LEEDS BECKETT UNIVERSITY

Course Specification

BSc (Hons) Sport and Exercise Science with Integrated Foundation Year

Course Code: BSESF

2022/23

leedsbeckett.ac.uk

BSc (Hons) Sport and Exercise Science with Integrated Foundation Year (BSESF)

Applicant Facing Course Specification for 2022/23 Undergraduate Entrants

Confirmed at 31/01/2022

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 with Integrated Foundation Year
Contained Awards	Bachelor of Science Sport and Exercise Science with Integrated Foundation Year Diploma of Higher Education Sport and Exercise Science with Integrated Foundation Year Certificate of Higher Education Sport and Exercise Science with Integrated Foundation Year
Awarding Body	Leeds Beckett University
Level of Qualification and Credits	Level 6 of the Framework for Higher Education Qualifications, with 120 credit points at Foundation Year (Level 0) and 120 credit points at each of Levels 4, 5 and 6 of the UK Credit Framework for Higher Education (480 credits in total).
Course Lengths and Standard Timescales	Start dates will be notified to students via their offer letter. The length and mode of delivery of the course is confirmed below: • 4 years (full time, campus based) • 8 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: https://www.leedsbeckett.ac.uk/student-information/course-information/recognition-of-prior-learning/ Admissions enquiries may be directed to: 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.

Timetable Information

Timetables for Semester 1 will be made available to students during induction week via:

i) The Student Portal (MyBeckett)
ii) 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)

There are no additional or non-standard regulations which relate to your course.

Key Contacts

Your Course Director	Jamie French – Foundation Year Dr Adam Gledhill – Levels 4-6
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

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/**

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

The course is aimed at students with a significant amount of vocational, sporting or life experience, or those who have not been through a “traditional’ academic journey. This will include mature students, those that have been focussed upon professional sport, and those that have been unable to focus upon academic study until this point. The Foundation Year has a common structure, curriculum and set of learning outcomes, which will prepare students for HE level study.

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 with Integrated Foundation Year 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. Option modules listed are indicative of a typical year. There may be some variance in the availability of option modules. 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 0

Semester 1	**Core (Y/N)**	**Semester 2**	**Core (Y/N)**
Introduction to Applied Pedagogy (20 credits)	Y	Developing Lifelong Health and Performance (20 credits)	Y
Introduction to Sport Development and Social Sciences (20 credits)	Y	The Sporting Environment (20 credits)	Y
Across both semesters			
Introduction to Higher Education Study Skills (20 credits)	Y	Introduction to Careers in Sport (20 credits)	Y

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
Biomechanical Principles of Human Movement	Y	Human Behaviour in Sport and Exercise	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		
Biomechanical Aspects of Skilled Performance	N		
Contemporary Issues in Physical Education and Youth Sport	N		
Final Year Project			Y

NB – All option modules are indicative.

Part Time

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.

Assessment Balance and Scheduled Learning and Teaching Activities by Level

Foundation Year modules are delivered using lectures, seminars and tutorials with each module delivering a minimum of 48 hours of scheduled staff/ student contact time. Students will undertake an additional 152 hours of guided independent study during each module. Foundation Year students arrive at the University often with very different skills and experiences compared to those who arrive at Level 4. To help recognise these differences and support these students, the teaching and learning activities along with both formative and summative assessments need to be carefully considered. Learning tasks that take place within one module will be used to scaffold the summative assessments that take place within other modules. An example includes searching for peer reviewed journal articles associated with defining "Pedagogy" within the Introduction to H.E. Study Skills. This could be given Formative feedback, whilst also adding to a portfolio of evidence to be submitted for Summative assessment. This learning can be used to help support the Summative assessment within the Intro to Applied Pedagogy. Similarly, during each of the discipline modules, students will be exposed to experiences linked to skills and knowledge required in several different careers. Within the Introduction to Careers in Sport, students are required to reflect upon their experiences within and outside that module, to rationalise a chosen career. Along side this, several assessments require students to evidence their engagement in both workshops, seminar activities and other independent study tasks. Whilst it would be expected that Level 4 students may engage in these activities due to a recognition of their importance, within the Foundation Year, these tasks have been written into a number of modules Summative assessments, giving extrinsic and academic credit for completion.

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

The Foundation Year is assessed by course work predominantly, with some examinations and practical assessments.

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	Foundation Year	Level 4	Level 5	Level 6
Teaching, Learning and Assessment	288 hours	272 hours	268 hours	196 hours
Independent Study	912 hours	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.

Student Services

If you have any questions about life at University, call into our Student Services Centre at either campus or contact Student Advice directly. This team, consisting of trained officers and advisers 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. They also work on a wide range of projects throughout the year all designed to enhance your student experience and ensure you make the most of your time with us. Student Advice are located in the Student Services Centre in the Leslie Silver Building at City Campus and on the ground floor of the Priestley Building at Headingley Campus. The team can also be contacted via email at studentadvice@leedsbeckett.ac.uk, telephone on 0113 812 3000, or by accessing our online chat link, available on the student homepage.

Support and Opportunities

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.