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 (Sports Nutrition)

2 Aims of the programme

Rationale and general aims, including what is special about this programme
The BSc (Hons) Sport and Exercise Sciences (Sport Nutrition) programme, endorsed by the British Association of Sport & Exercise Sciences (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 and sports nutrition. You will study the sub-disciplines of physiology, biomechanics, psychology and nutrition 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, with a particular focus on the discipline of Nutrition. • 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 with a particular focus on Sports Nutrition.
- Develop your research and scientific inquiry skills to enable you to explore, critique and address a range of sport and exercise science & Sports Nutrition 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 & sports nutrition specialists and the career requirements associated with them.
K4	Awareness and appreciation of non-discriminatory and inclusive practice in sport and exercise science & sports nutrition.
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 & sports nutrition.

I4	Developing application of reflective practices in sport and exercise sciences & sports nutrition.
P1	Basic use of a range of equipment and protocols used within the sport and exercise sciences & sports nutrition.
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 & exercise sciences and associated roles.
K4	Critical understanding of ethical practices in sport and exercise sciences, and how concepts such as 'inclusion' and 'equality' pertain to sport and exercise sciences and in particular sports nutrition.
I1	Application of a range of analytical skills to better understand issues in sport & exercise sciences & sports nutrition.
I2	Ability to critically locate and apply a range of evidence bases to address issues in sport & exercise sciences & sports nutrition.
I3	Ability to reflect critically on one's own and others' practices in sport and exercise sciences & sports nutrition.
I4	Ability to articulate via a range of means, arguments in support of or refuting claims made in sport & exercise sciences & sports nutrition.
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 & sports nutrition.
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	Knowledge and understanding of human responses to sport and exercise together with an in-depth knowledge of selected aspects of the subject.
K2	Application of subject knowledge and understanding to performance monitoring and enhancement in sport science with a particular focus on sports nutrition.
K3	Competence in a range of practical and analytical techniques used in sport & exercise science & sports nutrition 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	Critical analysis and appraisal of both primary and secondary sources.
I2	Solving complex problems in sport and exercise sciences.
I3	Planning, conducting and reporting on individual or group research.
I4	Assembling data from a variety of sources and discern and establish connections between them.
I5	Ability to be an independent, autonomous learner.
P1	Competence in a range of practical and analytical techniques used in sport and exercise science & sports nutrition.
P2	Understanding of, and an ability to comply with safety in the laboratory and field settings.
P3	Skills in the evaluation and interpretation of laboratory and field data.
P4	Planning and designing experimental projects or field research relevant to sport & exercise science.
P5	Planning, conducting, and reporting 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

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).

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.

*Events, Hospitality, Leisure, Sport and Tourism
*Chartered Institute for the Management of Sport and Physical Activity

5 Indicative Content

Summary of content by theme

This programme covers the core disciplines of sports and exercise sciences with a particular focus around the topic of Sports Nutrition. The fundamental disciplines of psychology, biomechanics, physiology, research methods, interdisciplinary and multidisciplinary methods of working, in addition to the delivery of personal and professional development are covered throughout the programme as well as the specialist interest within Sports Nutrition. The 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 Science 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 and Enquiry* 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 – BSc (Hons) Sport & Exercise Sciences (Sports Nutrition)			
Duration	3 years full-time		
Total credit rating	360 (180 ECTS)		
Level 4 – With effect from: September 2022			
Core: You are required to take the following modules			
Module Code	**Module Title**	**Semester**	**Credits**
SHN4045	Introduction to Anatomy and Physiology	Semester 1	15 credits
SHN4035	Fundamentals of Human Movement	Semester 1	15 credits
SHN4065	Introduction to Sport Psychology	Semester 1	15 credits

SHN4055	Introduction to Nutrition	Semester 1	15 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 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
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
SHN5115	Nutrition for Sport Performance	Semester 2	15 credits
Level 6 – With effect from: September 2024			
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
SHN6183	Advanced Nutrition for Sport and Exercise	Semester 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

Programme Structure – BSc (Hons) Sport & Exercise Science (Sports Nutrition)			
Duration	6 years part-time		
Total credit rating	360 (180 ECTS)		
Level 4 Year 1– With effect from: September 2022			
Core: You are required to take the following modules			
Module Code	**Module Title**	**Semester**	**Credits**
SHN4045	Introduction to Anatomy and Physiology	Semester 1	15 credits
SHN4055	Introduction to Nutrition	Semester 1	15 credits
SHN4123	Applying Principles of Sport and Exercise Sciences	Semester 2	30 credits
Level 4 Year 2– With effect from: September 2023			
Core: You are required to take the following modules			
Module Code	Module Title	Semester	Credits
SHN4035	Fundamentals of Human Movement	Semester 1	15 credits
SHN4065	Introduction to Sport Psychology	Semester 1	15 credits
SHN4143	Professional Skills in Sport, Exercise and Health	Semester 2	30 credits
Level 5 Year 3 – With effect from: September 2024			
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 2025			
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
SHN5115	Nutrition for Sport Performance	Semester 2	15 credits
SHN5103	Applying Professional Skills in Sport, Exercise and Health	Semester 1 & 2	30 credits
Level 6 Year 5 – With effect from: September 2026			
Core: You are required to take the following modules			
SHN6143	Professional Learning Through Work	Semester 1 & 2	30 credits
Options Semester 2: 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 2027			
Core: You are required to take the following modules			
Module Code	Module Title	Semester	Credits
SHN6033	Independent Project	Semester 1 & 2	30 credits
SHN6183	Advanced Nutrition for Sport and Exercise	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, 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.

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 (Sports Nutrition)
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 & Exercise Sciences (90%) 100247 Nutrition (10%)
UCAS course code(s)	C6B4
SITS route codes	SPESNSH
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	Non-discriminatory & 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
SHN4045 Introduction to Anatomy and Physiology	■	■			■	■	■	■	■		■	■
SHN4035 Fundamentals of Human Movement	■	■	■	■	■	■	■		■	■		■
SHN4055 Introduction to Nutrition	■	■	■	■	■	■	■		■	■		■
SHN4065 Introduction to Sport Psychology	■	■			■	■				■		
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	■	■		■		■	■				■
SHN5115 Nutrition for Sport Performance	■		■		■	■	■		■	■	■

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 rsearch	Using data	Independent learning	Practical & analytical techniques	Being safe	Evaluation data	Projects	Individual research
SHN6033 Independent Project															
SHN6143 Professional Learning Through Work															
SHN6183 Advanced Nutrition for Sport and Exercise															
Options:															
SHN6163 Applied Physiology															
SHN6173 Applied Performance Testing															
SHN6213 Applied Psychology: Practical Solutions															

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									
SHN4045 Introduction to Anatomy and Physiology	■			■	■	■	■		
SHN4035 Fundamentals of Human Movement	■	■		■	■	■	■		
SHN4055 Introduction to Nutrition	■	■		■	■	■	■		
SHN4065 Introduction to Sport Psychology		■		■	■				
SHN123 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									
SHN5115 Nutrition for Sport Performance									
Level 6									
SHN6033 Independent Project									
SHN6143 Professional Learning Through Work									
SHN6183 Advanced Nutrition for Sport and Exercise									
Options:									
SHN6163 Applied Physiology									
SHN6173 Applied Performance Testing									
SHN6213 Applied Psychology: Practical Solutions									