



LEEDS
BECKETT
UNIVERSITY

Course Specification

BSc (Hons) Science of Sport Performance

Course Code: BSPER

2026/27

leedsbeckett.ac.uk

BSc (Hons) Science of Sport Performance (BSPER)

Applicant Facing Course Specification for 2026/27 Entrants

Confirmed at 11/2025

General Information

Award	Bachelor of Science with Honours Science of Sport Performance
Contained awards	Bachelor of Science Science of Sport Performance (Level 6) Diploma of Higher Education Science of Sport Performance (Level 5) Certificate of Higher Education Science of Sport Performance (Level 4)
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: <ul style="list-style-type: none">• 3 years (full time, campus based)• 4 years (full time, campus based, with placement year)• 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 from that defined within this information set but the modules offered within each level are consistent. Please note that a work placement option is not generally available to PT students.
Location(s) of delivery	The majority of teaching will be at Headingley campus but on occasion may be at City campus.
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 are confirmed in your offer letter. A breakdown of any additional costs is included on the online prospectus entry for this course.

Fees enquiries may be directed to Fees@leedsbeckett.ac.uk.

Policies, Standards and Regulations

<https://www.leedsbeckett.ac.uk/our-university/public-information/academic-regulations/>

Standard regulations apply to this course.

Professional Accreditation or Recognition Associated with the Course

None

'In Year' Work Placement Information**Summary**

Leeds Beckett University is dedicated to improving the employability of our students and one of the ways in which we do this is to support them in gaining valuable work experience via work based placements. Our placement teams have developed strong links with companies, many of whom repeatedly recruit our students into excellent placement roles. Our teams support students through every stage of the placement process.

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. 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.

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-related learning where placements are not possible.

Placement Delivery

Students are responsible for obtaining their own placement, with assistance from the University.

Location

The locations will vary, dependent on the opportunity.

Approval

Whilst students source their own placements, they will need to meet requirements which will be outlined before module enrolment.

Timetable

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.

Key Contacts

Your course director Dr Emily Williams

Your course administrator schoolofsportadmin@leedsbeckett.ac.uk

Course Overview

Aims

The BSc (Hons) Science of Sport Performance programme is aimed at providing students with a desire to learn how athletes, coaches, and practitioners function optimally in sport performance settings. Students will study a range of scientific disciplines and professional roles in the context of sport performance, including Biomechanics, Nutrition, Physiology, Psychology, Performance Analysis, Performance Lifestyle Support, and Strength and Conditioning.

The programme balances the development of evidence-based knowledge and practical skills with the aim of producing graduates who can contribute constructively in a range of settings. In addition to developing knowledge and skills that are specific to sport performance research and practice, students are expected to acquire transferable qualities and attributes that are desired by a wide range of employers, particularly the ability to find and process information and be able to communicate effectively in written, verbal and digital/visual formats.

The opportunity to focus the degree to reflect personal and professional interests exists through core modules at every level of study (e.g., Personal, Professional & Academic Development; Professional Development in Sport Performance; Final Year Project) and a range of final-year elective modules (e.g., The Performance Analyst; The Performance Lifestyle Practitioner; The Advanced Strength & Conditioning Coach). Through these modules, students can deepen their contextual knowledge and practical experience of the duties and demands associated with key professional roles in sport performance settings.

Furthermore, with work-related learning elements embedded within the three core modules listed above, all students will have had the chance to engage in, reflect on, and learn from their experiences of working in authentic, real-world sport performance environments by the time they graduate from the programme. Such exposure will be vital in helping graduates make well-informed decisions regarding their ongoing personal and professional development beyond this particular programme of study.

The course is delivered by staff with a diverse range of practical, research, teaching and industry experience within the fields of applied sport science, athlete testing, and the prescription of high-performance exercise and training. Our expertise includes: rugby science, stress in sport, extreme environments, biomechanics of

gait, strength and conditioning, doping in sport, bone health, and exercise metabolism. As a practical example of our expertise, in August 2017, members of our course team worked with other staff and students from the Carnegie School of Sport to coordinate the world's largest biomechanics research project at the IAAF World Athletics Championships in London.

The team were then invited to conduct similar testing and analysis at the IAAF World Indoor Athletics Championships in Birmingham (February 2018). Our current partners include professional sporting and high-performance organisations such as Leeds Rhinos Rugby, Leeds Rhinos Netball, UEFA, Leeds United Football Club, Leeds United Foundation, Huddersfield Town, Castleford Tigers, World Anti-Doping Agency, England Performance Unit – Rugby League Football, Northern Diamonds, British Athletics: Leeds Talent Hub, British Triathlon and the Ministry of Defence. Engagement with the above partners and global events such as the IAAF World Athletics Championships allows us to provide excellent employability development opportunities within the programme, whilst enhancing our appreciation of the employment roles and responsibilities of practitioners working in sport performance settings.

The overall aim of the programme is, through direct experience and critical appraisal of research and practice, to develop essential scientific knowledge, critical understanding and practical skills relevant to sport performance environments. Students will explore and experience the application of principal scientific disciplines in the context of sport performance, and acquire an in-depth appreciation of the multi- and inter-disciplinary nature of sport performance science. In addition, the programme will equip students with employability skills and enhance their self-awareness to support 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- and inter-disciplinary basis of sport performance science, with extensive critical appreciation of the scientific disciplines of Biomechanics, Nutrition, Physiology, and Psychology.
2	Critically evaluate contemporary research and professional practice in sport performance science by successfully evaluating and reflecting on limitations of existing evidence.
3	Acquire and develop a set of advanced skills commensurate with working as a professional in sport performance contexts, including the ability to operate specialist equipment, digital applications, and other relevant technology.
4	Understand and utilise a scientific, evidence-informed process to question and problem solve issues relevant to experiences in sport performance contexts.
5	Analyse empirical data and critically evaluate appropriate evidence to produce verifiable conclusions and practical recommendations.
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.

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):

- Students will attend interactive lectures where they will be expected to contribute having done some preparatory study in advance. A number of these will be key-concept lectures delivered by industry experts. Students will attend seminars and workshops where they will be expected to contribute having done some preparatory study in advance.
- Students will participate in online or face-to-face tutorials where they will work in small groups to engage with learning activities.
- Students will engage and contribute to laboratory/practical sessions, many of which will involve the teaching and/or assessment of practical knowledge and skills.
- Students will organise and conduct laboratory- and field-based 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. This may include guided readings, self-diagnostic testing, discussion boards, etc.
- Students will participate in work-based learning environments and problem-based learning activities to experience/develop the essential knowledge and skills required to work in their chosen professional role/context.
- Students will participate in group work and related assessments, developing the relevant skills and qualities deemed essential 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 4

Compulsory modules

Module title	Credits	Semester/ teaching period
Human Movement	20	Semester 1
Physiology of Testing and Training	20	Semester 1
Human Behaviour in Sport, Exercise and Health Science	20	Semester 2
Nutrition and Biochemistry	20	Semester 2
Personal, Professional and Academic Development in Sport Performance	20	Semester 1 and 2
Young Athlete Development	20	Semester 1 and 2
Number of credits of compulsory modules	120	

Option modules

None

Level 5

Compulsory modules

Module title	Credits	Semester/ teaching period
Science of Physiological Adaptations	20	Semester 1
The Developing Strength & Conditioning Coach	20	Semester 1
Athlete Lifestyle and Career Support	20	Semester 2
Biomechanics & Performance Analysis	20	Semester 2
Professional Development in Sport, Exercise and Health Sciences	20	Semester 1 and 2
Research in Practice for Sport Performance	20	Semester 1 and 2
Number of credits of compulsory modules	120	

Option modules

None

Level 6

Compulsory modules

Module title	Credits	Semester/ teaching period
Measurement and Evaluation in Sports Performance	20	Semester 2
Optimising Performance Environments	20	Semester 2
Final Year Project in Sport Performance	40	Semester 1 and 2
Number of credits of compulsory modules	80	

Option modules

Module title	Credits	Semester/ teaching period
Applied Physiology of Sport Performance	20	Semester 1
Applied Sport Psychology	20	Semester 1
Contemporary Technologies in Sports Biomechanics	20	Semester 1
The Advanced Strength & Conditioning Coach	20	Semester 1
The Performance Analyst	20	Semester 1
The Performance Lifestyle Practitioner	20	Semester 1
The Talent Development Environment	20	Semester 1
Sport Entrepreneurship	20	Semester 2
CSS Sandwich Work Placement	20	Semester 1 and 2
Number of credits of option modules a student should choose	40	

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 an even mix of coursework, examinations and practical assessments.

Level 5

Level 5 is assessed by a broadly even mix of coursework and practical assessments.

Level 6

Level 6 is assessed by a broadly even mix of coursework 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.