

Approved on ...2<sup>nd</sup> March 2016

N.b. this programme became BSc (Hons.) Strength and Conditioning from 2017.  
No replacement Programme Specification as at 22/02/17 so see Programme Structure 2017/18 for structure.

## PROGRAMME SPECIFICATION

### 1. General information

|  |  |
|--|--|
| <b>Awarding body / institution</b>   | <b>Leeds Trinity University</b>                                  |
| <b>Teaching institution</b>  | <b>Leeds Trinity University</b>                                  |
| <b>Professional accreditation body</b><br><i>(if applicable)</i>                           |  |
| <b>Final award</b> <i>(eg. BA Hons)</i>  | <b>BSc (Hons)</b>  |
| <b>Title of programme(s)</b>   | <b>Sport &amp; Exercise Sciences (Strength and Conditioning)</b> |
| <b>Subsidiary award(s)</b> <i>(if any)</i>   |  |
| <b>In the case of a Scheme of Study, the other Scheme(s) with which it may be combined</b> |  |
| <b>Duration and mode(s) of study</b>   | <b>3 years, full-time</b>  |
| <b>Start date</b> <i>(this version) (month and year)</i>                                   | <b>September 2014</b>  |
| <b>Periodic review next due</b> <i>(acad. year)</i>  |  |
| <b>UCAS course code &amp; code name</b>  | <b>C6C3</b>  |
| <b>Venue(s)</b>  | <b>On campus</b>   |

### 2. Aims of the programme

|   |
|---|
| <p><b>Rationale and general aims</b></p> <p>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.</p> <p>The programme also incorporates professional development and employability skills to equip graduates with the experience required to succeed in the workplace or postgraduate study.</p> <p>The general aims of the programme are to:</p> <ol style="list-style-type: none"> <li>i. Develop a sound understanding of the scientific and social scientific basis of sport and exercise sciences.</li> <li>ii. Develop intellectual skills of critical analysis, reflection, synthesis and problem solving.</li> </ol> |
|---|

- 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. Enable students to simultaneously work towards accreditation with the UK Strength and Conditioning Association as a Strength and Conditioning Coach.

### 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 strength and conditioning practice.
- I1 Critically assess and evaluate evidence.
- I2 Describe and analyse information.
- I3 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 strength and conditioning.
- 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.*

|   |   |
|---|---|
| <p><b>Guidance</b></p> <p>The assessment strategy is designed so that each of these outcomes is addressed by more than one module at Level 4.</p> | <p><b>Generic learning outcomes for the award of Certificate of Higher Education:</b></p> <p>On successful completion of at least 120 credits, students will have demonstrated an ability to:</p> <ul style="list-style-type: none"> <li>i) interpret and evaluate data appropriate to the discipline;</li> <li>ii) make sound judgements in accordance with basic disciplinary theories and concepts;</li> <li>iii) evaluate the appropriateness of different approaches to solving problems within the discipline;</li> <li>iv) communicate the results of their work coherently;</li> </ul> <p>and will have had specific opportunities to display transferable skills relevant to employment related to the discipline.</p> |
|---|---|

|  |   |
|--|---|
| <p>The assessment strategy is designed so that each of these outcomes is addressed by more than one module over Levels 4 and 5.</p> <p>The assessment strategy is designed so that each of these outcomes is addressed by more than one module over Levels 4, 5 and 6.</p> | <p><b>Generic learning outcomes for the award of Diploma of Higher Education:</b></p> <p>On successful completion of at least 240 credits, students will have demonstrated, <b>in addition to the outcomes for a Certificate:</b></p> <ul style="list-style-type: none"> <li>i) critical understanding of disciplinary principles;</li> <li>ii) application of concepts outside their initial context;</li> <li>iii) use of a range disciplinary techniques;</li> <li>iv) proficient communication of the results of their work;</li> </ul> <p>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.</p> <p><b>Generic learning outcomes for the award of an Ordinary Degree:</b></p> <p>On successful completion of at least 300 credits, students will have demonstrated, <b>in addition to the outcomes for a Diploma:</b></p> <ul style="list-style-type: none"> <li>i) an ability to make flexible use of disciplinary concepts and techniques;</li> <li>ii) critical evaluation of approaches to solving problems in a disciplinary context;</li> <li>iii) an ability to work autonomously within a structured learning experience;</li> <li>iv) effective communication of the results of their work in a variety of forms;</li> </ul> <p>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.</p> |
|--|---|

## 5. Content

|  |
|--|
| <p><b>Summary of content by theme<br/>(providing a 'vertical' view through the programme)</b></p> <p>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 strength and conditioning.</p> <p>Content within this programme has been mapped to the core competencies required by the UK Strength and Conditioning Association (UKSCA) (Appendix 1). This will enable students to complete their training as an accredited Strength and Conditioning Coach alongside their degree should they wish. The degree programme contains appropriately aligned theoretical content and practical application for students to complete the required exams, case studies and assessment days with the UKSCA. Students will be made aware of the assessment requirements for the UKSCA and advised when they are in a position to undertake assessments.</p> <p>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.</p> <p>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.</p> <p>The research strand includes research methods at level four and five, culminating a 40-credit dissertation at level six.</p> <p>During level five and particularly emphasised at level six is the practice element of sport and exercise sciences, requiring more autonomous learning.</p> |
|--|

## 6. Structure

**BSc (Hons) Sport and Exercise Sciences (Strength and Conditioning)****Duration:** 3 years full-time / 6 years part-time**Total credit rating:** 360**Level 4** – with effect from September 2013

Please see section 8 and refer to the Prospectus for entry requirements.

**Core:** Candidates are required to take:

|         |   |           |            |
|---------|---|-----------|------------|
| SHN4302 | Introduction to Sport Psychology        | Sem 1     | 20 credits |
| SHN4282 | Anatomy and Physiology                  | Sem 1     | 20 credits |
| SHN4312 | Performance Analysis                    | Sem 2     | 20 credits |
| SHN4412 | Techniques in Strength and Conditioning | Sem 2     | 20 credits |
| SHN4142 | Research Methods 1                      | Sem 1 & 2 | 20 credits |
| LTU4992 | Critical Thinking Skills                | Sem 1     | 20 credits |

**Programme-level Assessment:** Level 4 students in AY 2015/16 will study modules worth 120 credits and at the end of the year will also take a Programme Level Assessment (PLA). This takes place over three weeks and brings together the skills and knowledge you have developed across all of the modules studied. The PLA is marked on a Pass/Fail basis and you must achieve a pass in the PLA to pass the first year and progress into Level 5 (also see the section on [Taught Course Academic Regulations](#)).

**Level 5** – with effect from September 2014

Progression requirements: minimum of 120 credits from Level 4

**Core:** Candidates are required to take:

|         |                                       |       |            |
|---------|---------------------------------------|-------|------------|
| SHN5262 | Sport Psychology: Theory to Practice  | Sem 1 | 20 credits |
| SHN5272 | Strength and Conditioning in Practice | Sem 1 | 20 credits |
| SHN5222 | Biomechanical Analysis of Performance | Sem 2 | 20 credits |
| SHN5142 | Research Methods 2                    | Sem 2 | 20 credits |
| SHN5172 | Physiology of Training                | Sem 2 | 20 credits |

**Option:** Candidates are required to choose either of the following:

|         |  |       |            |
|---------|--|-------|------------|
| SHN5152 | Professional Development and Placement 2 | Sem 1 | 20 credits |
| SHN5162 | Volunteering in SHN                      | Sem 1 | 20 credits |

**Level 6** – with effect from September 2015

Progression requirements: minimum of 120 credits from Level 5

**Core:** Candidates are required to take:

|         |                                   |           |            |
|---------|-----------------------------------|-----------|------------|
| SHN6302 | Applied Strength and Conditioning | Sem 2     | 20 credits |
| SHN6164 | Dissertation                      | Sem 1 & 2 | 40 credits |

**Option:** Candidates are required to choose 60 credits from the following:

|         |  |           |            |
|---------|--|-----------|------------|
| SHN6212 | Performance Physiology                     | Sem 1     | 20 credits |
| SHN6242 | Applied Biomechanics and Movement Analysis | Sem 1     | 20 credits |
| SHN6222 | Sports Injury                              | Sem 1     | 20 credits |
| SHN6202 | Physical Activity and Behaviour Change     | 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 and name<br><i>(Include both as shown below)</i> | Learning and teaching methods | Assessment   |  |                             |   | Teaching staff<br><i>(Module co-ordinator shown as first name, in bold script)</i> | Venue<br><i>(if not College premises)</i> |
|--|-------------------------------|--|--|-----------------------------|---|--|---|
|  |                               | Component form<br><i>(e.g. Assessed essay or Unseen paper)</i> | Magnitude<br><i>(eg. 2,000 words or 2 hours)</i> | Weighting and/or Pass/Fail  | Timing<br><i>(Semester &amp; indicative teaching week for Registry planning purposes)</i> |  |   |
| SHN4302<br>Introduction to Sport Psychology                    | Lectures, seminars            | Team Debate  | 20 minutes                                       | 30%                         | Mid Semester 1  | <b>Chris Rowley and Jon Radcliffe</b>  |   |
|  |                               | Exam   | 2 hours  | 70%                         | End Semester 1  |  |   |
|  |                               | Directed Activities  |  | Pass=100% of 10%<br>Fail=0% |   |  |   |
| SHN4282<br>Anatomy and Physiology                              | Lectures, practical workshops | Exam   | 1.5 hours  | 50%                         | Mid Semester 1  | <b>Matthew Sedgwick</b>  |   |
|  |                               | Exam   | 1.5 hours  | 50%                         | End Semester 1  |  |   |
| SHN4312<br>Performance Analysis                                | Lectures, laboratory sessions | Exam   | 2 hours  | 50%                         | Mid Semester 2  | <b>Kirstie Grace</b>   |   |
|  |                               | Case Study   | 2,000 words equiv                                | 50%                         | End Semester 2  |  |   |
| SHN4412<br>Techniques in Strength and Conditioning             | Lectures, practical sessions  | Practical Assessment   | 20 minutes                                       | 50%                         | Mid Semester 1  | <b>Phil McDonald</b>   |   |
|  |                               | Portfolio  | 2,000 words                                      | 50%                         | End Semester 1  |  |   |
| SHN4142<br>Research Methods 1                                  | Lectures, seminars            | Portfolio (4 worksheets)                                       | 4,000 words equiv                                | 100%                        | Throughout the module   | <b>Rachael McDonald</b>  |   |
| LTU4002<br>Critical Thinking Skills                            | Lectures, debates, workshops  | Online plagiarism test and essay                               | 1,500 words                                      | 50%                         | Mid Semester 1  | <b>Various</b>   |   |
|  |                               | Neotiated assessment   | 2,000 words or 10 minutes                        | 50%                         | End Semester 1  |  |   |
| SHN5262<br>Sport Psychology: Theory to Practice                | Lectures, seminars            | Pairs A0 poster and presentation                               | 15 minutes                                       | 50%                         | End Semester 1  | <b>Jon Radcliffe &amp; Chris Rowley</b>  |   |
|  |                               | Report   | 2,000 words                                      | 50%                         | End Semester 1  |  |   |
| SHN5172<br>Physiology of Training                              | Lectures, laboratory sessions | Critical Literature Review                                     | 2,000 words                                      | 50%                         | Mid Semester 1  | <b>Matthew Sedgwick</b>  |   |
|  |                               | Scientific Laboratory Report                                   | 2,000 words                                      | 50%                         | End Semester 1  |  |   |

|   |  |   |   |                                 |   |                           |  |
|---|--|---|---|---------------------------------|---|---------------------------|--|
| SHN5222<br>Biomechanical<br>Analysis of<br>Performance      | Lectures, laboratory<br>sessions           | Portfolio of Laboratory<br>Reports  | 4,000 words                                       | 100%                            | Throughout Semester 2   | <b>Kirstie Grace</b>      |  |
| SHN5272<br>Strength and<br>Conditioning in<br>Practice      | Lectures, practical<br>sessions            | Presentation<br><br>Coursework  | 10 minutes<br><br>3,000 words                     | 30%<br><br>70%                  | Mid Semester 2<br><br>End Semester 2                                    | <b>Phil McDonald</b>      |  |
| SHN5142<br>Research Methods 2                               | Lectures, workshops,<br>tutorials          | Exam<br><br>Portfolio   | 2 hours<br><br>2500 words                         | 50%<br><br>50%                  | End Semester 2<br><br>Throughout  | <b>Chris Rowley</b>       |  |
| SHN5152<br>Professional<br>Development and<br>Placement 2   | Lectures, tutorials,<br>placement          | Placement portfolio<br><br>Practical Placement  | 4,000 words                                       | 100%<br><br>Pass/Fail           | 1 week after placement<br><br>During placement                          | <b>Catherine Rowlands</b> |  |
| SHN5162<br>Volunteering in SHN                              | Lectures, tutorials,<br>volunteering hours | Professional<br>Development Portfolio<br><br>Volunteering Report<br><br>Practical Placement | 1,500 words equiv<br><br>3,000 words              | 30%<br><br>70%<br><br>Pass/Fail | Mid Semester 1<br><br>1 week after volunteering<br><br>During placement | <b>Kostas Zervas</b>      |  |
| SHN6302<br>Applied Strength and<br>Conditioning             | Lectures, interest<br>groups, tutorials    | Presentation<br><br>Case Study  | 10 minutes<br><br>3,000 words                     | 30%<br><br>70%                  | Mid Semester 2<br><br>End Semester 2                                    | <b>Phil McDonald</b>      |  |
| SHN6164<br>Dissertation                                     | Lectures, tutorials,<br>presentation       | Research Proposal<br><br>Written Dissertation<br><br>Oral Presentation                      | 1,000 words<br><br>10,000 words<br><br>20 minutes | Pass/Fail<br><br>80%<br><br>20% | Mid Semester 1<br><br>End Semester 2<br><br>End Semester 2              | <b>Ian Kenvyn</b>         |  |
| SHN6212<br>Performance<br>Physiology                        | Lectures, practical<br>workshops, seminars | Portfolio   | 4,000 words equiv                                 | 100%                            | Throughout Semester 1   | <b>Rachael McDonald</b>   |  |
| SHN6242<br>Applied<br>Biomechanics and<br>Movement Analysis | Lectures, laboratory<br>sessions           | Extended Literature<br>Review<br><br>Poster Defence   | 3,000 words<br><br>500-1,000 words                | 50%<br><br>50%                  | Mid Semester 1<br><br>End Semester 1                                    | <b>Kirstie Grace</b>      |  |
| SHN6222<br>Sports Injury                                    | Lectures, practical<br>sessions, seminars  | Case Study Report   | 4,000 words                                       | 100%                            | End Semester 1  | <b>Matt Sedgwick</b>      |  |
| SHN6202<br>Physical Activity and<br>Behaviour Change        | Lectures, seminars                         | Assignment<br><br>Individual Case Study<br><br>Group Case Study                             | 2,000 words<br><br>1,500 words<br><br>1,000 words | 50%<br><br>30%<br><br>20%       | End Semester 2<br><br>End Semester 2<br><br>End Semester 2              | <b>Nicola Eccles</b>      |  |



|  |   |                                   |                   |           |                |                   |  |
|--|---|-----------------------------------|-------------------|-----------|----------------|-------------------|--|
| SHN6192<br>Professional Learning<br>through Work | Lecture, review<br>seminars, online<br>support, tutorials | Project and<br>Negotiation        | 1,000 words equiv | Pass/Fail | Mid Semester 1 | <b>Ian Kenvyn</b> |  |
|  |   | Project report and<br>Reflections | 4,000 words       | 75%       | End Semester 2 |                   |  |
|  |   | Oral Presentation                 | 15 minutes        | 25%       | End Semester 2 |                   |  |





## 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 must 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 must 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.

If students are working towards UKSCA accreditation alongside studying this programme, they are encouraged to undertake strength and conditioning-based placements to enable them to use as case studies as part of the accreditation assessment.

Dissertations are encouraged to be specific to strength and conditioning.

### 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.