



**LEEDS
BECKETT
UNIVERSITY**

Course information for applicants

This information applies to the course as it will be delivered to students starting the course in 2027/28.

Information provided here was confirmed on 04/09/2026

General information

Programme code

BSPER

Target award

If you complete this course successfully you will be eligible for the award of:

BSc (Hons) Science of Sport Performance

Delivery mode

- ☒ On campus
☐ Distance learning

Where you will study

The majority of teaching will be at Headingley campus but on occasion may be at City campus.

Awarding body

Leeds Beckett University

Regulator

Office for Students

Level of qualification

Level 6 of the Framework for Higher Education Qualifications

Course duration

If you are made an offer of a place on the course, your offer letter will include the start date.

This course can be studied:

- 3 years full-time
- 4 years full-time with a placement year
- 6 years part-time

Part-time study

This course can be studied part-time.

If you study the course part-time, it will usually take twice as long to complete compared with the equivalent full-time course. The modules may be delivered in a different sequence than on the full-time course, but you will study the same modules at each academic level. With the agreement of the course team, you may be able to increase your pace of study to shorten the overall course duration.

As a part-time student, you will not usually have the option of a work placement.

Work placement

The placement 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 placement year in a related industry for an academic year between Levels 5 and 6.

If you opt to undertake a full year placement and this is completed successfully you will have the words 'with placement year' added to the award title including for any contained awards that you are eligible for.

There is also 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.

Students are responsible for obtaining their own placement, with assistance from the University. Whilst students source their own placements, they will need to meet requirements which will be outlined before module enrolment. The locations will vary, dependent on the opportunity.

Entry requirements

Admissions criteria are available on the online prospectus entry for this course.

If you have previous relevant qualifications or experience, you could be exempt from certain parts of your course. Recognition of prior learning (RPL) allows you to start your course at a point appropriate to the learning and skills that you may have developed in a professional, vocational or community setting.

Find out more here: <https://www.leedsbeckett.ac.uk/student-information/course-information/recognition-of-prior-learning>

If you have questions about entry requirements and admissions, contact AdmissionsEnquiries@leedsbeckett.ac.uk

Course fees

Course fees and a breakdown of any additional costs is included on the online prospectus entry for this course.

If you have questions about fees for this course, contact Fees@leedsbeckett.ac.uk

Timetable

You will receive your full timetable for the year during induction week.

What you will study

Course 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 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.

Teaching and learning activities

Students will be engaged through a variety of teaching and learning approaches whilst studying the BSc (Hons) Science of Sport Performance 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 Level 6 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).

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:

- 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.

Course structure

This information is correct for students progressing through the course within standard timescales. If you have to repeat study or take time out during your course, you may be taught alternative modules which meet the overall course learning outcomes.

The option modules listed may vary. Those listed here are likely to be offered in a typical year.

Level 4

Compulsory modules

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

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
Total number of credits of compulsory modules:	120	

Placement year

Module title	Credits	Semester/teaching period
CSS Placement Year	120	Semester 1 and 2
Total number of credits of compulsory modules:	120	

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
Total 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
Total number of credits of elective modules a student must enrol on:	40	

Assessment and feedback

The balance of assessment may change depending on which option modules you choose.

Level 4

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

Level 5

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

Placement year

The placement year is assessed entirely by coursework.

Level 6

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

Workload

You can expect to spend a total of 100 hours learning per 10 credits.

Typically, a student on this course can expect to divide their time like this:

Overall workload	Level 4	Level 5	Placement year (if chosen)	Level 6
Teaching, learning and assessment	288 hours	264 hours	0 hours	210 hours
Independent study	912 hours	816 hours	0 hours	990 hours
Placement study	0 hours	120 hours	1,200 hours	0 hours