



LEEDS
BECKETT
UNIVERSITY

Course Specification

BSc (Hons) Sport and Exercise Science

Course Code: SPEXS

2026/27

leedsbeckett.ac.uk

BSc (Hons) Sport and Exercise Science (SPEXS)

Applicant Facing Course Specification for 2026/27 Entrants

Confirmed at 11/2025

General Information

Award	Bachelor of Science with Honours Sport and Exercise Science
Contained awards	Bachelor of Science Sport and Exercise Science (Level 6) Diploma of Higher Education Sport and Exercise Science (Level 5) Certificate of Higher Education Sport and Exercise Science (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**Professional Body**

The course is endorsed by the Chartered Association of Sport and Exercise Science (CASES) Undergraduate Endorsement Scheme (CUES).

Accreditation/ Recognition Summary

CASES 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, CUES 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 CASES endorsement award.

'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.

Professional Development Module

There is an opportunity for students to complete a minimum of 120 hours of professional development activities at Level 5. This will usually be achieved via work placements or other work-related learning where placements are not possible. This is an option module for this course, as students may choose to study an alternative module which they deem to be more tailored to their professional development and career-related aspirations.

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 Gareth Nicholson

Your course administrator schoolofsportadmin@leedsbeckett.ac.uk

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.

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.

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
Functional Anatomy and Biomechanics of Human Movement	20	Semester 1
Physiology of the Human Body	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 and Exercise Science	20	Semester 1 and 2
The Sport and Exercise Scientist in Action	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
Research in Practice for Sport and Exercise Science	20	Semester 1 and 2
Number of credits of compulsory modules	20	

Option modules

Module title	Credits	Semester/ teaching period
Exercise Prescription for Health and Performance	20	Semester 1
Food and Nutrition for Health and Exercise	20	Semester 1
Psychology of Sport, Exercise and Health	20	Semester 1
Biomechanical Determinants of Human Movement	20	Semester 2
Physiological Responses to Sport and Exercise	20	Semester 2
Professional Development in Sport, Exercise and Health Sciences	20	Semester 1 and 2
Number of credits of option modules a student should choose	100	

Level 6

Compulsory modules

Module title	Credits	Semester/ teaching period
Final Year Project in Sport and Exercise Science	40	Semester 1 and 2
Number of credits of compulsory modules	40	

Option modules

Module title	Credits	Semester/ teaching period
Applied Exercise Psychology	20	Semester 1
Applied Physiology of Sport Performance	20	Semester 1
Applied Sport Psychology	20	Semester 1
Biomechanics of Health and Injury	20	Semester 1
Clinical Exercise Physiology	20	Semester 1
Contemporary Issues in Physical Education and Youth Sport	20	Semester 1
Contemporary Technologies in Sports Biomechanics	20	Semester 1
Performance Nutrition	20	Semester 1
Public Health Nutrition	20	Semester 1
Cardiac Rehabilitation	20	Semester 2
Contemporary Health Issues and Physical Activity Rehabilitation	20	Semester 2
Public Health In Action	20	Semester 2
Performance in Extreme Environments	20	Semester 2
Scientific Principles of Strength and Conditioning Practice	20	Semester 2
Data Analytics	20	Semester 2
Sport Entrepreneurship	20	Semester 2
CSS Sandwich Work Placement	20	Semester 1 and 2
Number of credits of option modules a student should choose	80	

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 coursework predominately, with some examinations and practical assessments.

Level 6

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	Minimum of 264* hours	210** hours
Independent study	912 hours	816 hours	990 hours
Placement (or other work-related learning)	-	Up to 120* hours	-

* "Teaching, learning and assessment" and "Placement" hours will vary at Level 5 dependent on whether or not students have selected the Professional Development option module.

* "Teaching, learning and assessment" hours may differ to the hours presented for Level 6 where students have selected the Sandwich Work Placement option.