



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

SESPG

Target award

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

PGDip Sport and Exercise Science

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.

Professional accreditation or recognition

The PG Diploma in Sport and Exercise Science is not subject to external reference points such as Professional, Statutory or Regulatory Bodies. However, the course aims and learning outcomes are aligned with several of the key competencies required for those students wanting to gain accreditation (e.g. British Association of Sport and Exercise Sciences). Furthermore, the course content is appropriate for those wanting to prepare for a career in research, applied sport science and professional practice. Lastly, staff teaching on the course are highly engaged in research and applied sport science and understand the needs of employers within this area, which assist with course and module developments.

Awarding body

Leeds Beckett University

Regulator

Office for Students

Level of qualification

Level 7 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:

12 months full-time

24 months 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.

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 aims of the course are to:

- Develop knowledge and understanding of the principles and applications of sport and exercise science and their application to vocational/professional practice.
- Provide an opportunity to critically assess a broad range of theories, methodologies and research findings in sport and exercise science.
- Develop a critical understanding of how to apply theories, strategies and methodologies in appropriate ways.
- Enable the student to develop empirical rigour in identifying solutions to complex problems.
- Develop the appreciation of inter-related scientific concepts that promote understanding of problems and issues in the study of sport and exercise science.
- Provide a forum for the development of research skills and professional competencies in the field of sport and exercise science.

Teaching and learning activities

The learning and teaching on the PG Diploma Sport and Exercise Science degree places the student at the centre of the experience by fostering an inclusive, supportive and challenging environment. Through a curriculum which is informed by research and professional practice students will develop the required skills, knowledge and experience. The course will focus on developing sound knowledge of Sport and Exercise Science with ample opportunities to apply their learning whilst enhancing learning through problem solving approaches. The learning approaches will develop students' independent learning capability and critical thinking skills as well as prepare them for employment.

Students will be engaged through a variety of teaching and learning approaches whilst studying the MSc Sport and Exercise Science degree. Challenging and authentic tasks will be used to stretch the student's capabilities in real world learning and assessment resulting in a deeper approach to learning.

The following learning and teaching strategies will be used across the modules:

- Students will attend interactive lectures where they will be expected to contribute having done some preparatory reading in advance.
- Students will participate in tutorials where they will work in small groups to engage with learning activities.
- Students will engage and contribute to laboratory/ practical sessions.
- Students will organise and conduct laboratory and field 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.

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. Many modules (20-credits) are delivered over a 12-week semester, with students expected to attend on campus each week, at least a 1-hour large group session and at least a 2-hour smaller group seminar/practical session. Recorded lectures and directed activity will be provided around these study hours. Each module will therefore provide 36 hours of taught content, with students expected to dedicate at least 164 hours of independent study across each semester for each module.

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 7

Compulsory modules – full-time

Module title	Credits	Semester/teaching period
Research Process	20	Semester 1
Professional Practice	20	Semester 1 & 2
Total number of credits of compulsory modules:	40	

Option modules – full-time

Module title	Credits	Semester/teaching period
Measurement Techniques in Biomechanics ¹	20	Semester 1
Evidence based practice in Sports Physiology ²	20	Semester 1
Contemporary Issues in Sport Psychology ³	20	Semester 1
Sport & Exercise Nutrition ⁴	20	Semester 1
Physiology of Sports Conditioning	20	Semester 1
Biomechanics of Human Gait ¹	20	Semester 2
Mechanisms of Adaptation to Exercise Training ²	20	Semester 2
Psychology of Exercise & Health ³	20	Semester 2
Ergogenic Practices & Nutritional Manipulation in Sport & Exercise Nutrition ⁴	20	Semester 2
Total number of credits of elective modules a student must enrol on:	80	

Compulsory modules – part-time

Module title	Credits	Semester/teaching period
Research Process	20	Semester 1 – Year 2
Professional Practice	20	Semester 1 & 2 – Year 2
Total number of credits of compulsory modules:	40	

Option modules – part-time

Module title	Credits	Semester/teaching period
Measurement Techniques in Biomechanics ¹	20	Semester 1 – Year 1
Evidence based practice in Sports Physiology ²	20	Semester 1 – Year 1
Contemporary Issues in Sport Psychology ³	20	Semester 1 – Year 1
Sport & Exercise Nutrition ⁴	20	Semester 1 – Year 1
Physiology of Sports Conditioning	20	Semester 1 – Year 1
Biomechanics of Human Gait ¹	20	Semester 2 – Year 1
Mechanisms of Adaptation to Exercise Training ²	20	Semester 2 – Year 1
Psychology of Exercise & Health ³	20	Semester 2 – Year 1
Ergogenic Practices & Nutritional Manipulation in Sport & Exercise Nutrition ⁴	20	Semester 2 – Year 1
Total number of credits of elective modules a student must enrol on:	80	

Disciplines:

¹ Biomechanics ²Physiology ³Psychology ⁴Nutrition

The full-time and part-time study pattern outlined above reflects a recommended course study structure. However, it is recognised that for some students undertaking part-time study more flexibility will be needed in terms of number of modules completed each year as well as the order of modules studied.

Part-time students will be supported by the course team to determine an appropriate selection of modules from the level for each year of study. The table above provides a suggested module distribution for those students studying part-time over 24 months.

Assessment and feedback

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

Level 7

This course is assessed predominantly by coursework, with some examinations 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 7
Teaching, learning and assessment	216 hours
Independent study	984 hours
Placement study	0 hours