deeper approach to learning.

The following learning and teaching strategies will be used across the modules;

- Students will attend interactive lectures where they will be expected to contribute having done some preparatory reading in advance
- Students will participate in tutorials where they will work in small groups to engage with learning activities
- 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.

The blend of learning approaches will involve a combination of face-to-face facilitated learning, online learning and self-study which will differ by module and across levels. See course structure and module templates for examples.

### **Learning and Teaching Activities**

Teaching and learning methods will reflect the particular characteristics of each subject combining in-depth theoretical approaches that recognise the experience of students and prior knowledge from a first degree or professional experience. Students may come from a broad range of backgrounds which will be utilised in the teaching and learning strategies adopted in modules. Supporting and retaining diverse students is one of the key targets of the course which aims to support them to achieve their maximum potential in terms of independent learning and research skills. Teaching and learning methods in modules include key lectures on substantive areas, complemented by seminars (staff and student led), e-learning practices (on- and off-site), case analysis and laboratory sessions, supported by directed reading and independent study tasks. The approaches are designed to sensitise students to issues and skills in sport and exercise science and challenge their own assumptions and practices in sport and exercise science. Well established academic and skills support programmes operate at course and University levels, which can be accessed by these post-graduate students. Furthermore, as highlighted within the staff CV's (within the resource

document), the staff teaching on this programme have an excellent research record as well as a vast amount of applied experience.

A range of information and communications technologies will be utilised to reflect a diversity of learning styles and provide access to contemporary contributions in the field of study. Independence of learning will be facilitated through approaches designed to empower students when interacting with technology and learning resources and in identifying a range of solutions to their individual needs.

The assessment strategy is designed to determine the extent to which students have achieved the aims and objectives of the course and the learning outcomes for each module. Students will be encouraged to understand the relationship between learning outcomes and the assessment, enabling students to achieve those learning outcomes.

### **Graduate Attributes (UG only)**

N/A

### **Use of the Virtual Learning Environment**

The course uses the VLE and wider online community to support, enhance & link face to face with online materials and to provide a space for students to communicate with each other and the course team. Students are introduced to the VLE in induction week which includes small group work in a computer lab to ensure they can access and navigate effectively. Personal tutors and module leaders check specific aspects of VLE use and proficiency as part of module delivery and formatively assessed activities. Modules will use the VLE and online delivery in a variety of ways which may include:

- A repository for teaching materials to support face to face delivery which may include module handbooks, lecture slides, work books, multimedia elements, reusable learning objects, digitised readings, work sheets, past exam papers and placement handbooks.
- Electronic submission of assignments using the VLE via formative Turn-It-In drafts and summative submissions.
- Synchronous and asynchronous interactions online such as FAQ's, discussion boards and chat rooms to support student learning outside of the classroom and to enable students to support each other and establish a course 'community'.
- Communicating with students using a selection of electronic media via consistent channels
- Requesting submissions from students in a range of formats such as properly-formatted essays/reports, presentations, posters, blogs and other forms
- Conducting online formative assessments
- Monitoring student engagement through level of engagement in online activities and usage statistics
- Providing formative and summative feedback to students on an individual or group level in a selection of formats including electronic and audio feedback

- Encouraging students to identify and evaluate other electronic resources from a range of sources internally and externally that may support their studies further
- Encouraging staff & students to engage in subject-specific professional networks and professional debate on and offline

### **Use of Blended-Learning**

N/A

## **Assessment Strategy**

The assessment practices will incorporate both formative and summative approaches. Examinations (written and computer based) and individual/group assignments will be undertaken. Performance regarding the assignments will be evaluated through student presentations, laboratory reports, essays, case studies a major independent study and any other form of assessment deemed appropriate. There are opportunities for negotiated assessments in certain modules, which reflect the personal, voluntary, professional context of the students. Individual assessments are subject to standardisation and moderation, according to the Faculty's moderation policy. This range of assessment methods will prepare them for future employment and contributions to the wider society. Individual assessments are subject to standardisation and moderation, according to the Faculty's moderation policy.

The schedule of assessment considers part-time students, students with particular caring responsibilities, as well as religious calendars.

## **Feedback on Assessed Coursework**

Formative and summative feedback will be provided by various means (according to assessment practices) and it will focus on constructive comments that link the learning outcomes of a module with the assessed work. Feedback will be provided as soon as possible but no later than four weeks after the assessment deadline. Details will be included within the Module Handbook. Students are encouraged to review their assessment feedback with their personal tutor, so that they can use the feedback effectively for subsequent assessments.

## **Module Assessment Methods**

N/A

## **Employability and Professional Context**

There is an external driver from employers for graduates to have gained appropriate work experience and to have developed relevant skills, alongside their studies. Therefore, the course team has developed a series of Sport and Exercise Science internships working with employers, over the last five years, in collaboration with University partners and external employers. These internships provide the successful applicants with an opportunity to gain experience working in an applied sport science setting whilst studying for an MSc in Sport & Exercise Science or equivalent. The internships (internal and external) have grown from one or two during the initial year to nine positions this last academic year (2011 – 2012);

### **Internal**

- Two physiology internships
- One nutrition internship
- One biomechanics internship

### **External**

- Leeds United Football Club (Strength & Conditioning)
- Two at Leeds Rugby (Physiology)
- Getting Sorted Programme (Researcher: Young People and Diabetes)
- Badminton High Performance Centre (Psychology)
- Sports Aid (Psychology)

We are pro-active in engaging employers and applied practitioners within our academic delivery, as well as asking them to provide volunteering opportunities to our students. Through their contact with the course, we are able to ensure up to date context and staff are able gain knowledge to develop our modules appropriately, keeping them refreshed. This is managed through the course development team.

Graduates of this course will also be well equipped to pursue a higher degree through research (MPhil/PhD), enabling them to either develop a career within academia or use their specialist subject knowledge to seek employment in the sport and fitness industry.

Those wanting to gain accreditation (e.g. British Association of Sport and Exercise Science) are required to achieve academic learning at Master level to achieve competencies set by such organisations. We encourage membership of such organisations.

### **Reference Points used in course design and delivery**

All our courses leading to Leeds Beckett University awards have been designed and approved in accordance with UK and European quality standards. Our courses utilise the Frameworks for Higher Education Qualifications (FHEQ) and relevant subject benchmarks (where these are available) and professional, statutory and regulatory body requirements (for professionally accredited courses).

We review our courses annually and periodically, responding to student feedback and a range of information to enhance our courses. Our University is also subject to external review by the Quality Assurance Agency. Our latest report can be found on the QAA website at <http://www.qaa.ac.uk/reviews-and-reports>

We appoint External Examiners to verify that our University sets and maintains standards for awards which adhere to relevant national subject benchmark statements and the FHEQ (UK), ensure standards and student achievements are comparable with other Higher Education Institutions in the UK, with which they are familiar, and ensure that assessments measure achievement of course and module learning outcomes and reach the required standard.

External Examiners may also provide feedback on areas of good practice or potential enhancement.

### **Student Support Network**

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](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.