



LEEDS  
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UNIVERSITY

# Course

# Specification

# BSc (Hons) Applied Sport Studies in Rugby

**Course Code: RBASS**

**2026/27**

[leedsbeckett.ac.uk](https://leedsbeckett.ac.uk)

# BSc (Hons) Applied Sport Studies in Rugby (RBASS)

## Applicant Facing Course Specification for 2026/27 Entrants

Confirmed at 11/2025

### General Information

<b>Award</b>	Bachelor of Science with Honours Applied Sport Studies in Rugby
<b>Contained awards</b>	Bachelor of Science Applied Sport Studies in Rugby (Level 6) Diploma of Higher Education Applied Sport Studies in Rugby (Level 5) Certificate of Higher Education Applied Sport Studies in Rugby (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: <ul style="list-style-type: none"><li>• 3 years (full time, campus based)</li><li>• 6 years (part 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 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.
<b>Location(s) of delivery</b>	The majority of teaching will be at Headingley campus but on occasion may be at City campus.  Yorkshire County Cricket Foundation, Leeds Rhinos Foundation, Leeds Rhinos Netball, British Athletics and Leeds United.
<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 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](mailto:Fees@leedsbeckett.ac.uk).

## Policies, Standards and Regulations

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

Exemption to Academic Regulation 3.4 Module Assessment; Pass/fail exemption for L4 Employability 1 (20 credits) and L5 Employability 2 (20 credits - one component out of two).

## Professional Accreditation or Recognition Associated with the Course

None

## 'In Year' Work Placement Information

### Summary

Students are strongly encouraged from induction through to graduation to work towards both breadth and depth of work experience through a combination of core modules, option modules, volunteering, coaching qualifications and paid employment.

Many of them have previous experience to build upon. The first year Personal, Professional and Academic Development, and Employability modules requires students to evidence such experiences and future planning via their portfolio and the summative assessed interview. A portfolio expectation is evidence of a planned employability period involving both formal and informal work-based learning. This could consist of engaging with a variety of relevant experiences hosted by sport specific partners as well as other taster activities closely aligned with possible employment options.

Through the Level 5 (second year) Employability module, students are required to plan and complete a minimum of 100 hours formal work-based learning. This is arranged by the student but coordinated and agreed formally via the Placements Office in order to carry out appropriate safeguarding checks both for students (for example, supervision requirements) and for the placement provider (for example, DBS certification where work is with children and/or vulnerable adults). Professional and personal development is planned for and summatively assessed via an initial work-based learning proposal/ learning contract and interview.

At Level 6 students continue contact with their Personal Tutor and sport specific placement with scheduled formal personal tutor sessions the content of which directly considers their next steps into employment or postgraduate study. Personal inventories and reflection on essential vocational knowledge, skills and attributes are important content of these sessions. The Final Year Project will be completed in an area that is vocationally relevant and related to the needs of a potential employer, taking the form of one from an empirical study, extended literature review or consultancy project.

Level 4 – 100 hours

Level 5 – 100 hours

## Placement Delivery

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.

## Location

Students may be placed with various companies or clubs in the Leeds region. Further information on the allocation process is provided by the module leader prior to option choices being made.

## 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**

Jamie French

**Your course administrator**

Your Course Administrator can be contacted on [schoolofsportadmin@leedsbeckett.ac.uk](mailto:schoolofsportadmin@leedsbeckett.ac.uk)

## Course Overview

The Applied Sport Studies in Rugby undergraduate 3-year (full time) degree is a unique provision within the Carnegie School of Sport, drawing from all the disciplines within sport. It will allow students who are passionate about sport, to explore these disciplines, within a coherent and aligned curriculum. The course will allow students to explore the principles of Sports Performance, Sports Coaching, Sports Business and Management and the Social context of sport, whilst also developing academic and professional skills through these two pathways. Students will apply learning around these disciplines to their own chosen sporting context, including (but not withstanding), the sports of Athletics, Cricket, Football, Netball and Rugby League, and students will spend time working within these sporting environments at all levels within Personal, Professional and Academic Development (PPAD), Employability and Research modules. The course makes the most of new and existing partnerships with key employers such as Leeds Rhinos (rugby and netball), Leeds United, Yorkshire County Cricket, British Athletics. Students will be both grouped into areas of specialism to maximise peer learning opportunities, whilst on occasion changing these groups to allow for learning across sports.

The course philosophy and rationale are primarily based on continuation data from our existing provision, recent staff and student insights into employability and a thorough market analysis.

Every year we see students transfer, withdraw or suspend their studies, often due to realising they have an interest and passion for an area that is not covered on the remainder of their course. We also often see students employed in areas that are related to their degrees but not always 100% aligned. Employers and industry stakeholders are also suggesting they need prospective employees to be much more diverse in their roles. The Applied Sport Studies in Rugby degree is therefore designed to be multi and inter-disciplinary.

Four key pathways (sport performance, sport management, sport pedagogy and contemporary issues) combine with our standard core delivery (PPAD, employability and Final Year Project) to provide students with the opportunity to develop their knowledge, skills and understanding across a range of sport-based contexts. Whilst students focus on these core strands at levels 4 and 5, they can develop more specialist expertise via the level 6 elective programme. The rationale here is that whilst students might graduate as relative experts in one or two areas, they will have a good understanding across all four key strands, further increasing their employability.

The employability strand of the course focusses students on gaining authentic placement experiences by using the Carnegie School of Sports existing network of professional partners, including: Leeds Rhinos (Rugby League and Netball), Yorkshire County Cricket, Leeds United and British Athletics. With employability embedded at both level 4 and level 5, a key aim of the course is to develop students to be 'industry ready' by the time they graduate.

One final rationale for the course is its potential to appeal to wider markets. For students that might not have studied in the UK before, or those that are less familiar with the terminology used in more typical

courses, a multi-disciplinary course offers the chance to study a broad range of topics and areas, establishing their areas of expertise in a more informed manner.

### Course learning outcomes

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

1	Critically analyse and evaluate information and data relevant to their chosen area of applied sport studies in rugby
2	Critically review and evaluate contemporary issues within their chosen area of applied sport studies in rugby
3	Demonstrate an autonomous and critically aware approach to personal, professional and academic development within the discipline areas of applied sport studies in rugby
4	Plan, design, execute and communicate a sustained piece of independent work related to applied sport studies in rugby
5	Critically evaluate own and others work related skills in relation to their chosen area of applied sport studies in rugby

### Teaching and Learning Activities

#### Summary

The learning and teaching on the BSc (Hons) Applied Sport Studies in Rugby degree places the student at the centre of the experience by fostering an inclusive, supportive, caring and challenging environment. Through a curriculum which is informed by research and professional practice students will develop a combination of skills, knowledge, and experience. The course focuses on developing both sound knowledge of the subject (content) and ample opportunity to apply learning in practical and work-based contexts. Learning is further enhanced through problem solving approaches which nurture students throughout the course developing independent learners and critical thinkers well prepared for employment or postgraduate study. Much of the learning draws on Baxter-Magolda's (2003) 'Learning Partnerships' model where 'cognitive maturity' is developed through experiences designed to demonstrate the value of multiple perspectives and 'integrated identity' and confidence is fostered based on a spirit of collaboration with peers and staff.

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 the learning experience is continually enhanced by the continuing professional development needs of the delivery team.

Students will be engaged through a variety of teaching and learning approaches while studying the BSc (Hons) Applied Sport Studies in Rugby degree. Challenging and authentic tasks will be used to stretch their capabilities in real world learning and assessment resulting in a deeper approach to learning. Most modules on the degree consist of 20 credits equating to 200 notional learning hours. The timetabled contact on each 20 credit module will be approximately 48 hours (equivalent to 4 hours per week). This varies and is sometimes fewer for higher levels of study where students have developed more independence in their learning.

Learning and teaching strategies used on this course include but are not limited to:

- attendance at interactive lectures making meaningful contributions through advanced preparatory reading
- participation in tutorials where small groups of students will engage and contribute to learning activities
- engagement and contribution to laboratory/practical sessions
- organising and conducting laboratory and field data collection, analysis, and interpretation
- working independently to research relevant literature predominantly using electronic databases and search engines
- completing weekly directed study activities/formative assessments informing the content of scheduled sessions and providing opportunities for feedback
- participating in practical workshops to experience/develop the skills required in delivering programmes in a variety of applied sport studies contexts
- leading practical sessions on physical activity for a variety of target populations.

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 on BSc (Hons) Applied Sport Studies in Rugby is 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>
Sports Performance 1	20	Semester 1
Sport and Physical Activity in the Community 1	20	Semester 1
Sport Management 1	20	Semester 2
Sports Coaching and Pedagogy 1	20	Semester 2
Personal, Professional and Academic Development	20	Semester 1 and 2
Employability 1	20	Semester 1 and 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>
Sports Performance 2	20	Semester 1
Sport Management 2	20	Semester 1
Sport and Physical Activity in the Community 2	20	Semester 2
Sports Coaching and Pedagogy 2	20	Semester 2
Employability 2	20	Semester 1 and 2
Research Methods	20	Semester 1 and 2
Number of credits of compulsory modules	120	

### **Option modules**

None

## Level 6

### **Compulsory modules**

<b>Module title</b>	<b>Credits</b>	<b>Semester/ teaching period</b>
<b>Students must choose one from the following core project modules</b>		
Final Year Project	40	Semester 1 and 2
Final Year Project Sport, Exercise and Health Science	40	Semester 1 and 2
Final Year Project Sport Coaching	40	Semester 1 and 2
Final Year Project Sport Management	40	Semester 1 and 2
Number of credits of compulsory modules	40	

### **Option modules**

<b>Module title</b>	<b>Credits</b>	<b>Semester/ teaching period</b>
<b>Students must choose three from the following four core electives</b>		
Sports Performance 3	20	Semester 1
Sport and Physical Activity in the Community 3	20	Semester 1
Sports Coaching and Pedagogy 3	20	Semester 1
Sport Management 3	20	Semester 2
<b>Students must choose one from the following contextual electives</b>		
Special Educational Needs And Disability	20	Semester 1
Public Health in Action	20	Semester 2
Advanced Strength and Conditioning Coach	20	Semester 2
Sport Entrepreneurship	20	Semester 2
Sport Law: Principles and Practices	20	Semester 2
Sport, Social Justice and International Development	20	Semester 2
Sport Events Management	20	Semester 1 and 2
Number of credits of option modules a student should choose	80	

## Part-time route

The maximum duration for Part Time Study will be 6 years. Planned part time students will have the flexibility to study 60 credits of a level each year, normally studying one “long thin” module at levels 4 and 5, with 2 other 20 credit modules, one taken in each semester. The nature of planned part time study will vary at level 6 and will depend upon specific modules chosen. Conversations about the exact nature of planned part time study at level 6 will be finalised at the end of the students Level 5.

## Assessment and Scheduled Learning and Teaching Activities

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.

As previously mentioned, the 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 broadly an even mix of coursework and examinations, with some practical assessments.

#### **Level 5**

Level 5 is assessed by broadly an even mix of coursework and examinations, with some practical assessments.

#### **Level 6**

As students progress to Level 6, the choice of what to study will take into account the area of interest but students may also consider the mode of assessment of the Core and Contextual Electives. The Final Year Project is Core to all students in Level 6, and this will involve a sustained piece of written coursework. Assessments in the other Core Electives include coursework and practical assessments.

### Workload

Overall Workload	Level 4	Level 5	Level 6
Teaching, learning and assessment	262 hours	252 hours	212 hours
Independent study	838 hours	848 hours	978 hours
Placement	100 hours	100 hours	10 hours