

Approved on1st July 2015.....

PROGRAMME SPECIFICATION

1. General information

Awarding body / institution	Leeds Trinity University
Teaching institution	Leeds Trinity University
Professional accreditation body (if applicable)	
Final award (eg. BA Hons)	BSc (Hons)
Title of programme(s)	Sport & Exercise Sciences (Sports Nutrition)
Subsidiary award(s) (if any)	
In the case of a Scheme of Study, the other Scheme(s) with which it may be combined	
Duration and mode(s) of study	3 years, full-time
Start date (this version) (month and year)	September 2014
Periodic review next due (acad. year)	
UCAS course code & code name	С6В4
Venue(s)	On campus

2. Aims of the programme

Rationale and general aims

This programme fuses the key areas of sport and exercise sciences: psychology, physiology and biomechanics with interdisciplinary content to provide graduates with the broad range of knowledge and skills. Specifically, the programme places extra emphasis on strength and conditioning to provide would-be sport and exercise scientists with a domain of expertise. The programme also incorporates professional development and employability skills to equip graduates with the experience required to succeed in the workplace or postgraduate study. The general aims of the programme are to:

i. Develop a sound understanding of the scientific and social scientific basis of sport and

- exercise sciences.
- ii. Develop intellectual skills of critical analysis, reflection, synthesis and problem solving
- iii. Develop study skills for learning, and the ability to work effectively both independently and within teams.
- iv. Develop confidence in formal and informal communication.
- v. Develop a range of skills needed by those working in sport and exercise sciences contexts.

- vi. Provide grounding in selected areas of sport and exercise sciences, incorporating a range of teaching methods to broaden the variety of learning experiences.
- vii. Provide students with knowledge and understanding of key areas of the discipline and critically evaluate relevant research.
- viii. Enable students to develop scientific skills of inquiry, critical analysis and reporting.
- ix. Work towards accreditation as a graduate member of the Sport and Exercise Nutrition Register.

3. Student learning outcomes of the programme

Learning outcomes in terms of:

- knowledge and understanding (K)
- intellectual / cognitive / 'thinking' skills (I)
- physical skills specific to the subject (P)
- employability skills (E)

The 'K1', etc codes are used in section 7c) and module descriptors to refer to each of these learning outcomes.

- K1 Demonstrate knowledge and understanding of the scientific basis of sport and exercise performance.
- K2 Demonstrate knowledge and understanding of a range of research methods in sport and exercise sciences.
- K3 Demonstrate a critical awareness of issues within a sport and exercise sciences context.
- K4 Develop applied knowledge, understanding and problem solving skills within a professional context.
- K5 Demonstrate knowledge and understanding of sports nutrition practice.
- I1 Critically assess and evaluate evidence.
- I2 Describe and analyse information.
- 13 Develop a reasoned argument and challenge assumptions.
- P1 Utilise subject-related skills within laboratory and field contexts.
- P2 Design, conduct and evaluate small scale research.
- P3 Practically apply theoretical knowledge of sport and exercise and/or nutrition.
- E1 Self-management ability to manage themselves and their development readiness to accept responsibility, proactivity, flexibility, resilience, appropriate assertiveness, time management, readiness to improve own performance based on feedback/reflective learning.
- E2 Teamworking respecting others, co-operating, negotiating/persuading, contributing to discussions, and awareness of interdependence with others.
- E3 Problem solving analysing facts and situations and applying creative thinking to develop appropriate solutions.
- E4 Communication and literacy application of literacy, ability to produce clear, structured written work and oral literacy including listening and questioning.

- E5 Application of numeracy manipulation of numbers, general mathematical awareness and its application in practical contexts (e.g. measuring, weighing, estimating and applying formulae).
- E6 Application of information technology basic IT skills, including familiarity with word processing, spreadsheets, file management and use of internet search engines.
- E7 Entrepreneurship/enterprise: broadly, an ability to demonstrate an innovative approach, creativity, collaboration and risk taking. An individual with these attributes can make a huge difference to any business.
- E8 World of work /business/customer awareness demonstrate an awareness of an industry, sector or business. Understanding the environment in which the business/organisations operate and the need to provide customer satisfaction and build customer loyalty.

See also the generic objectives set out in section 4 below.

Statement of congruence with the relevant published subject benchmark statements

The learning outcomes for the Sport and Exercise Sciences scheme are congruent with the QAA subject benchmarks statement for Hospitality, Leisure, Sport and Tourism (2008).

In particular, programme outcomes relate to "human responses and adaptations to sport and exercise" and "the performance of sport and exercise and its enhancement, monitoring and analysis".

4. Learning outcomes for Certificates and Diplomas of Higher Education and ordinary degrees

This section should be retained verbatim in all honours degree programme specifications. Sets of standard wording for programme specifications for foundation degrees are available from AQSO.

Guidance	
	Generic learning outcomes for the award of Certificate of Higher Education:
The assessment strategy is	On successful completion of at least 120 credits, students will have demonstrated an ability to:
designed so that each of these outcomes is	i) interpret and evaluate data appropriate to the discipline;
addressed by more than one module at Level 4.	make sound judgements in accordance with basic disciplinary theories and concepts;
	iii) evaluate the appropriateness of different approaches to solving problems within the discipline;
	iv) communicate the results of their work coherently;
	and will have had specific opportunities to display transferable skills relevant to employment related to the discipline.
	Generic learning outcomes for the award of Diploma of Higher Education:
The assessment strategy is	On successful completion of at least 240 credits, students will have demonstrated, in addition to the outcomes for a Certificate:
designed so that each of	i) critical understanding of disciplinary principles;
these outcomes is	ii) application of concepts outside their initial context;

addressed by more than one module over Levels 4 and 5.	iii) use of a range disciplinary techniques;
	iv) proficient communication of the results of their work;
	and will have had the opportunity to develop transferable skills relevant to employment related to the discipline including successful completion of at least one professional placement or school based training component.
	Generic learning outcomes for the award of an Ordinary Degree:
The assessment strategy is	On successful completion of at least 300 credits, students will have demonstrated, in addition to the outcomes for a Diploma:
designed so that each of	i) an ability to make flexible use of disciplinary concepts and techniques;
addressed by more than one	ii) critical evaluation of approaches to solving problems in a disciplinary context;
module over Levels 4, 5 and	iii) an ability to work autonomously within a structured learning experience;
0.	iv) effective communication of the results of their work in a variety of forms;
	and will have had the opportunity to develop transferable skills relevant to employment related to the discipline including successful completion of two professional placements or school-based training placements.

5. Content

Summary of content by theme (providing a 'vertical' view through the programme)

All of the sport and exercise sciences programmes follow a similar theme for five of the six strands: psychology, physiology, biomechanics, personal and professional development and research methods. Finally, each programme contains a strand specific to its emphasis. For this programme, the emphasis is on sports nutrition.

Content within this programme has been mapped to the core competencies required by the Sport and Exercise Nutrition register (SENr) (Appendix 1). This will enable students to obtain the scientific knowledge component required to become a registered Sport and Exercise Nutritionist. They will also be working towards the professional application elements required. Upon completion of the degree, students will be eligible to apply to the graduate register of the SENr. SENr are hoping to begin fully accrediting courses to enable direct graduate registration in the near future and are keen to include this programme in that process.

The three core aspects of sport and exercise sciences develop from underpinning theory at level four to applied practice at level six. Some modules included within these strands also encourage an interdisciplinary approach to sport and exercise sciences.

The personal and professional development strand includes critical thinking skills are level four and a compulsory work placement at the end of the year. A further compulsory work placement takes place at the end of level five with an optional professional module at level six.

The research strand includes research methods at level four and five, culminating a 40-credit dissertation at level six.

During level five and particularly emphasised at level six is the practice element of sport and exercise sciences, requiring more autonomous learning.

6. Structure

BSc (Hons) Sport a	and Exercise Sciences (Sports Nutrition)				
Duration: Total credit rating:	3 years full-time / 6 years part-time 360				
Level 4 – with effect Please see section a	t from September 2013 8 and refer to the Prospectus for entry requirements.				
Core: Candidates a	are required to take:				
SHN4282	Anatomy and Physiology	Sem 1	20 credits		
SHN4232 SHN4312	Performance Analysis	Sem 2	20 credits		
SHN????	Exercise Psychology	Sem 2	20 credits		
SHN4142	Research Methods 1	Sem 1 & 2	20 credits		
LTU4992	Critical Thinking Skills	Sem 1	20 credits		
Programme-level Asse year will also take a Pro and knowledge you hav achieve a pass in the PI <u>Regulations</u>).	ssment: Level 4 students in AY 2015/16 will study modules w ogramme Level Assessment (PLA). This takes place over three ve developed across all of the modules studied. The PLA is ma LA to pass the first year and progress into Level 5 (also see th	orth 120 credits an e weeks and brings rked on a Pass/Fail e section on <u>Taugh</u>	d at the end of the together the skills basis and you must <u>t Course Academic</u>		
Level 5 – with effect	t from September 2014				
Progression require	ments: minimum of 120 credits from Level 4				
Core: Candidates a	are required to take:				
SHN5262	Sport Psychology: Theory to Practice	Sem 1	20 credits		
SHN5192	Sport and Performance Nutrition	Sem 1	20 credits		
SHN5142	Research Methods 2	Sem 2	20 credits		
SHN5172 SHN5222	Biomechanical Analysis of Performance	Sem 2	20 credits		
		001112	20 ordato		
Option: Candidates	s are required to choose either of the following:	Som 1	20 aradita		
SHN5152 SHN5162	Volunteering in SHN	Sem 1	20 credits		
			20 0104110		
<u>Level 6</u> – with effect Progression require	t from September 2015 ments: minimum of 120 credits from Level 5				
Core: Candidates a	are required to take:				
SHN6122	Applied Sport Nutrition	Sem 1	20 credits		
SHN6164	Dissertation	Sem 1 & 2	40 credits		
Option: Candidates	s are required to choose 60 credits from the following:	_			
SHN6212	Performance Physiology	Sem 1	20 credits		
SHN6242 SHN6222	Applied Biomechanics and Movement Analysis	Sem 1	20 credits		
SHN6202	Physical Activity and Behaviour Change	Sem 2	20 credits		
SHN6252	Advanced Sport and Performance Nutrition	Sem 2	20 credits		
SHN6182	Healthy Weight: Practical Strategies	Sem 2	20 credits		
SHN6192	Professional Learning through Work	Sem 1 & 2	20 credits		

7. Learning, teaching and assessment

7a) Statement of the strategy for learning, teaching and assessment for the programme

The programme meets the requirements of relevant policy documents, particularly the QAA Framework for HE Qualifications, relevant QAA Subject Benchmark Statements, Leeds Trinity Mission Statement and Corporate Plan and Leeds Trinity Learning, Teaching and Assessment Strategy.

The structure and content of the modules are such that, from one level to the next, material is offered in a theoretically coherent fashion which progresses student learning and understanding

of the subject. They relate one to each other in a manner which properly informs students of contemporary issues within sport and exercise sciences, while simultaneously working to raise students' intellectual capacities to higher levels of inquiry. The period of work-based learning provides the opportunity for students to apply their learning in a professional setting and develop and evaluate their key transferable skills.

The programme uses a range of teaching methods including lectures, tutorials, seminars, workshops and practical sessions as appropriate to the subject matter and student numbers.

Professional Development and Placement:

Each student undertakes a placement at both level 4 and level 5. At level 4 this is supported by weekly Development Tutorials to help prepare students for their placement whilst also to support academic development through transition from school/college to university and during their first year of study. Students will be supported through the provision of directed activities throughout all modules and Development Tutorials at Level 4. The placement for the Sport & Exercise Sciences Suite of programmes is assessed through the programme level assessment as further illustrated below.

Programme Level Assessment:

At the end of level four, students are required to undertake programme level assessment to demonstrate their progress towards programme learning outcomes. This is achieved by reviewing content from all modules studied at level four while simultaneously preparing them for an upcoming 5-week work placement. The assessment may address the following:

- 1. Uses a variety of written forms and practical activities in order to reflect the academic and vocational elements of the programme.
- 2. Uses a combination of coursework and timed examinations at each level in order to test students' ability to work to different time-scales and within different constraints.
- 3. Progressively moves from testing breadth to depth of knowledge, understanding and skills.
- 4. Reflects the Leeds Trinity's mission by its concern with development and the affirmation of individual learners.
- 5. Achieves effectiveness by means of Leeds Trinity and departmental procedures, policies and guidelines for design, marking and administration of processes.
- 6. Utilises programme-level assessment to ensure students are working towards programme learning outcomes as well as module learning outcomes.

Includes negotiated assessments.

7b) Module details

Module number	Learning and		Asses	Teaching staff	Venue				
and name (Include both as shown below)	teaching methods	Component form (eg. Assessed essay or Unseen paper)	Magnitude (eg. 2,000 words or 2 hours)	Weighting and/or Pass/Fail	Timing (Semester & indicative teaching week for Registry planning purposes)	(Module co-ordinator shown as first name, in bold script)	(if not College premises)		
SHN???? Exercise Psychology	Lectures, Workshops, independent study	Essay Group viva	2000 words	45%	Mid Semester 2	Chris Rowley and Jon Radcliife			
			10 mins	45%	End Semester 2				
		Directed Activities		Pass=100% of 10% Fail=0%	End Semester 2				
SHN4282 Anatomy and	Lectures, practical workshops, guided	Portfolio	2000 words	80%	End Semester 1	Matthew Sedgwick			
Physiology	independent study	2x short tests	30 mins each	20%	Ongoing Semester 1				
SHN4312 Performance Analysis	Lectures, laboratory, quided independent	Exam	1.5 hours	50%	End Semester 2	Kirstie Grace			
, , , , , , , , , , , , , , , , , , .	study	Case Study	2,000 words equiv	50%	End Semester 2				
SHN4232 Introduction to Food	Lectures, workshops, guided independent	Exam	1 hour	30%	Mid Semester 1	Jennie Carter			
and Nutrition	study	Assignment	3,000 words	70%	End Semester 1				
SHN4142 Research Methods 1	Lectures, seminars	Portfolio (4 worksheets)	4,000 words equiv	100%	Mid and End Semester 1 Mid and End Semester 2	Rachael McDonald			
LTU4002 Critical Thinking Skills	Lectures, debates, workshops	Online plagiarism test and essay	1,500 words	50%	Mid Semester 1	Various			
		Neotiated assessment	2,000 words or 10 minutes	50%	End Semester 1				

SHN4272 Professional Development and Placement 1	Lectures, workshops, tutorials	Professional Development Portfolio Placement Report	1,500 words equiv 2,000 words	40% 60%	Throughout Semester 1 & 2 1 week after placement	Kirstie Grace	
		Practical Performance		Fass/Fall			
SHN5262 Sport Psychology: Theory to Practice	Lectures, seminars, interactive tasks, independent study	Pairs poster and presentation	A0 poster, 15 minute presentation	50%	End of Sem 1	Jon Radcliffe & Chris Rowley	
		Report	2000 words	50%	End of Sem 1		
SHN5172 Physiology of Training	Lectures, laboratory sessions	Critical Literature Review	2,000 words	50%	Mid Semester 1	Matthew Sedgwick	
		Scientific Laboratory Report	2,000 words	50%	End Semester 1		
SHN5222 Biomechanical Analysis of Performance	Lectures, laboratory sessions	Portfolio of Laboratory Reports	4,000 words	100%	Throughout Semester 2	Kirstie Grace	
SHN5192 Sport and Performance Nutrition	Lectures, seminars, laboratory sessions	Essay	4,000 words	100%	End Semester 2	Jennie Carter	
SHN5142 Research Methods 2	Lectures, workshops, tutorials	Exam	2 hours	50%	End Semester 2	Phil McDonald	
SHN5152 Professional Development and Placement 2	Lectures, tutorials, placement	Placement portfolio Practcal Placement	4,000 words	100% Pass/Fail	1 week after placement	Catherine Rowlands	
SHN5162 Volunteering in SHN	Lectures, tutorials, volunteering	Professional Development Portfolio Volunteering Report Practcal Placement	1,500 words equiv 3,000 words	30% 70% Pass/Fail	Mid Semester 1 1 week after volunteering During placement	Kostas Zervas	
SHN6122 Applied Sport Nutrition	Lectures, interest groups, tutorials	Case Study	4,000 words	100%	End Semester 1	Jennie Carter	

SHN6164	Lectures, tutorials	Research Proposal	1,000 words	Pass/Fail	Mid Semester 1	lan Kenvyn	
Dissertation							
		Written Dissertation	10,000 words	80%	End Semester 2		
				0.001			
0		Oral Presentation	20 minutes	20%	End Semester 2		
SHN6212	Lectures, practical	Portfolio	4,000 words	100%	Throughout Semester 1	Rachael McDonald	
Performance	workshops, seminars		equiv				
Physiology				500/			
SHN6242	Lectures, laboratory	Extended Literature	3,000 words	50%	Mid Semester 1	Kirstie Grace	
Applied	sessions	Review	500 4 000	500/			
Biomechanics and		Destar Defense	500-1,000 words	50%	End Semester 1		
		Poster Defence	1.000 words	4000/	Fred Compositor 4	Matthews Codewick	
SHIN6222	Lectures, practical	Case Study Report	4,000 words	100%	End Semester 1	Matthew Sedgwick	
		Assistant	2000 warda	500/	Frid Cam 2	Nicola Ecolog	
SHINO2U2 Rhygiaal Activity and	Lectures, workshops,	Assignment	2000 Words	50%	End Sem 2	NICOIA Eccles	
Physical Activity and Roboviour Chapge	lutonais	inuiviuuai case	1500 W0105	30%	End Selli 2		
Benaviour Change		Group case study	1000 words	20%	End Sem 2		
		Group case study	1000 00103	2070			
SHN6252	Lectures, seminars,	Case Study Report	4.000 words	100%	End Semester 2	Jennie Carter	
Advanced Sport and	laboratory sessions		.,				
Performance Nutrition							
SHN6182	Lectures, seminars, e-	Poster Presentation	20 minutes	30%	Mid Semester 2	Swraiit Sarkar	
Healthy Weight:	tivities, tutorials						
Practical Strategies		Literature Review	3,000 words	70%	End Semester 2		
SHN6192	Lecture, review	Project and	1,000 words	Pass/Fail	Mid Semester 1	lan Kenvyn	
Professional Learning	seminars, online	Negotiation	equiv			-	
through Work	support, tutorials						
-		Project report and		75%	End Semester 2		
		Reflections	4,000 words				
		Oral Presentation		25%	End Semester 2		
			15 minutes				

7c) Programme learning outcomes covered

		Assessed learning outcomes of the programme												:	Skills	s dev	elop	ment	t	
	K1	K2	К3	K4	K5	I 1	12	13	P1	P2	P3		E1	E2	E3	E4	E5	E6	E7	E8
Lighter or hatched shading indicates modules that are not core, ie. not all students on this programme will undertake these.	Demonstrate knowledge and understanding of the scientific basis of sport and exercise	Demonstrate knowledge and understanding of a range of research methods in sport	Demonstrate a critical awareness of issues within a sport and exercise sciences context	Apply knowledge, understanding and problem solving skills within a professional context	Demonstrate knowledge and understanding of sports nutrition practice.	critically assess and evaluate evidence	describe and analyse information	develop a reasoned argument and challenge assumptions	utilise subject-related skills within laboratory and field contexts	design, conduct and evaluate small scale research	demonstrate knowledge and understanding of sport and exercise and/or psychology		Self-management	Team-working	Problem-solving	Communication and literacy	Application of numeracy	Application of IT	Entrepreneurship / enterprise	World of work / business / customer awareness
SHN???? Exercise Psychology																				
SHN4282 Anatomy and Physiology																				
SHN4312 Performance Analysis																				
SHN4232 Introduction to Food and Nutrition																				
SHN4142 Research Methods 1																				
LTU4002 Critcial Thinking Skills																				
SHN5262 Sport Psychology: Theory to Practice																				
SHN5172 Physiology of Training																				
SHN5222 Biomechanical Analysis of Performance																				
SHN5192																				

Sport and Performance											
SHN5142 Research Methods 2											
SHN5152											
Professional											
Development and Placement 2											
SHN5162											
Volunteering in SHN											
SHN6122											
Applied Sport											
SHN6164											
Dissertation											
SHN6212											
Performance											
SHN6242											
Applied											
Biomechanics and											
SHN6222							-				
Sports Injury											
SHN6202											
Physical Activity and											
SHN6252							-				
Advanced Sport and											
Performance											
Nutrition					_					 	
Healthy Weight											
Practical Strategies											
SHN6192											
Professional											
Work											

8. Entry requirements

A strong rationale must be provided for any deviation from the following norms:

Honours degree programmes

Applicants should normally have achieved the following prior to registration for the programme: 5 academic or vocational qualifications, of which at least 2 should be GCE or VCE 'A' levels (or equivalent at level 3) and three should be GCSE English Language, Maths and Science at grade C (or equivalent).

Some equivalent qualifications and the current typical offer conditions in terms of UCAS Tariff points are detailed in the undergraduate prospectus. For students whose first language is not English a pass in an approved test in English is needed, eg. the International English Language Testing Service (IELTS) and the Test of English as a Foreign Language (TOEFL).

Other non-certificated requirements...

Applications are welcome from those with few or no formal qualifications. Any previous relevant work experience and learning will be assessed and, where appropriate, accredited as part of the application process. Please see the College's Assessment of Prior Learning (APL) procedures.

9. **Progression, classification and award requirements**

Details of requirements for student progression between levels and receipt of the award(s) (Modules which <u>must</u> be passed for progression and award; any deviation from the standard College stipulations for award classification)

See regulations for Leeds Trinity University awards.

10. Prerequisites

Details of modules which <u>must</u> be passed before enrolment on a module at a higher level *Include the rationale which justifies imposition of the prerequisite(s).*

11. External examining arrangements

External examining arrangements

(eg. joint with another programme or separate, single/multiple examiners and which modules covered by each)

The two External Examiners currently responsible for the SHN programmes will externally examine the modules in the Sport and Exercise Sciences scheme

12. Additional information

Details regarding arrangements in respect of any special features of the programme/scheme, eg. study abroad, a field course, specific work placement, opportunities for onward progression from foundation degrees

The Sport and Exercise Sciences scheme contains a five-week professional attachment in Level 4 and a six-week professional attachment in level 5.

Students are not limited in the range of experience they may gain by this placement but suitability must be agreed between the student and the module leader prior to the placement.

Dissertations are encouraged to be specific to sport nutrition.

13. Additional support needs

Arrangements made to accommodate students with additional support needs and any unavoidable restrictions on their participation in the programme/scheme (Key aspects of the Equality Impact Assessment for the Programme – see Form NP2G for further details)

Students with disabilities are welcome and will be able to fully participate in the course. Special arrangements will be made to accommodate individual student needs wherever possible.