



Programme Specification

With effect from: September 2021

A programme specification is the definitive record of your programme of study at the University. It sets out the aims, learning outcomes, and indicative content of the programme. You should read this programme specification alongside the relevant module descriptors and the University's Taught Programme Academic Regulations.

This specification only applies to the delivery of the programme indicated below. The details in this specification are subject to change through the modifications or periodic review processes.

1 Programme name and award

This programme specification relates to the following award(s)

BSc (Hons) Sport and Exercise Sciences

2 Aims of the programme

Rationale and general aims, including what is special about this programme

The BSc (Hons) Sport and Exercise Sciences programme, endorsed by the British Association of Sport & Exercise Science (BASES), provides you with a solid grounding in all the sport and exercise sciences required to achieve the first step in a career in Sport and Exercise Sciences. You will study the sub-disciplines of physiology, biomechanics, psychology, nutrition and strength and conditioning as well explore the ways in which these subjects can be applied creatively, both individually and collectively, in supporting sports performers and those engaged in physical activity.

You will develop a range of investigative and research skills enabling you to undertake research and applied practice in your chosen area of study in both an ethical and inclusive way. This applied programme aims to enable you to become employment-ready in a range of exciting sport performance, exercise science and physical activity-promotion careers, whilst also preparing you for a range of post-graduate study and research opportunities.

The Programme Aims are to:

- Develop your scientific knowledge, understanding and problem-solving skills in a range of sport and exercise science disciplines.
- Develop your practical, laboratory and field-based skills, enabling you to apply these in developing ethically-sound, evidenced-based interventions in sport performance, exercise and health settings.
- Develop your research and scientific inquiry skills to enable you to explore, critique and address a range of sport and exercise science related issues.

- Develop your transferable personal, practical and intellectual skills to enable you to work effectively in a range of relevant graduate-level careers and post graduate settings.

3 Level Learning Outcomes and Employability Outcomes

Learning outcomes are expressed in terms of:

- Knowledge and understanding (K)
- Intellectual / cognitive / ‘thinking’ skills (I)
- Practical skills specific to the subject (P)
- Employability skills (E)

We design assessment tasks to enable you to demonstrate the Level Learning Outcomes and relevant Employability Outcomes for your level of study. To a greater or lesser extent, all Level Learning Outcomes at each level of your study are embedded in the assessment task(s) at that level. This means we can take a more integrated view of your overall performance at a level.

To progress to the next level, or to receive an award, you will need to satisfy the Level Learning Outcomes below and relevant Employability Outcomes and achieve credit as per the Taught Programme Academic Regulations.

Level Learning Outcomes	
Level 4 – at the conclusion of Level 4 (focus on foundation and breadth of knowledge and skills) you should be able to demonstrate:	
K1	Appreciation for and foundation knowledge of the evidence for a range of sport and exercise science subject areas as defined by BASES.
K2	Basic understanding of the research process and how the collection, analysis and use of data, as well as literature-based evidence, can support sport and exercise interventions.
K3	Foundation knowledge of the roles of a range of sport and exercise science specialists and the career requirements associated with them.
K4	Awareness and appreciation of non-discriminatory and inclusive practice in sport and exercise science.
I1	Capability to compare a range of sources of evidence in sport and exercise sciences and discern strengths and weaknesses.
I2	Appreciation of the role of theory in research and applied practice.
I3	Understanding of ethics as relating to research and practice in sport and exercise sciences.
I4	Developing application of reflective practices in sport and exercise sciences.
P1	Basic use of a range of equipment and protocols used within the sport and exercise sciences.

P2	Capability to undertake a basic needs analysis pertaining to a sports performer or exercise participants.
P3	Ability to act as part of a group in undertaking support for an athlete or exercise participant.
P4	Ability to communicate sport and exercise sciences ideas to a range of third parties (e.g., performers, coaches, other sport & exercise professionals).
Level 5 – at the conclusion of Level 5 (focus on extending knowledge and skills, focus on end-users, developing reflective practice) and you should be able to demonstrate:	
K1	Detailed knowledge of a range of sport and exercise science subject areas commensurate with the programme of study.
K2	Detailed understanding of a range of research designs (both qualitative and quantitative) and methods of enquiry in subject areas commensurate with the programme of study.
K3	Detailed knowledge of the skills required to undertake a range of professional roles in sport and exercise sciences and associated roles.
K4	Critical understanding of ethical practices in sport and exercise science, and how concepts such as ‘inclusion’ and ‘equality’ pertain to sport and exercise sciences.
I1	Application a range of analytical skills to better understand issues in sport and exercise sciences.
I2	Ability to critically locate and apply a range of evidence bases to address issues in sport and exercise sciences.
I3	The ability to reflect critically on one’s own and others’ practices in sport and exercise sciences
I4	Ability to articulate via a range of means arguments in support of or refuting claims made in sport and exercise sciences.
P1	Advanced use of a range of equipment and protocols appropriate to the programme of study.
P2	Ability to construct and communicate an intervention plan for addressing identified participant needs.
P3	Ability to utilise a range of research skills to investigate phenomena in sport and exercise sciences.
Level 6 – at the conclusion of Level 6 (focus on synthesis and integration, and real-world application, in-depth evaluation and reflective practice) you should be able to demonstrate:	
K1	Demonstrate knowledge and understanding of human responses to sport and exercise together with an in-depth knowledge of selected aspects of the subject.
K2	Application subject knowledge and understanding to performance monitoring and enhancement in sport science.

K3	Demonstrate competence in a range of practical and analytical techniques used in sport science to monitor health and performance and understand and comply with good and safe working practices.
K4	Ability to learn independently and undertake the critical evaluation and interpretation of experimental data.
K5	Ability to use generic intellectual and key skills in lifelong learning, professional development, and future employment.
I1	Critically analyse and appraise both primary and secondary sources.
I2	Solve complex problems.
I3	Plan, conduct and report on individual or group research.
I4	Assemble data from a variety of sources and discern and establish connections.
I5	Demonstrate the ability to be independent, autonomous learners.
P1	Demonstrate competence in a range of practical and analytical techniques used in sport science.
P2	Understand, and be able to comply with safety in the laboratory & field.
P3	Demonstrate skills in the evaluation and interpretation of laboratory and field data.
P4	Plan and design experimental projects or field research relevant to sport science.
P5	Plan, conduct and report on an individual research project in a sport science.

Employability Outcomes

Employability skills are embedded and assessed throughout your programme. Therefore, we use a generic set of employability outcomes at all levels of study.

E1	Self-management – the ability to plan and manage time; readiness to accept responsibility and improve their own performance based on feedback/reflective learning; the ability to take initiative and be proactive, flexible and resilient;
E2	Team-working – the ability to co-operate with others on a shared task and to recognise and take on appropriate team roles; leading, contributing to discussions and negotiating; contributing to discussions; awareness of interdependence with others;
E3	Business and sector awareness – an understanding of the key drivers for business success, including the importance of customer/client satisfaction and innovation; understanding of the market/sector in which an organisation operates; the ability to recognise the external context and pressures on an organisation, including concepts such as value for money, profitability and sustainability;

E4	Problem-solving – a capacity for critical reasoning, analysis and synthesis; a capacity for applying knowledge in practice; an ability to retrieve, analyse and evaluate information from different sources;
E5	Communication – the ability to present information clearly and appropriately, both orally and in writing, and to tailor messages to specific audiences and purposes;
E6	Application of numeracy – a general awareness of mathematics and its application in practical contexts; the ability to carry out arithmetic operations and understand data, to read and interpret graphs and tables and to manage a budget;
E7	Application of information technology – the ability to identify and use the appropriate IT package for a given task; familiarity with word-processing, spreadsheets and file management; the ability to use the internet and email effectively;
E8	Entrepreneurship/enterprise – the ability to demonstrate an innovative approach and creativity, to generate ideas and to identify and take opportunities;
E9	Social, cultural & civic awareness – embracement of an ethos of community and civic responsibility; an appreciation of diversity and ethical issues; an understanding of cultures and customs in the wider community.

4 External Benchmarks

Statement of congruence with the relevant external benchmarks
<p>All Leeds Trinity University programmes are congruent with the Framework for HE Qualifications (FHEQ) and, where appropriate, the Qualifications and Credit Framework (QCF) / National Qualification and Credit Framework (NQF).</p> <p>The programme is congruent with the QAA Benchmark Statement in EHLST* (November 2019), the QAA Benchmark Statement in Health Studies (2019) and the professional standards identified by the British Association of Sport & Exercise Sciences (BASES). In addition, the learning outcomes seek to reflect CIMPSA* professional standards as appropriate.</p> <p>*Events, Hospitality, Leisure, Sport and Tourism *Chartered Institute for the Management of Sport and Physical Activity</p>

5 Indicative Content

Summary of content by theme
<p>This programme covers the core disciplines of sports and exercise sciences: psychology, biomechanics, physiology, research methods, interdisciplinary and multidisciplinary methods of working, in addition to the delivery of personal and professional development. The three core aspects of sport and exercise sciences develop from underpinning theory at Level 4 to applied practice at Level 6. Some modules included within these strands also encourage an interdisciplinary approach to sport and exercise sciences. Whilst there is common content with Sport & Exercise</p>

Science (Sports Nutrition) and Strength & Conditioning Science (also BASES endorsed), this programme has some distinctive within-module content and a programme-specific applied module at Level 6.

The personal and professional development strand includes professional skills at level 4, a compulsory work placement at the end of level 5 and a professional module at Level 6 in which the students are required to complete a work-based project in *Professional Learning Through Work*.

The research strand ensures that practical application of research methods is embedded across the curriculum at Level 4. Indicative content of the modules ensures that research and data analysis is the grounding for many modules. Appropriate research practices are also incorporated into summative assessment methods, and this enables students to contextualise the implications research has for practice especially aligning methods with specific disciplines. At Level 5, there is a module entitled *Research Methods* which consolidates the Level 4 content and provides focused guidance in preparation for composing an independent project proposal and ethics application. Finally, at level 6 the independent project modules requires students to complete an independent research project in an area of their choosing.

6 Programme Structure

Programme Structure – <u>BSc (Hons) Sport & Exercise Sciences</u>			
Duration	3 years full-time		
Total credit rating	360 (180 ECTS)		
Level 4 – With effect from: September 2021			
Core: You are required to take the following modules			
Module Code	Module Title	Semester	Credits
SHN4093	Assessing Psychological and Physiological Needs in Sport, Exercise and Health	Semester 1	30 credits
SHN4103	Fundamentals in Sport, Exercise and Health	Semester 1	30 credits
SHN4123	Applying Principles of Sport and Exercise Sciences	Semester 2	30 credits
SHN4143	Professional Skills in Sport, Exercise and Health	Semester 2	30 credits

Level 5 – With effect from: September 2022			
Core: You are required to take the following modules			
Module Code	Module Title	Semester	Credits
SHN5035	Physiology of Training	Semester 1	15 credits
SHN5015	Sport and Exercise Psychology	Semester 1	15 credits
SHN5105	Nutrition for Sport, Health and Exercise	Semester 1	15 credits
SHN5103	Applying Professional Skills in Sport, Exercise and Health	Semester 1 & 2	30 credits
SHN5065	Biomechanical Analysis of Movement	Semester 2	15 credits
SHN5055	Research Methods and Enquiry	Semester 2	15 credits
Options: You are required to choose 15 credits from the following modules			
Module Code	Module Title	Semester	Credits
SHN5115	Nutrition for Sport Performance	Semester 2	15 credits
SHN5123	Strength and Conditioning in Action	Semester 2	15 credits
Level 6 – With effect from: September 2023			
Core: You are required to take the following modules			
Module Code	Module Title	Semester	Credits
SHN6033	Independent Project	Semester 1 & 2	30 credits
SHN6143	Professional Learning Through Work	Semester 1 & 2	30 credits
SHN6223	Case Studies in Sport and Exercise Science	Semester 2	30 credits
Options Semester 1: You are required to choose 30 credits from the following modules			
Module Code	Module Title	Semester	Credits
SHN6163	Applied Physiology	Semester 1	30 credits
SHN6173	Applied Performance Testing	Semester 1	30 credits
SHN6213	Applied Psychology: Practical Solutions	Semester 1	30 credits

Programme Structure – <u>BSc (Hons) Sport & Exercise Science</u>			
Duration	6 years part-time		
Total credit rating	360 (180 ECTS)		
Level 4 Year 1 – With effect from: September 2021			
Core: You are required to take the following modules			
Module Code	Module Title	Semester	Credits
SHN4093	Assessing Psychological and Physiological Needs in Sport, Exercise and Health	Semester 1	30 credits
SHN4123	Applying Principles of Sport and Exercise Sciences	Semester 2	30 credits
Level 4 Year 2 – With effect from: September 2022			
Core: You are required to take the following modules			
Module Code	Module Title	Semester	Credits
SHN4103	Fundamentals in Sport, Exercise and Health	Semester 1	30 credits
SHN4143	Professional Skills in Sport, Exercise and Health	Semester 2	30 credits
Level 5 Year 3 – With effect from: September 2023			
Core: You are required to take the following modules			
Module Code	Module Title	Semester	Credits
SHN5035	Physiology of Training	Semester 1	15 credits
SHN5015	Sport and Exercise Psychology	Semester 1	15 credits
SHN5065	Biomechanical Analysis of Movement	Semester 2	15 credits
Level 5 Year 4 – With effect from: September 2024			
Core: You are required to take the following modules			
Module Code	Module Title	Semester	Credits
SHN5105	Nutrition for Sport, Health and Exercise	Semester 1	15 credits

SHN5055	Research Methods and Enquiry	Semester 2	15 credits
SHN5103	Applying Professional Skills in Sport, Exercise and Health	Semester 1 & 2	30 credits
Options: You are required to choose 15 credits from the following modules			
Module Code	Module Title	Semester	Credits
SHN5115	Nutrition for Sport Performance	Semester 2	15 credits
SHN5123	Strength and Conditioning in Action	Semester 2	15 credits
Level 6 Year 5 – With effect from: September 2025			
Core: You are required to take the following modules			
SHN6143	Professional Learning Through Work	Semester 1 & 2	30 credits
Options: You are required to choose 30 credits from the following modules			
Module Code	Module Title	Semester	Credits
SHN6163	Applied Physiology	Semester 1	30 credits
SHN6173	Applied Performance Testing	Semester 1	30 credits
SHN6213	Applied Psychology: Practical Solutions	Semester 1	30 credits
Level 6 Year 6 – With effect from: September 2026			
Core: You are required to take the following modules			
Module Code	Module Title	Semester	Credits
SHN6033	Independent Project	Semester 1 & 2	30 credits
SHN6223	Case Studies in Sport and Exercise Science	Semester 2	30 credits

7 Pre-requisites

Modules students must study and achieve credit for before enrolling on a module at a higher level, or attaining their final programme award

N/A

8 Learning, Teaching and Assessment

The University’s Learning, Teaching and Assessment Strategy informs the design of your programme. You can find more information about learning, teaching and assessment for your programme (including information on Integrated Assessment) within the relevant Assessment Handbooks.

In addition, there is various opportunities for optionality within your programme. Level 4 Fundamentals of Performance will allow you to select between Nutrition and Strength & Conditioning to study alongside the key Sports Sciences disciplines. Again, in both Levels 5 and 6 you will be able to select option modules to study either Sports Nutrition or Strength & Conditioning. Within module assessments there are numerous examples of optionality with both the mode of assessment and the content of assessment. Within Psychology you will be able to negotiate your mode of assessment and in other modules you will be able to select a variety of case studies, own research project ideas and select your own athletes of your chosen discipline to work with.

9 Entry requirements

Do the University’s standard entry requirements apply?	Yes
Detail of any deviation from and/or addition to the University’s standard entry requirements (if applicable)	GCSE Science is also required at grade 4 or above as well as English and Maths.

10 Additional support needs

Students with disabilities or other support needs are welcome and are expected to be able to participate fully in this programme. Arrangements will be made, via the normal University support systems, to accommodate students with additional support needs wherever possible, with reasonable adjustments made to accommodate individual needs. This extends to practical activities within the sport & exercise science laboratories and practical spaces.

Programme-specific requirements / unavoidable restrictions on participation in the programme
N/A

11 Technical Information

Awarding Body / Institution	Leeds Trinity University
Teaching institution	Leeds Trinity University
Parent School	School of Social and Health Sciences
Department	Department of Sport, Health and Physical Education
Professional accreditation body	Endorsed by British Association of Sport & Exercise Sciences (BASES)
Final award	BSc (Hons)
Title of programme(s)	Sport and Exercise Sciences
Subsidiary award(s)	Certificate of Higher Education, Diploma of Higher Education, Ordinary Degree
Honours type	Single
Duration and mode(s) of study	3 years full-time; 6 years part-time
Month/year of approval of programme	June 2021
Periodic review due date	2025/26
HECoS subject code(s)	100433 Sport and Exercise Sciences (100%)
UCAS course code(s)	C600
SITS route codes	SPXSCSH
Delivery venue(s)	Leeds Trinity University

12 Level Learning Outcomes

The grid below demonstrates where Level Learning Outcomes are assessed at module level and ensures that students are assessed in all Level Learning Outcomes at each level of their study.

Level 4	Assessed level learning outcomes											
	K1	K2	K3	K4	I1	I2	I3	I4	P1	P2	P3	P4
	Foundation knowledge	Research methods	Sport and exercise science specialists	Inclusive practice	Comparing evidence	Theory in research & applied practice	Ethics: research & professional practice	Reflective practice	Use of equipment and related protocols	Individual needs	Interdisciplinary working	Communication
SHN4093 Assessing Psychological and Physiological Needs in Sport, Exercise and Health												
SHN4103 Fundamentals in Sport, Exercise and Health												
SHN4123 Applying Principles of Sport and Exercise Sciences												
SHN4143 Professional Skills in Sport, Exercise and Health												

Level 5	Assessed level learning outcomes										
	K1	K2	K3	K4	I1	I2	I3	I4	P1	P2	P3
	Developing knowledge	Research methods	Professional skills development	Ethical practices	Analytical skills	Using evidence	Reflective practice	Informed arguments	Use of equipment & related protocols	Intervention planning	Research skills
SHN5035 Physiology of Training											
SHN5015 Sport and Exercise Psychology											
SHN5105 Nutrition for Sport, Health and Exercise											
SHN5103 Applying Professional Skills in Sport, Exercise and Health											
SHN5065 Biomechanical Analysis of Movement											
SHN5055 Research Methods and Enquiry											
Options:											
SHN5115 Nutrition for Sport Performance											
SHN5123 Strength and Conditioning in Action											

Level 6	Assessed level learning outcomes														
	K1	K2	K3	K4	K5	I1	I2	I3	I4	I5	P1	P2	P3	P4	P5
	Human responses to sport & exercise	Performance monitoring	Practical and analytical techniques	Evaluation & interpretation of experimental data	Professional development	Using primary & secondary sources	Problem-solving	Undertake individual/group research	Using data	Independent learning	Practical & analytical techniques	Being safe	Evaluation data	Projects	Individual research
SHN6033 Independent Project															
SHN6143 Professional Learning Through Work															
SHN6223 Case Studies in Sport and Exercise Science															
Options:															
SHN6163 Applied Physiology															
SHN6213 Applied Psychology: Practical Solutions															
SHN6173 Applied Performance Testing															

13 Employability Outcomes

The grid below shows where Employability Outcomes are assessed. Students might not be assessed in all Employability Outcomes at each level of study. However, all Employability Outcomes will have been assessed by the end the programme.

	Assessed Employability Skills								
	E1	E2	E3	E4	E5	E6	E7	E8	E9
	Self-management	Teamworking	Business & sector awareness	Problem-solving	Communication	Application of numeracy	Application of IT	Entrepreneurship / enterprise	Social, cultural & civic awareness
Level 4									
SHN4093 Assessing Psychological and Physiological Needs in Sport, Exercise and Health									
SHN4103 Fundamentals in Sport, Exercise and Health									
SHN4123 Applying Principles of Sport and Exercise Sciences									
SHN4143 Professional Skills in Sport, Exercise and Health									
Level 5									
SHN5035 Physiology of Training									
SHN5015 Sport and Exercise Psychology									
SHN5105 Nutrition for Sport, Health and Exercise									
SHN5103 Applying Professional Skills in Sport, Exercise and Health									
SHN5065 Biomechanical Analysis of Movement									
SHN5055 Research Methods and Enquiry									

Options:									
SHN5115 Nutrition for Sport Performance									
SHN5123 Strength and Conditioning in Action									
Level 6									
SHN6033 Independent Project									
SHN6143 Professional Learning Through Work									
SHN6223 Case Studies in Sport and Exercise Science									
Options:									
SHN6163 Applied Physiology									
SHN6173 Applied Performance Testing									
SHN6213 Applied Psychology: Practical Solutions									



PROGRAMME SPECIFICATION

1. General information

Awarding body / institution	Leeds Trinity University
Teaching institution	Leeds Trinity University
'Parent' School (<i>ICE / SAC / SSHS</i>)	SSHS
Academic Group	SHAPE
Professional accreditation body <i>(if applicable)</i>	Students have the option to take additional Level 2 and Level 3 qualifications and then can apply to join the Register of Exercise Professionals
Final award (<i>eg. BA Hons</i>)	BSc (Hons)
Title of programme(s)	Sport and Exercise Sciences
Subsidiary award(s) (<i>if any</i>)	CertHE, DipHE and BSc (fallback awards)
Honours type (<i>Single / Joint / Combined</i>)	Single
Duration and mode(s) of study	3 years, full-time 6 years, part-time
Month/year of approval of programme	January 2019
Start date (this version) (<i>month and year</i>)	September 2019
Periodic review next due (<i>academic year</i>)	2021/22
JACS subject code(s) (<i>Level 3</i>) (Please refer to HESA listing on AQO website)	C600
HECoS (formerly JACS) subject code(s) (<i>Level 3</i>)	100433 (100%)
UCAS course code & route code (available from Admissions)	C600
SITS codes (<i>Course / Pathway / Route</i>) (available from Student Administration)	SPXSCSH
Delivery venue(s)	Leeds Trinity University

Addition of SHN6402/5302 as options – AG 25.1.19
 Change of SHN5202 from core to option – AG 25.1.19
 IA – May 2019
 SHN6292 changed to year long – AG Approval 21.1.21

2. Aims of the programme

Rationale and general aims, including what is special about this programme (from the student's and a marketing perspective)

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.

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.

3. Student learning outcomes of the programme

Learning outcomes in terms of:

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

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

On successful completion of the programme students will have demonstrated the ability to understand theoretical knowledge and research evidence about/to be able to:

- 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 sport and exercise science 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 Apply theoretical knowledge of sport and exercise and/or psychology.
- E1 **Self-management** – the ability to plan and manage time; readiness to accept responsibility and improve their own performance based on feedback/reflective learning; the ability to take initiative and be proactive, flexible and resilient;
- E2 **Team-working** – the ability to co-operate with others on a shared task and to recognise and take on appropriate team roles; leading, contributing to discussions and negotiating; contributing to discussions; awareness of interdependence with others;
- E3 **Business and sector awareness** – an understanding of the key drivers for business success, including the importance of customer/client satisfaction and innovation; understanding of the market/sector in which an organisation operates; the ability to recognise the external context and pressures on an organisation, including concepts such as value for money, profitability and sustainability;
- E4 **Problem-solving** – a capacity for critical reasoning, analysis and synthesis; a capacity for applying knowledge in practice; an ability to retrieve, analyse and evaluate information from different sources;
- E5 **Communication** – the ability to present information clearly and appropriately, both orally and in writing, and to tailor messages to specific audiences and purposes;
- E6 **Application of numeracy** – a general awareness of mathematics and its application in practical contexts; the ability to carry out arithmetic operations and understand data, to read and interpret graphs and tables and to manage a budget;
- E7 **Application of information technology** – the ability to identify and use the appropriate IT package for a given task; familiarity with word-processing, spreadsheets and file management; the ability to use the internet and email effectively.
- E8 **Entrepreneurship/enterprise** – the ability to demonstrate an innovative approach and creativity, to generate ideas and to identify and take opportunities;
- E9 **Social, cultural & civic awareness** – embracement of an ethos of community and civic responsibility; an appreciation of diversity and ethical issues; an understanding of cultures and customs in the wider community.

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

3a External benchmarks

Statement of congruence with the relevant published subject benchmark statements

(including appropriate references to any PSRB, employer or legislative requirements)

The programme objectives were developed with reference to the QAA Subject Benchmark Statement for Hospitality, Leisure, Sport and Tourism (2008), the QAA Framework for HE Qualifications, the Further and Higher Education Qualification Descriptors and the University Learning, Teaching and Assessment Strategy. Consideration was also given to the proposed updated QAA subject benchmarks for Events, Hospitality, Leisure, Sport and Tourism (2016).

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 subsidiary awards

Guidance	
<p>The assessment strategy is designed so that each of these outcomes is addressed by more than one module at Level 4.</p>	<p>Generic Learning outcomes for the award of <u>Certificate of Higher Education</u>:</p> <p>On successful completion of 120 credits at Level 4, students will have demonstrated an ability to:</p> <ul style="list-style-type: none"> i) interpret and evaluate data appropriate to the discipline; ii) 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; <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 & 5.</p>	<p>Generic Learning outcomes for the award of <u>Diploma of Higher Education</u>:</p> <p>On successful completion of 240 credits, including 120 at Level 5, students will have demonstrated, in addition to the outcomes for a Certificate:</p> <ul style="list-style-type: none"> i) critical understanding of disciplinary principles; ii) application of concepts outside their initial context; iii) use of a range disciplinary techniques; iv) proficient communication of the results of their work; <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>

The assessment strategy is designed so that each of these outcomes is addressed by more than one module over Levels 4, 5 & 6.

Generic Learning outcomes for the award of an Ordinary Degree:

On successful completion of 300 credits, including 60 at Level 6, students will have demonstrated, **in addition to the outcomes for a Diploma**:

- i) an ability to make flexible use of disciplinary concepts and techniques;
- ii) critical evaluation of approaches to solving problems in a disciplinary context;
- iii) an ability to work autonomously within a structured learning experience;
- 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, critical thinking and research methods, in addition to the delivery of personal and professional development and placement periods.

The three core aspects of sport and exercise sciences develop from underpinning theory at Level 4 to applied practice at Level 6. Some modules included within these strands also encourage an interdisciplinary approach to sport and exercise sciences.

The personal and professional development strand includes *Ethics Society and Employability* and 'Development Tutorials' at Level 4 and a compulsory work placement at the end of the year. A further compulsory work placement takes place at the end of Level 5 or via the Volunteering module; with an optional professional module at Level 6 in which the students are required to complete a work based project in *Professional Learning Through Work*.

The research strand ensures that practical application of research methods is embedded across the curriculum at Level 4. Indicative content of the modules ensures that research and data analysis is the grounding for many modules. Appropriate research practices are also incorporated into summative assessment methods and this enables students to contextualise the implications research has for practice especially aligning particular methods with specific disciplines. At Level 5, there is a module entitled *Research Methods* which consolidates the Level 4 content and provides focused guidance in preparation for composing a dissertation proposal and ethics application. Finally, the 40-credit dissertation at Level 6 requires students to complete a large scale independent research project in an area of their choosing, albeit related to the programme. Students will receive individualised support from an academic member of staff with similar interests.

During Level 5, and particularly emphasised at Level 6, is the practice element of sport and exercise sciences, requiring more autonomous learning. There is a large focus on data collection, analysis, and practical application. The applied nature of the programme is especially evident in the applied modules at Level 6, where students must use their acquired knowledge to develop a case study documenting their professional approach to a scenario.

Each year students will complete 120 credits. Modules are 20 credits except the dissertation (40 credits) and the Programme Level Assessment (0 credits).

At Level 4, students will complete a number of compulsory modules across two semesters. This will provide them with the foundation in sport sciences. Students will complete a module which spans both semesters called Ethics, Society and Employability. The module will challenge them to think about how they can contribute to society and also provide them with important employability skills. It is concluded with the first professional placement.

It is important that students have choice in their degree. Therefore, they can choose a module from a choice of two modules relating to Health and Fitness, Strength and Conditioning, or Exercise Psychology. This allows students to experience different but related disciplines and will also allow them to switch programmes should they wish and still be eligible for relevant professional accreditation.

Students will also complete Integrated Assessment - this is their opportunity to combine skills and knowledge they have acquired in the first year at University.

In Level 5, students will cover a number of modules which build on their knowledge of sport and exercise sciences from Level 4. Specifically, students develop knowledge in the core sport science strands of psychology, biomechanics and physiology and begin to examine how this informs practical applications. Students will begin planning their dissertation project in this year in *Research Methods* and also complete a second placement.

Students are provided with flexibility and, to reward any current voluntary work they are completing, students have the option to choose either Volunteering for those who regularly engage in related professional practice or Professional Development and Placement, where students complete a full-time block of 6 weeks professional practice. In addition, students will have the option to select one module from a choice of three. At this point students will be considering if they want to pursue a specialism in disciplines such as nutrition, strength and conditioning, or maybe gain experience in how sport scientists can work closely with coaches in coaching and assessment of performance. This will enable students to transfer on to a degree with a titled speciality.

By Level 6, students will have had a chance to experience a range of sport and exercise science subjects and will have identified their favourite areas. Students will therefore select one applied module from a choice of three relating to either Strength and Conditioning, Sports Nutrition or Sport Psychology. In these applied modules students will gain an important insight into how to work in that area in the professional field and may have the opportunity to work with a client in enhancing their sports performance.

In addition to the applied modules, students also choose three modules from a selection of five. One of these option modules, *Professional Learning Through Work*, involves professional practice, where students complete a project based in the professional workplace. These option modules are also positioned to allow students flexibility in managing their workload. This is important as students will be completing a 40-credit dissertation. This is a large and self-directed research project based on an area of their interest, which is supported on a one-to-one basis by an expert academic staff member.

6. Structure

BSc (Hons) Sport and Exercise Sciences

Duration: 3 years full-time
Total credit rating: 360

Level 4 – with effect from September 2019

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

Core: Student are required to take:

SHN 4282	Anatomy and Physiology	Sem 1	20 credits
SHN 4302	Introduction to Sport Psychology	Sem 1	20 credits
SHN 4992	Ethics Society and Employability	Sem 1 & 2	20 credits
SHN 4312	Performance Analysis	Sem 2	20 credits

Option: Students are required to choose 40 credits from the following:

SHN 4472	Exercise Psychology	Sem 2	20 credits
SHN 4412	Techniques in Strength and Conditioning	Sem 2	20 credits
SHN 4502	Health and Fitness	Sem 2	20 credits

Level 5 – with effect from September 2019

Progression requirements: minimum of 120 credits from Level 4

Core: Students are required to take:

SHN 5262	Sport Psychology: Theory to Practice	Sem 1	20 credits
SHN 5142	Research Methods	Sem 2	20 credits
SHN 5222	Biomechanical Analysis of Performance	Sem 2	20 credits
SHN 5172	Physiology of Training	Sem 2	20 credits

Option: Students are required to choose 20 credits from the following:

SHN 5202	Coaching and Assessment of Performance	Sem 1	20 credits
SHN 5272	Strength and Conditioning in Practice	Sem 1	20 credits
SHN 5192	Nutrition for Sport and Exercise	Sem 1	20 credits
SHN 5302	Advanced Training Methods	Sem 2	20 credits

Option: Students are required to choose either of the following:

SHN 5152	Professional Development and Placement	Sem 1 & 2	20 credits
SHN 5162	Volunteering in SHN	Sem 1 & 2	20 credits

Level 6 – with effect from September 2019

Progression requirements: minimum of 120 credits from Level 5

Core: Students are required to take:

SHN 6164	Dissertation	Sem 1 & 2	40 credits
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Option: Students are required to choose 20 credits from the following:

SHN 6292	Applied Sport Psychology	Sem 1 & 2	20 credits
SHN 6302	Applied Strength and Conditioning	Sem 2	20 credits
SHN 6122	Applied Sport Nutrition	Sem 2	20 credits

Option: Students are required to choose 60 credits from the following:

SHN 6212	Performance Physiology	Sem 1	20 credits
SHN 6242	Applied Biomechanics and Movement Analysis	Sem 1	20 credits
SHN 6222	Sport Injury	Sem 1	20 credits
SHN 6192	Professional Learning Through Work	Sem 1 & 2	20 credits
SHN 6202	Physical Activity and Behaviour Change	Sem 2	20 credits
SHN 6402	Exercise Referral	Sem 2	20 credits

Duration: 6 years part-time
Total credit rating: 360

Level 4 – with effect from September 2019

Core: Students are required to take:

Year 1

SHN 4282	Anatomy and Physiology	Sem 1	20 credits
SHN 4992	Ethics Society and Employability	Sem 1 & 2	20 credits

Year 2

SHN 4312	Performance Analysis	Sem 2	20 credits
SHN 4302	Introduction to Sport Psychology	Sem 1	20 credits

Option: Students are required to choose 40 credits from the following:

Addition of SHN6402/5302 as options – AG 25.1.19
Change of SHN5202 from core to option – AG 25.1.19
IA – May 2019
SHN6292 changed to year long – AG Approval 21.1.21

<u>Year 1</u>			
SHN 4412	Techniques in Strength and Conditioning	Sem 2	20 credits
<u>Year 2</u>			
SHN 4472	Exercise Psychology	Sem 2	20 credits
SHN 4502	Health and Fitness	Sem 2	20 credits
<u>Level 5 – with effect from September 2019</u>			
Progression requirements: minimum of 120 credits from Level 4			
Core: Students are required to take:			
<u>Year 3</u>			
SHN 5262	Sport Psychology: Theory to Practice	Sem 1	20 credits
SHN 5222	Biomechanical Analysis of Performance	Sem 2	20 credits
<u>Year 4</u>			
SHN 5142	Research Methods	Sem 2	20 credits
SHN 5172	Physiology of Training	Sem 2	20 credits
Option: Students are required to choose 20 credits from the following:			
<u>Year 3</u>			
SHN 5152	Professional Development and Placement	Sem 1 & 2	20 credits
SHN 5162	Volunteering in SHN	Sem 1 & 2	20 credits
Option: Students are required to choose 20 credits from the following:			
<u>Year 3</u>			
SHN 5302	Advanced Training Methods	Sem 2	20 credits
<u>Year 4</u>			
SHN 5202	Coaching and Assessment of Performance	Sem 1	20 credits
SHN 5272	Strength and Conditioning in Practice	Sem 1	20 credits
SHN 5192	Nutrition for Sport and Exercise	Sem 1	20 credits
<u>Level 6 – with effect from September 2019</u>			
Progression requirements: minimum of 120 credits from Level 5			
Core: Students are required to take:			
<u>Year 6</u>			
SHN 6164	Dissertation	Sem 1 & 2	40 credits
Option: Students are required to choose 20 credits from the following:			
<u>Year 5</u>			
SHN 6302	Applied Strength and Conditioning	Sem 2	20 credits
SHN 6122	Applied Sport Nutrition	Sem 2	20 credits
SHN 6292	Applied Sport Psychology	Sem 1 & 2	20 credits
Option: Students are required to choose 60 credits from the following:			
<u>Year 5</u>			
SHN 6212	Performance Physiology	Sem 1	20 credits
SHN 6242	Applied Biomechanics and Movement Analysis	Sem 1	20 credits
SHN 6192	Professional Learning Through Work	Sem 1 & 2	20 credits
SHN 6402	Exercise Referral	Sem 2	20 credits
<u>Year 6</u>			
SHN 6222	Sport Injury	Sem 1	20 credits
SHN 6202	Physical Activity and Behaviour Change	Sem 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

Addition of SHN6402/5302 as options – AG 25.1.19
Change of SHN5202 from core to option – AG 25.1.19
IA – May 2019
SHN6292 changed to year long – AG Approval 21.1.21

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.

Leeds Trinity University's Learning, Teaching and Assessment Strategy states that students' learning will be applied, collaborative and engaged (ACE) (2015). The content of the programme modules are industry driven and will equip students with the attributes required to work as a sports and exercise scientist or within a variety of related domains (Goal D, LTA strategy, 2015).

The programme aims are reflective of the multi and interdisciplinary nature of sport science. This is evident in specific modules which encourages cross-discipline collaboration. Students are required to work to their strengths within an interdisciplinary team with a considerable element of peer learning encouraged. Additional modules which are shared with other subject areas will be scheduled to enable contextually relevant discussions within seminars and workshops. Modules are mainly single semester in duration. This enables compatibility with overseas universities and allows the option for study abroad.

Content will be delivered by a wide variety of methods including lectures, seminars, tutorials, laboratory classes, workshops, problem-based learning, case studies and directed and self-directed activities. Using this diverse approach to learning encourages students to develop problem solving, communication and personal skills. The use of group based collaborative learning and problem based learning facilitates active enquiry and encourages students to be responsible for their learning (Goal A, LTA strategy, 2015). There is an emphasis on work based learning. This is evident in core modules within Levels 4 and 5 and also the optional Professional Learning Through Work module in Level 6. Students will engage with a period of work within industry and are supported by taught content and placement preparation. Practical work, in the form of laboratory classes and workshop activities, forms an essential part of the programme and reflects the practical nature of the sports science industry. Furthermore, the use of reflective practice, which is an assessed component of a number of modules, will develop criticality and help students make informed decisions based on the analysis of previous experiences to inform future practice (Goal E, LTA strategy, 2015). At Level 4, students will complete an integrated assessment which is a multi-disciplinary project to link together the programme objectives. Integrated Assessment consists of a collaborative project (Goal A, LTA strategy, 2015) and will consolidate knowledge and analytical skills from two modules.

Moodle provides online access to a range of teaching, learning and assessment materials. The Panopto video casting platform is used to provide 'mini lectures' and subject summaries in support of the contact sessions, again providing a flexible learning environment. Additionally, Panopto enables the capture of lectures and also student presentations, which serve as a valuable resource (Goal B, LTA strategy, 2015).

Assessment methods for the programme have been selected to ensure the range of knowledge, understanding and skills are assessed appropriately. Assessment methods are diverse and typically include oral presentations, seminars, reports, case studies, laboratory reports, examinations, posters and the assessment of practical and professional skills. Assessment serves three purposes: summative, formative and diagnostic and these different types of assessment are included in the programme. The programme team will provide relevant and effective feedback on summative assessments and this will be given within 20 working days. A number of modules foster an environment which encourages peer feedback as part of the learning process. Peer learning and feedback are promoted through a number of modules, where in class presentations and debates receive both peer and lecturer feedback.

7b) Programme learning outcomes covered

	Assessed learning outcomes of the programme											Skills development								
	K1	K2	K3	K4	K5	I1	I2	I3	P1	P2	P3	E1	E2	E3	E4	E5	E6	E7	E8	E9
Lighter or hatched shading indicates modules that are not core, ie. not all students on this programme will undertake these.	Knowledge and understanding of scientific basis	Knowledge and understanding of research methods	Critical awareness of issues within SPEX context	Apply knowledge, understanding and problem solving skills	Demonstrate knowledge and understanding of SPEX practice.	critically assess and evaluate evidence	describe and analyse information	develop a reasoned argument and challenge assumptions	Subject-related skills within laboratory and field contexts	design, conduct and evaluate small scale research	Apply knowledge of SPEX	Self-management	Team-working	Business and sector awareness	Problem-solving	Communication and literacy	Application of numeracy	Application of IT	Entrepreneurship / enterprise	Social, cultural & civic awareness
SHN4302 Introduction to Sport Psychology																				
SHN4282 Anatomy and Physiology																				
SHN4312 Performance Analysis																				
SHN4472 Exercise Psychology																				
SHN4502 Health and Fitness																				
SHN4412 Techniques in Strength and Conditioning																				
SHN4992 Ethics, Society and Employability																				
SHN5262 Sport Psychology: Theory to Practice																				
SHN5172 Physiology of Training																				
SHN5222 Biomechanical Analysis of Performance																				

SHN5202 Coaching and Assessment of Performance																				
SHN5302 Advanced Training Methods																				
SHN5142 Research Methods																				
SHN5152 Professional Development and Placement																				
SHN5162 Volunteering in SHN																				
SHN5192 Nutrition for Sport and Exercise																				
SHN5272 Strength and Conditioning in Practice																				
SHN6164 Dissertation																				
SHN6292 Applied Sport Psychology																				
SHN6302 Applied Strength and Conditioning																				
SHN6122 Applied Sport Nutrition																				
SHN6212 Performance Physiology																				
SHN6242 Applied Biomechanics and Movement Analysis																				
SHN6222 Sports Injury																				
SHN6202 Physical Activity and Behaviour Change																				
SHN6402 Exercise Referral																				
SHN6192 Professional Learning Through Work																				

8. Entry requirements

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 'A' levels (or equivalent at level 3) and 3 should be GCSE English Language, Mathematics 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, e.g. the International English Language Testing Service (IELTS) or equivalent test.

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 Leeds Trinity's Principles and Guidelines for the Recognition of Prior Learning.

9. Progression, classification and award requirements

Details of requirements for student progression between levels and receipt of the award(s)

(A certain level of attainment which must be achieved in a specific module; any modules exempted from condonement, any deviation from the standard institutional stipulations for award classification, e.g. exclusion of Level 4 module marks from Foundation Degree classification)

The undergraduate Taught Course Academic Regulations apply.

10. Prerequisites

Details of modules which must be passed before enrolment on a module at a higher level

SHN 4282 *Anatomy and Physiology* must be passed (20 credits and 35%) to progress on to SHN 5172 *Physiology of Training*. The underpinnings of human physiology gained within SHN 4282 are important foundations to build on in Level 5. Furthermore, fundamental laboratory skills are acquired in Level 4 which are required for the students to participate in data collection within Level 5.

SHN 5222 *Biomechanical Analysis of Performance* must be passed (20 credits and 35%) to progress onto SHN 6242 *Applied Biomechanics and Movement Analysis*. SHN 6242 contains advanced motion capture and analysis which requires the foundation knowledge of theory and practical skills from Level 5. Furthermore, the applied nature of the module requires students to immediately build upon prior knowledge in designing and completing a student led case study.

Students must pass Skills Active Level 2 Gym-based instruction assessments to progress to Level 3 Advanced Training Methods or Level 3 Exercise Referral qualifications.

SHN 5192 *Nutrition for Sport and Exercise* must be passed (20 credits and 35%) to progress on to SHN 6122 *Applied Sport Nutrition*. SHN 6122 has been designed to assess students working with external clients and providing sports nutrition advice. Due to the nature of this within the assessment it is imperative that students successfully pass the Level 5 Sports Nutrition module to underpin their knowledge and ethically are capable of providing suitable advice to clients. There are two other applied modules within this group of programmes *Applied Sports Psychology*

and *Applied Strength and Conditioning*. Sport Psychology is core throughout Levels 4 and 5 for all programmes and the Applied Strength and Conditioning module does not involve working with external clients - any support is undertaken with direct supervision from the module leader. Due to the nature of *Applied Sports Nutrition* and the contact with external clients, without direct supervision from the module leader it would be negligible for us not to place a prerequisite on this module.

11. Additional support needs

Arrangements made to accommodate students with additional support needs and any unavoidable restrictions on their participation in the programme/scheme

Students with disabilities or other support needs are welcome and are expected to be able to participate fully in this programme. Arrangements will be made, via the normal University support systems, to accommodate students with additional support needs wherever possible, with reasonable adjustments made to accommodate individual needs.