



LEEDS  
BECKETT  
UNIVERSITY

# Course Specification

## BSc (Hons) Sport & Exercise Science

Course Code: SPEXS

2021/22

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

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

## **Applicant Facing Course Specification for 2021/22 Undergraduate Entrants**

Confirmed at March 2021

*This is the date the information has been confirmed as correct by the Course Director*

### **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** Start dates will be notified to students via their offer letter. The length of the course is confirmed below and modes of delivery will be confirmed prior to the start date in line with Government guidance:

- 3 years (full time, campus based)
- 6 years (part time, campus based)

**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 defined within this information set but the modules offered within each level are consistent. Please note that the work placement option is not generally available to PT students.

**Location(s) of Delivery** Headingley, 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: [www.leedsbeckett.ac.uk/studenthub/recognition-of-prior-learning](http://www.leedsbeckett.ac.uk/studenthub/recognition-of-prior-learning).

Admissions enquiries may be directed to: [AdmissionsEnquiries@leedsbeckett.ac.uk](mailto:AdmissionsEnquiries@leedsbeckett.ac.uk).

**Course Fees** Course fees and any additional course costs are confirmed in your offer letter. Fees enquiries may be directed to [Fees@leedsbeckett.ac.uk](mailto:Fees@leedsbeckett.ac.uk).

## Timetable Information

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

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

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

## Policies, Standards and Regulations ([www.leedsbeckett.ac.uk/academicregulations](http://www.leedsbeckett.ac.uk/academicregulations))

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)

## **Sandwich or Other 'In Year' Work 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).

### **Accreditation/ Recognition Summary**

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 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**

#### **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

This information is correct for students progressing through the programme within standard timescales. Part time students will be supported by the course team to determine an appropriate selection of modules from the level for each year of study. 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

Semester 1	Core (Y/N)	Semester 2	Core (Y/N)
Physiology of the Human Body	Y	Nutrition and Biochemistry for Sport and Exercise	Y
Human Behaviour in Sport and Exercise	Y	Biomechanical Principles of Human Movement	Y

Personal Professional and Academic Development	Y	The Sport and Exercise Scientist in Action	Y
--	---	--	---

### Level 5

Semester 1	Core (Y/N)	Semester 2	Core (Y/N)
Psychology of Sport and Exercise	N	Physiological Responses to Exercise	N
Food and Nutrition for Health, Sport and Exercise	N	Biomechanical Determinants of Sports Performance	N
Real-world Applications in Sport & Exercise Science	N	Real-world Applications in Sport & Exercise Science	N
Research Methods for Sport and Exercise Science			Y
Employability in Sport and Exercise Science			Y

NB – All option modules are indicative.

## Level 6

At level 6, students must choose 4 modules as follows:

- 2 modules from the semester 1 options with each of these modules being from different disciplines (Physiology, Biomechanics, Psychology, Nutrition)
- 1 module from the semester 2 options
- 1 other module from either the semester 1 or semester 2 options

Semester 1	Core (Y/N)	Semester 2	Core (Y/N)
Applied Physiology of Sport Performance	N	Performance in Extreme Environments	N
Clinical Exercise Physiology	N	Scientific Principles of Strength and Conditioning Practice	N
Nutrition for the Prevention and Treatment of Disease	N	Obesity Management	N
Performance Nutrition	N	Cardiac Rehabilitation	N
Psychological Applications of Physical Activity and Health	N	Contemporary Health Issues and Physical Activity Rehabilitation	N
Applied Sport Psychology	N		
Biomechanics of Health and Sports Injury	N		
Neuromuscular Aspects of Skilled Performance	N		
Final Year Project			Y

NB – All option modules are indicative.

## 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 typical option module choices undertaken by students on the course. They have been reviewed and confirmed as representative by the Course Director but applicants should note that the specific option choices students make may influence both assessment and workload balance.

A standard module equates to 200 notional learning hours, which may be comprised of teaching, learning and assessment, any embedded placement activities and independent study. Modules may have more than one component of assessment.

### Assessment

Level 4 is assessed by coursework, with some practical and examination assessments.

Level 5 is assessed by coursework, with some practical and examination assessments.

Level 6 is assessed by coursework, with some examination and practical assessments.

## Workload

Overall Workload	Level 4	Level 5	Level 6
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 Advice Hub on either campus. 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 Advice 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. Email enquiries may be directed to [studentadvicehub@leedsbeckett.ac.uk](mailto:studentadvicehub@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.