



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

SPEXS

Target award

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

BSc (Hons) 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

Professional body

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

Summary of the accreditation or recognition

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.

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 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.

Teaching and learning activities

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 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 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 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).
- Students will 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).

- Students will participate in online or face-to-face tutorials where you will work in small groups to engage with learning activities.
- Students will engage and contribute to laboratory and/or 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 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.
- Students will participate in practical workshops to experience and develop the skills required for collecting valid and reliable scientific data.
- Students will participate in group work and assessments, developing the relevant skills required 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
Functional Anatomy and Biomechanics of Human Movement	20	Semester 1
Physiology of the Human Body	20	Semester 1
Personal, Professional and Academic Development in Sport and Exercise Science	20	Semester 1
Human Behaviour in Sport, Exercise and Health Science	20	Semester 2
Nutrition and Biochemistry	20	Semester 2
The Sport and Exercise Scientist in Action	20	Semester 2
Total number of credits of compulsory modules:	120	

Level 5

Compulsory modules

Module title	Credits	Semester/teaching period
Research in Practice for Sport and Exercise Science	20	Semester 1 and 2
Professional Development in Sport, Exercise and Health Sciences	20	Semester 1 and 2
Total number of credits of compulsory modules:	40	

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
Total number of credits of elective modules a student must enrol on:	80	

Placement year

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

Level 6**Compulsory modules**

Module title	Credits	Semester/teaching period
Final Year Project in Sport and Exercise Science	40	Semester 1 and 2
Total 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
Data Analytics	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
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:	80	

Assessment and feedback

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

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.

Placement year

The placement year is assessed entirely by coursework.

Level 6

Level 6 is assessed by coursework predominately, 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 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