



**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 18/08/2026

General information

Programme code

RBASS

Target award

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

BSc (Hons) Applied Sport Studies in Rugby

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

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.

Work placement

This course does not include a placement year.

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.

Level 4 – 100 hours

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.

Level 5 – 100 hours

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.

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 Applied Sport Studies in Rugby undergraduate 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.

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. 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.

Teaching and learning activities

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.

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.

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
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
Total number of credits of compulsory modules:	120	

Level 5

Compulsory modules

Module title	Credits	Semester/teaching period
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
Total number of credits of compulsory modules:	120	

Level 6

Compulsory modules

Module title	Credits	Semester/teaching period
<i>Students must choose one from the following core project modules:</i>		
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
Total number of credits of compulsory modules:	40	

Option modules

Module title	Credits	Semester/teaching period
<i>Students must choose three from the following four core electives:</i>		
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
<i>Students must choose one from the following contextual electives:</i>		
Special Educational Needs And Disability	20	Semester 1
Strength and Conditioning	20	Semester 1
Public Health In Action	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
Total number of credits of elective modules a student must enrol on:	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 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, with some practical assessments.

Level 5

Level 5 is assessed by a broadly 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

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