



LEEDS  
BECKETT  
UNIVERSITY

# Course

# Specification

# BA (Hons) Physical Education with Outdoor Education

Course Code: BAPEO

2026/27

# BA (Hons) Physical Education with Outdoor Education (BAPEO)

## Applicant Facing Course Specification for 2026/27 Undergraduate Entrants

Confirmed at 11/2025

### General Information

<b>Award</b>	Bachelor of Arts with Honours Physical Education with Outdoor Education
<b>Contained Awards</b>	Bachelor of Arts Physical Education with Outdoor Education (Level 6) Diploma of Higher Education Physical Education with Outdoor Education (Level 5) Certificate of Higher Education Physical Education with Outdoor Education (Level 4)
<b>Awarding Body</b>	Leeds Beckett University
<b>Level of Qualification and Credits</b>	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).
<b>Course Lengths and Standard Timescales</b>	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"><li>• 3 years (full time, campus based)</li></ul>
<b>Part Time Study</b>	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.
<b>Location(s) of Delivery</b>	The majority of teaching will be at Headingley campus but on occasion may be at City campus.
<b>Entry Requirements</b>	Admissions criteria are confirmed in your offer letter. Details of how the University recognises prior learning and supports credit transfer are located here: <a href="https://www.leedsbeckett.ac.uk/student-information/course-information/recognition-of-prior-learning/">https://www.leedsbeckett.ac.uk/student-information/course-information/recognition-of-prior-learning/</a>  Admissions enquiries may be directed to: <a href="mailto:AdmissionsEnquiries@leedsbeckett.ac.uk">AdmissionsEnquiries@leedsbeckett.ac.uk</a> .

## 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 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/>)

Standard regulations apply to this course.

## Key Contacts

**Your Course Director**

Dr David Cooke

**Your Course Administrator**

[schoolofsportadmin@leedsbeckett.ac.uk](mailto:schoolofsportadmin@leedsbeckett.ac.uk)

## Sandwich or Other 'In Year' Work Placement Information

### Summary

Level 4: Students undertake a series of employability activities in the Personal, Professional and Academic Development module. Students are also encouraged to undertake a minimum of two weeks of self-directed employability activities tailored to their individual needs, which can include a placement.

Level 5: A minimum of 60 hours placement, although this can be considerably higher depending upon the elective modules chosen.

Level 6: The number of placement hours is dependent upon elective modules chosen and can be up to 64 hours.

### Location

Students are responsible for obtaining their own placement, with assistance from the University. The locations will vary, dependent on the opportunity.

## Professional Accreditation or Recognition Associated with the Course

None

## Course Overview

### Aims

The aims of the programme are to:

- provide an academically and vocationally relevant education for a career in Physical Education teaching (via postgraduate teacher education routes) with an outdoor specialism;
- provide an academically and vocationally relevant education for a career in Outdoor Education related areas of work with the option of a specialist area in PE Teaching, Health and Sport Science disciplines;
- provide a multi-disciplinary Award that integrates theory and practice in the broader contexts of Physical Education and Outdoor Education from natural science, social science and outdoor activity perspectives;
- provide students with knowledge and a critical understanding of the concepts, theories, principles and methodologies that are central to the study of Physical Education and Outdoor Education;
- enable students to develop qualities and transferable skills necessary for employment E.g. communication skills, team work skills and professional attributes such as highly motivated and competitive but also collaborative and inclusive.

### Course Learning Outcomes

At the end of the course, students will be able to:

1	Demonstrate a critical understanding of the multi-disciplinary nature of academic and vocational definitions of physical and outdoor education.
2	Work effectively and efficiently both independently and as part of a team in a range of professional contexts including, school, sport and community settings.
3	Demonstrate the ability to critically evaluate the complex interrelationships between theories within physical and outdoor education disciplines.
4	To explore the complex interrelationships between theory and pedagogy in practice in physical education and outdoor education.
5	Demonstrate critical thinking, critical inquiry, and critical analysis, evaluation and interpretation of research and its application to physical education.

## Teaching and Learning Activities

### Summary

Students will be engaged through a variety of teaching and learning activities whilst studying the BA (Hons) Physical Education with Outdoor Education 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. Engagement in these tasks will involve practical participation, observation and analysis, along with critical reflection. This will mean that students from a variety of backgrounds, with different (dis)abilities will be able to find their own Level of engagement. The majority of modules on the degree will consist of 20 credits which equates to 200 notational learning hours. The learning of each 20 credit module will consist of a minimum of 48 hours contact time.

The following learning and teaching strategies will be used across the modules on the BA (Hons) Physical Education with Outdoor Education degree:

- Students will participate in practical workshops to experience/develop the skills required in delivering programmes in a variety of physical and outdoor education contexts
- Students will lead practical sessions on physical and outdoor activity for a variety of target populations.
- 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 (e.g. small group discussions)
- 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 weekly 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. The main emphasis is on face to face learning, a relatively high proportion of which is practical.

### 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

### **Compulsory modules**

<b>Module title</b>	<b>Credits</b>	<b>Semester/ teaching period</b>
Personal, Professional and Academic Development	20	Semester 1 and 2
PE and Sport Pedagogy 1a	20	Semester 1
Foundations of Adventure	20	Semester 1
Sociology of PE	20	Semester 1
PE and Sport Pedagogy 1b	20	Semester 2
Foundations of Movement	20	Semester 2
Number of credits of compulsory modules	120	

### **Option modules**

None

## Level 5

### **Compulsory modules**

<b>Module title</b>	<b>Credits</b>	<b>Semester/ teaching period</b>
PE and Sport Pedagogy 2	20	Semester 1 and 2
Research in Practice for PE	20	Semester 1 and 2
Professional Development in PE and Outdoor Education	20	Semester 1 and 2
Number of credits of compulsory modules	60	

### **Option modules**

<b>Module title</b>	<b>Credits</b>	<b>Semester/ teaching period</b>
<i>One outdoor education option:</i>		
Lifestyle and Adventure Sports	20	Semester 1
Applied Adventure Practice	20	Semester 2
<i>At least one theory option:</i>		
Applied Human Movement	20	Semester 1
Applied Psychology	20	Semester 1
Applied Social Science	20	Semester 2
<i>Other options:</i>		
Working with Children	20	Semester 1
Inclusive Practice	20	Semester 2
Number of credits of option modules a student should choose	60	

## Level 6

### *Compulsory modules*

Module title	Credits	Semester/ teaching period
Final Year Project	40	Semester 1 and 2
PE and Sport Pedagogy 3	20	Semester 1 and 2
Number of credits of compulsory modules	60	

### *Option modules*

Module title	Credits	Semester/ teaching period
Contemporary Issues in PE and Youth Sport	20	Semester 1
Teaching and Learning through the Outdoors	20	Semester 1
Special Educational Needs and Disability in PE	20	Semester 1
Leadership Through Adventure	20	Semester 2
PE Pedagogy in Practice	20	Semester 2
Lifelong Participation for 'at risk' populations	20	Semester 2
Number of credits of option modules a student should choose	60	

## **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***

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

#### ***Level 5***

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

#### ***Level 6***

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

## Workload

Overall Workload	Level 4	Level 5	Level 6
Teaching, learning and assessment	300 hours	294 hours	210 hours
Independent study	900 hours	846 hours	926 hours
Placement	*	60 hours*	64 hours*

\* Refer to Work Placement Information above for further details. This may vary depending on module choices.