

## **BSc (Hons) Sport and Exercise Sciences**

Course Aim and Title	BSc (Hons) Sport and Exercise Sciences
Intermediate Awards Available	BSc/DipHE/CertHE Sport and Exercise Sciences
Teaching Institution(s)	University of East London
Alternative Teaching Institutions (for local arrangements see final section of this specification)	N/A
UEL Academic School	Health, Sport & Bioscience
UCAS Code	C600
Professional Body Accreditation	Yes (BASES)
Relevant QAA Benchmark Statements	Events, Hospitality, Leisure, Sport & Tourism (Nov. 2016 – with specific reference to Sport) and Education Studies (Feb. 2015).
Additional Versions of this Course	BSc (Hons) Sport and Exercise Sciences with Placement Year BSc (Hons) Sport and Exercise Sciences with Foundation Year
Date Specification Last Updated	June 2022

### **Course Aims and Learning Outcomes**

*An honours graduate in Sport related courses can understand and explain human responses to sport and exercise, including being able to:*

- make effective use of knowledge and understanding of the disciplines underpinning human structure and function
- critically appraise and evaluate the effects of sport and exercise intervention on the participant
- demonstrate the skills required to monitor and evaluate human responses to sport, exercise and/or rehabilitation
- critically appreciate the relationship between sport and exercise activity and intervention in a variety of participant groups; this could include special populations such as older adults, disabled people, people with a chronic disease and children.

*An honours graduate in Sport related courses can understand and critically appraise the study of the performance of sport and its enhancement, monitoring and analysis, including being able to:*

- monitor, analyse, diagnose and prescribe action to enhance the learning and performance of the component elements of sport, including where appropriate injury diagnosis and treatment, in ways underpinned by current research
- evidence the skills required to monitor and evaluate sports performance in laboratories and/or field settings

- display a critical appreciation of the integration of the variables involved in the delivery (teaching, instructing and coaching) of enhanced sport performance.

*An honours graduate in Sport related courses can demonstrate an understanding of the health-related and disease management aspects of exercise and physical activity, including being able to:*

- display an awareness of current government policy on disease prevention and the relevance of exercise
- demonstrate an ability to monitor health through exercise and prescribe appropriate interventions
- display a broad range of skills, including awareness of health and safety, ethical considerations, exercise prescription, population differences and the role of education, health and sports bodies in improving the health of the nation.

*An honours graduate in Sport related courses can understand the influence of the historical, social, political, economic and cultural diffusion, distribution and impact of sport, including being able to:*

- demonstrate a critical insight into the organisations and structures responsible for sport, the political ramifications arising from these and their impact on the funding and delivery of sport
- employ social, economic and political theory to explain the development and differentiation of sport throughout society
- demonstrate the application of the social and cultural meanings attached to sport and their impact on participation and regulation.

*The revalidated BSc (Hons) Sport and Exercise Sciences course will provide students with learning opportunities and experiences to enable them to meet the following learning outcomes;*

*By the end of level 4, the student will be able to;*

- demonstrate a knowledge of core concepts and principles of the social, physical and behavioural sciences which inform practice;
- present, evaluate and interpret concepts and principles;
- apply an awareness of potential hazards/dangers inherent in the delivery of practical activity and a knowledge of the related risk management principles;
- demonstrate an ability to take both a lead role and support as a team player in a range of practical activities in cooperation with others;
- discriminate information from a selected range of published material;
- communicate the results of their study/work accurately and reliably with structured and coherent arguments and to articulate their interpretations clearly;
- co-operate with others within a defined learning context;
- reflect upon ethical issues in sports and exercise science in relation to personal and professional beliefs and values;

- manage own learning using self-directed strategies and access IT and all available learning resources
- demonstrate an understanding of a range of opportunities open to sport and exercise science graduates
- appreciate how factors such as race, ethnicity, religion, gender, sexuality, disability, class, socioeconomic status, and citizenship, and intersections thereof, impact within society, and how these contribute to experiences in sport and exercise science;

*By the end of level 5, the student will be able to;*

- demonstrate knowledge and critical understanding of the principles informing applied practice and critically evaluate the evidence base underpinning approaches to practice;
- appreciate the limits of their knowledge and scope of practice and know when to seek advice and/or support from professionals in related fields;
- evaluate the implementation of teaching/coaching/sports science approaches which are relevant to the needs and interests of the participants, appreciating risk and safety issues as related to the participants and the practitioner,
- justify decisions / actions with reference to theoretical concepts and available evidence;
- effectively communicate information, arguments, and analyses, in a variety of forms, to specialist and non-specialist audiences;
- reflect upon and evaluate their own capabilities and be able to negotiate responsibilities and learning strategies within a collaborative framework;
- articulate their strengths and current limitations and relate this knowledge to the process of applying for a job
- effectively utilise a range of software packages to support the organisation, analysis and presentation of data
- critically reflect on the role that each individual plays in shaping society and understand the contribution that we can make to transforming our own and other people's lives;

*By the end of level 6, the student will be able to;*

- show a critical appreciation of issues around validity and reliability with reference to how sport and exercise science data has been generated and analysed;
- compare and contrast sources of academic information arriving at an evidence-based decision that informs applied practice;
- evaluate models and approaches to the delivery of sport and exercise science services in relation to stated outcomes for individuals across the spectrum of service users;
- effectively seek out, apply and complete the full range of activities required to be successful in gaining employment post-graduation;
- show an in-depth appreciation of one's strengths and limitations through a heightened sense of self-awareness and action plan to address these limitations;

- work effectively both as part of a team and autonomously in the completion of tasks associated with being a successful sport and exercise science graduate;
- show an appreciation of unearned advantages as operationalised through factors such as race, ethnicity, religion, gender, sexuality, disability, class, socioeconomic status, and citizenship, and intersections thereof, and comprehend how we can act to promote a more equitable society for all;

### *Learning and Teaching*

#### *Knowledge is developed through*

- Guided reading
- Lectures
- Knowledge-based activities with feedback and self-reflection
- Online discussions and activities

#### *Thinking skills are developed through*

- Problem-solving activities
- Seminar discussions
- The use of applied scenarios in practical activities

#### *Practical skills are developed through*

- Practical coaching/teaching sessions
- Research skills-based activities with feedback
- Organisation and delivery of workshops and events

#### *Skills for life and work (general skills) are developed through*

- Group-based activities to develop teamwork skills
- Planning activities with feedback
- Delivery of presentations to develop communication skills
- Project work

### Assessment

#### *Knowledge is assessed by*

- Coursework taking the form of reports and essays
- Tests – mainly taking the form of online assessments

#### *Thinking skills are assessed by*

- Coursework of a more 'applied' nature (such as case studies using real-life examples)
- Project work

#### *Practical skills are assessed by*

- Delivery of practical coaching/teaching sessions
- Production of activity/session plans
- Event organisation
- Presentations

*Skills for life and work (general skills) are assessed by*

- Project work
- Group work on practicals, events and presentations
- Work placement

Students with disabilities and/or learning needs should discuss assessments with the Course Leader to ensure they are able to fully engage with all assessment within the course.

### Work or Study Placements

The BSc Sport and Exercise Sciences course provides for both formal and informal opportunities to engage in work placement. There is an optional module at L6 with additional industry experiences embedded in multiple modules throughout the course. All SES students can register to receive work placement opportunities that get circulated via email on a bi-weekly basis in addition to registering with the UEL Sports LinkedIn group which also posts daily updates of courses, additional qualifications and paid/voluntary positions. At the time of writing our excellent placement scheme has just been extended to cover the Summer months with students receiving support to gain placements which can be completed between May and September. Students can apply to study as part of the Erasmus course working with the Study Abroad team to secure termly or annual academic placements in partner institutions. The University also offers an annual Going Global bursary which allows students to apply for financial support to engage in short placements around the World which underpin their academic studies.

### Course Structure

All courses are credit-rated to help you to understand the amount and level of study that is needed.

One credit is equal to 10 hours of directed study time (this includes everything you do e.g. lecture, seminar and private study).

Credits are assigned to one of 5 levels:

- 3 Equivalent in standard to GCE 'A' level and is intended to prepare students for year one of an undergraduate degree course.
- 4 Equivalent in standard to the first year of a full-time undergraduate degree course.
- 5 Equivalent in standard to the second year of a full-time undergraduate degree course.
- 6 Equivalent in standard to the third year of a full-time undergraduate degree course.
- 7 Equivalent in standard to a Masters degree.

<b>Level</b>	<b>Module Code</b>	<b>Module Title</b>	<b>Credit Weighting</b>	<b>Core/ Option</b>	<b>Available by Distance Learning? Y/N</b>
4	SE4000	Essential Skills for Sport (Mental Wealth)	20	Core	N
4	SE4001	Anatomy & Physiology for Sport	20	Core	N
4	SE4003	Coaching Principles	20	Core	N
4	SE4005	Development of Sport	20	Core	N
4	SE4006	Human Performance	20	Core	N
4	SE4004	Psychological Aspects of Sport	20	Core	N
5	SE5001	Physiological and Nutritional Assessment for Sports Performance	20	Core	N
5	SE5006	Principles & Practice in Teaching & Coaching	20	Optional	N
5	SE5015	Disability, Sport and PE	20	Optional	N
5	SE5022	Sports Technologies: Evolution and Application	20	Optional	N
5	SE5000	Research Methods & Design (Mental Wealth)	20	Core	N
5	SE5002	Sport and Exercise Psychology	20	Core	N
5	SE5009	Biomechanics of Human Movement	20	Core	N
5	SE5013	Athlete Management	20	Optional	N
5	SE5005	Performance Analysis	20	Optional	N

6	SE6000	Applied Research Project	20	Restricted Core*	N
6	SE6102	Independent Research Project	40	Restricted Core*	N
6	SE6015	Applied Sport Psychology	20	Core	N
6	SE6001	Exercise Physiology Techniques	20	Core	N
6	SE6002	Sport and Exercise Biomechanics	20	Core	N
6	SE6016	Work Placement	20	Optional	N
6	SE6003	Chronic Health Conditions	20	Optional	N
6	SE6011	Strength and Conditioning	20	Optional	N
6	SE6010	Nutrition for Sporting Health	20	Optional	N

Additional detail about the course module structure:

A core module for a course is a module which a student must have passed (i.e. been awarded credit) in order to achieve the relevant named award. An optional module for a course is a module selected from a range of modules available on the course.

\*Students MUST take ONE of these restricted core modules.

#### Course Specific Regulations

Not applicable

#### Typical Duration

It is possible to move from full-time to part-time study and vice-versa. Many of our students make use of this flexibility and this may impact on the overall duration of their study period.

The expected duration of this course is 3 years full-time or 4-6 years part-time.

A student cannot normally continue study on a course after 4 years of study in full time mode unless exceptional circumstances apply, and extenuation has been granted. The limit for completion of a course in part time mode is 7 years from first enrolment.

#### Further Information

More information about this course is available from:

- The UEL web site ([www.uel.ac.uk](http://www.uel.ac.uk))

- The course handbook
- Module study guides
- UEL Manual of General Regulations (available on the UEL website)
- UEL Quality Manual (available on the UEL website)
- School web pages

All UEL courses are subject to thorough course approval procedures before we allow them to commence. We also constantly monitor, review and enhance our courses by listening to student and employer views and the views of external examiners and advisors.

Additional costs:

Students will be encouraged to purchase UEL academic department sports kit that can then be worn at practical sessions and when on placement.

Alternative Locations of Delivery

Not applicable