LEEDS BECKETT UNIVERSITY

Course Specification

Postgraduate Diploma Sport and Exercise Science

Course Code: SESPG

2022/23

leedsbeckett.ac.uk

Template last updated: October 2021

Postgraduate Diploma Sport and Exercise Science (SESPG)

Applicant Facing Course Specification for 2022/23 Postgraduate Entrants

Confirmed at MAR/2022

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

General Information

Award	Postgraduate Diploma Sport and Exercise Science
Contained Awards	Postgraduate Certificate Sport and Exercise Science
Awarding Body	Leeds Beckett University
Level of Qualification and Credits	Level 7 of the Framework for Higher Education Qualifications, with 120 credit points at Level 7 of the Higher Education Credit Framework for England
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: • 1 year (full time, campus based) • 2 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
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)

Standard University Regulations apply to this course, with one exception:

Exemption to Academic Regulation 2.3 'Standard Minimum Entry Requirements'; course entry requirements include IELTS 6.5 with no skills below 6.0, or an equivalent qualification.

Key Contacts

Your Course Director	Dr Gareth Nicholson
Your Course Leader	Dr Catherine Tucker
Your Academic Advisor	Dr Gareth Nicholson
Your Course Administrator	sportpgadmin@leedsbeckett.ac.uk

Professional Accreditation or Recognition Associated with the Course

Professional Body

There is no professional accreditation associated with this course.

Accreditation/ Recognition Summary

N/A

Course Overview

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 will have the opportunity to explore and upgrade their knowledge of physiology, nutrition, biomechanics and psychology while gaining experience through an independent project related to their specific interests. 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 Postgraduate Diploma 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.

Aims

This is a post-graduate programme 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

At the end of the 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 relevant to sport and exercise science.
4	To consider and critically reflect upon both traditional and contemporary approaches to research, theory and practice relevant to sport and exercise science.
5	Synthesise theoretical debates and complex issues and apply to professional practices and vocational contexts.
6	Deal with complex issues relevant to 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 relevant to sport and exercise science.
8	Understand how research methods and techniques generate different kinds of knowledge and be able to apply and use appropriate research skills relevant to the study of sport and exercise science.

Teaching and Learning Activities

Summary

The learning and teaching on this programme places the student at the centre of the experience by fostering an inclusive, supportive, caring and challenging environment. The teaching and learning approaches adopted within modules are designed to sensitise students to contemporary issues in Sport and Exercise Science and challenge their own assumptions and practices in those contexts. The blend of teaching and learning methods in modules will involve a combination of face-to-face facilitated learning - key lectures on substantive areas, complimented by seminars and practicals (staff and student led), online learning (on and offsite), and self-study through directed reading and independent study tasks. This will differ by module and across the different levels of the postgraduate programme. The main emphasis is face-to-face learning in small seminar groups.

Learning and Teaching Approaches

The learning and teaching on the Postgraduate Diploma 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 Postgraduate Diploma Sport and Exercise Science degree. 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 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.

Your Modules

This information is 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. Students will be counselled by the Course team and respective subject Course Leaders when choosing their modules to ensure that these are the most appropriate in alignment with prior knowledge and desired outcomes of the course programme.

Two modules (Research Process and Professional Practice) are **Core**[1] modules and all students will study these. Students must select four modules in total from those noted **below**[2]. These choices must cover at least two of the four different core discipline areas (biomechanics, physiology, psychology, nutrition). The remaining two modules can include an **option**[3] module which sits outside these disciplines.

Level 7 Full time		
	Semester 1	**Semester 2**
Biomechanics[2]	Measurement Techniques in Biomechanics	Biomechanics of Human Gait
Physiology[2]	Evidence based practice in Sports Physiology	Mechanisms of Adaptation to Exercise Training
Psychology[2]	Contemporary Issues in Sport Psychology	Psychology of Exercise & Health

Nutrition[2]	Sport & Exercise Nutrition	Ergogenic Practices & Nutritional Manipulation in Sport & Exercise Nutrition
Option[3]	Physiology of Sports Conditioning	
	Research Process[1]	
	Professional Practice[1 *] (course aligned)	

*Operates across semesters

Part time year 1

	Semester 1	**Semester 2**
Biomechanics[2]	Measurement Techniques in Biomechanics	Biomechanics of Human Gait
Physiology[2]	Evidence based practice in Sports Physiology	Mechanisms of Adaptation to Exercise Training
Psychology[2]	Contemporary Issues in Sport Psychology	Psychology of Exercise & Health
Nutrition[2]	Sport & Exercise Nutrition	Ergogenic Practices & Nutritional Manipulation in Sport & Exercise Nutrition
Option modules[3]	Physiology of Sports Conditioning	

Part time year 2

	Semester 1	**Semester 2**
	Research Process[1]	
	Professional Practice[1] ***** (course aligned)	

*Operates across semesters

The full-time and part-time study pattern outlined above reflects a recommended course study structure. However, it is recognised that for some students undertaking part-time study more flexibility will be needed in terms of number of modules completed each year as well as the order of modules studied.

Assessment Balance and Scheduled Learning and Teaching Activities

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. The assessment balance cannot be determined until the module choices are known; however they have been reviewed and confirmed as representative of Level 7 benchmark standards and develop a range of assessment skills. Students will be counselled by the Course team and respective subject Course Leaders when choosing their modules to

ensure that these are the most appropriate in alignment with prior knowledge and desired outcomes of the course programme.

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

On this course students will be assessed predominantly by coursework, with some examinations and practical assessments (this is a typical assessment balance if students studied four of the 'core science' discipline modules).

Workload

Overall Workload	
Teaching, Learning and Assessment	216 hours
Independent Study	984 hours
Placement	-

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.