



LEEDS
BECKETT
UNIVERSITY

Course Specification

BSc (Hons) Sport and Exercise Science

Course Code: SPEXS

2024/25

BSc (Hons) Sport and Exercise Science (SPEXS)

Applicant Facing Course Specification for 2024/25 Undergraduate Entrants

Confirmed at DEC/2023

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 and 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 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: <ul style="list-style-type: none">• 3 years (full time, campus based)• 4 years (full time, Sandwich Placement)• 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	The teaching on your course will take place at Headingley campus (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 (<https://www.leedsbeckett.ac.uk/our-university/public-information/academic-regulations/>)

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

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/>

Sandwich Work Placement

The Sandwich year allows the student the opportunity to take responsibility for their own development and learning and to reflect on their progress. Students can undertake a Sandwich year 20 credit module, a paid placement in a related industry for an academic year between levels 5 and 6. A key feature of the placement experience is to enhance the learner's employability and future career prospects. Students will have opportunity to develop business contacts and professional networks, gain understanding of the jobs and career market and develop the key employability and professional skills.

Placement Module

There is a requirement for students to complete a minimum of 120 hours of professional development activities at Level 5. This is a core module for this Course. This will usually be achieved via work placements or other work-based learning where placements are not possible. Students are available to start work at any time between June and September and there is a requirement for students to complete a minimum of 120 hours of professional development activities.

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

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, which equates to 200 notional learning hours (with the exception of the L6 Final Year Project, which consists of 40 credits and 400 notional learning hours). The learning on each 20-credit, discipline-specific module will consist of 48 hours contact time (equivalent to four hours per week). The QAA explains that contact time varies based on its intended purpose and may take face-to-face or virtual forms. Broadly speaking, contact time refers to the amount of time that a student spends learning in contact with teaching or associated staff (e.g., lecturers, visiting lecturers, or learning assistants). Face-to-face, in-person examples of activities that contribute to the course contact time are lectures, seminars, tutorials, workshops, project supervision, demonstrations, practical laboratory activities, work-based or work-related learning, placement activities, and feedback meetings. These forms of contact may also take place virtually, with other more bespoke virtual forms of contact including the use of emails with staff members, email discussion groups, virtual learning environments (VLEs) and other technology-aided means. Further information regarding contact time is available here: <https://www.qaa.ac.uk/docs/qaa/quality-code/contact-hours-student.pdf>

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 and/or 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 and 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.

Learning is a mix of face-to-face and in-person learning with workshops and seminars taking place in person, whilst some lectures are recorded and released in advance of seminars and workshops.

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 4			
Semester 1	Core (Y/N)	Semester 2	Core (Y/N)
Physiology of the Human Body (20)	Y	Nutrition and Biochemistry for Health and Exercise (20)	Y
Functional Anatomy and Biomechanics of Human Movement (20)	Y	Human Behaviour in Sport and Exercise (20)	Y

Personal Professional and Academic Development in Sport and Exercise ¹ (20)	Y
The Sport and Exercise Scientist in Action ¹ (20)	Y

¹ Taught across semesters

Level 5			
Semester 1	Core (Y/N)	Semester 2	Core (Y/N)
Research in Practice for Sport and Exercise Science ¹ (20)			Y
Professional Development in Sport and Exercise Science ¹ (20)			Y
Psychology of Sport and Exercise (20)	N	Physiological Responses to Sport and Exercise (20)	N
Food and Nutrition for Health and Exercise (20)	N	Biomechanical Determinants of Human Movement (20)	N
Exercise Prescription for Health and Performance ² (20)	N	Exercise Prescription for Health and Performance ² (20)	N

¹ Taught across semesters NB – All option modules are indicative.

² Students can opt to study this module in either semester 1 or semester 2.

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)
Final Year Project in Sport and Exercise Science ¹ (40)			Y
Applied Physiology of Sport Performance (20)	N	Performance in Extreme Environments (20)	N
Clinical Exercise Physiology (20)	N	Scientific Principles of Strength and Conditioning Practice (20)	N

Public Health Nutrition (20)	N	Obesity Management (20)	N
Performance Nutrition (20)	N	Cardiac Rehabilitation (20)	N
Applied Exercise Psychology (20)	N	Contemporary Health Issues and Physical Activity Rehabilitation (20)	N
Applied Sport Psychology (20)	N		
Biomechanics of Health and Injury (20)	N		
Contemporary Technologies in Sports Biomechanics (20)	N		
Contemporary Issues in Physical Education and Youth Sport (20)	N		
CSS Sandwich Work Placement (20) ¹			N

¹ Taught across semesters 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

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

Assessment

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

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

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

Workload

Overall Workload	Level 4	Level 5	Level 6
Teaching, Learning and Assessment	288 hours	264 hours	210* hours
Independent Study	912 hours	816 hours	990 hours
Placement	-	120 hours	-

*Teaching, Learning and Assessment hours may differ to the hours presented for Level 6 where students have selected the sandwich placement option. Please see Sandwich Information section for further details about this option.

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 (Leeds Beckett VLE) students can access online information and resources regarding 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 Leeds Beckett University My Hub 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.