



## **Programme Specification**

*With effect from:* September 2023

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) Physical Activity, Exercise and Health Promotion

### **2 Aims of the programme**

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

At a time when the promotion of well-being and holistic health is becoming increasingly high profile, the BSc (Hons) Physical Activity, Exercise and Health Promotion programme provides an in-depth and multidisciplinary understanding of a range of relevant exercise and health sciences to achieve the first steps in a career in physical activity exercise (e.g. personal trainer or exercise referrer), and health (e.g. health promotion).

Through a comprehensive programme of study, you will be provided with an advanced understanding of contemporary and theoretical knowledge in a number of disciplines (such as exercise physiology, nutrition and exercise psychology), and 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 socially inclusive way. This applied programme aims to enable you to become employment-ready in a range of exciting physical activity, exercise, health promotion careers, incorporate a range of nationally-recognised vocational qualifications, whilst also preparing you for a range of post-graduate study and research opportunities.

The Programme Aims are to:

- Develop theoretical, research and evidence-based knowledge and understanding of the role of physical activity, exercise and health promotion in the maintenance of good health and in the prevention and control of disease.
- Develop multidisciplinary students who have the ability to analyse, synthesise, problem solve, critically evaluate and reflect on information, concepts and processes that underpin physical activity, exercise and health promotion.
- Develop the professional skills of an exercise practitioner to enable the application of scientific principles in physical activity, exercise, and fitness in the context of health, and to support the acquisition of industry recognised qualifications, thereby developing graduate employability.
- Develop a broad range of transferable personal, intellectual and business skills that are essential for lifelong learning and career development, including the ability to adopt ethically safe working practices, the ability to think globally and consider issues from a variety of perspectives and the ability to adhere to relevant legislation and professional codes of conduct.
- Develop and maintain industrial networks and links with professional bodies through appropriate work placements.
- Develop a broad range of specialist skills used in health promotion including social media, digital marketing, and influencing.

### 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.

<b>Level Learning Outcomes</b>	
<b>Level 4 – at the conclusion of Level 4 (focus on foundation and breadth of knowledge and skills) you should be able to demonstrate:</b>	
K1	An appreciation and foundation knowledge of the evidence within the areas of physical activity, exercise health
K2	A basic understanding of the research process and how the collection, analysis and use of data, as well as literature-based evidence, can support physical activity, exercise, and health interventions.
K3	A basic understanding of the role of physical activity, exercise and health promotion for a range of populations through both empirical evidence and professional practice.
K4	Foundation knowledge of the moral and ethical issues encountered in physical activity, exercise, and health industries and recognition of issues related to professional practice.
I1	A capability to compare a range of sources of evidence in physical activity, exercise, health and discern strengths and weaknesses.
I2	An appreciation of the role of theory in research and professional practice.
I3	An understanding of ethics as relating to research and professional practice in physical activity, exercise, and health promotion
I4	A developing understanding of the application of reflective practices in physical activity, exercise, and health n settings.
P1	Basic use of a subject-related skills within laboratory, field and gym-based environments.
P2	A capability to undertake a basic needs analysis pertaining to an individual who is partaking in physical activity or nutrition interventions.
P3	An ability to plan and instruct a range of practical activities, using appropriate techniques and procedures, with regards to safety, ethics and risk assessment.
P4	An ability to communicate physical activity, exercise, and health ideas to a range of third parties (e.g. sport and exercise professionals, nutritionists, individuals within the fitness industry, clients).
<b>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:</b>	
K1	Detailed knowledge of a range of physical activity, exercise, and health promotion subject areas embedded throughout the programme and their application to the subject area.

K2	Detailed understanding of the research design process (both qualitative and quantitative), as well as embedding literature-based evidence into planning and designing physical activity, exercise, health promotion and nutrition-based interventions.
K3	A detailed understanding of the role of physical activity, exercise and health promotion through both evidence-based and professional practice for a range of populations.
K4	A critical knowledge of the moral and ethical issues encountered in physical activity, exercise and health promotion industries and recognition of issues such as 'inclusion' and 'equality' related to professional practice within the subject area.
I1	The ability to apply a range of analytical skills to better understand issues in the field of physical activity, exercise and health promotion.
I2	The ability to locate and apply a range of sources of evidence to the areas of physical activity, exercise and health promotion both in the role of theory and professional practice.
I3	A detailed understanding of ethics as relating to research and professional practice in physical activity, exercise and health promotion.
I4	The ability to reflect critically on one's own and others' practices in physical activity, exercise and health promotion settings.
P1	Advanced use of a range of subject-related skills within laboratory, field and gym-based environments.
P2	Capability to undertake a detailed needs analysis pertaining to an individual who is partaking in physical activity or nutrition interventions for a range of population groups.
P3	The ability to plan, design and execute a range of practical activities, using appropriate techniques and procedures, with regards to safety, ethics and risk assessment for a range of population groups.
P4	The ability to use a range of research skills to communicate physical activity, exercise, health promotion ideas and interventions to a range of third parties (e.g. sport and exercise professionals, nutritionists, individuals within the fitness industry, clients).
<b>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:</b>	
K1	A critical knowledge of a range of physical activity, exercise and health promotion subject area, embedded throughout the programme and application to the subject area.
K2	Critical analysis of physical activity, exercise and health promotion information and qualitative and quantitative data, that may be drawn from a wide range of disciplines and embedding literature-based evidence into planning and designing exercise, health and nutrition-based interventions for a range of populations.
K3	A critical evaluation of the role of physical activity, exercise and health promotion, with synthesis of coherent arguments and application of an evidence-based and professional practice to a range of populations.
K4	A critical evaluation of the diversity and changing nature of determinants of physical activity, exercise and health behaviors, and ability to analyse contemporary issues at the forefront of health and physical well-being.

I1	The ability to evaluate a range of sources in demonstrating a critical awareness of the moral and social issues faced within the field of physical activity exercise and health promotion
I2	The ability to critically analyse and synthesise a range of evidence in the areas of physical activity, exercise and health promotion.
I3	Critical evaluation of ethics relating to research and professional practice in physical activity, exercise and health promotion
I4	Critical reflection on the links between individual experiences of physical activity exercise, and health promotion issues and the wider structural elements relevant to the field of health and physical well-being.
P1	The ability to critically evaluate and apply the use of subject-related skills within laboratory, field and gym-based environments.
P2	The ability to conduct a detailed needs analysis and create interventions for individuals in relation to physical activity and nutrition for a range of population groups.
P3	The ability to plan, design, execute and evaluate a range of practical activities, using appropriate techniques and procedures, with critical regard to safety, ethics and risk assessment for a range of population groups.
P4	The ability to analyse, evaluate, design and implement a range of physical activity, exercise, health promotion ideas and interventions to a range of third parties (e.g. sport and exercise professionals, nutritionists, individuals within the fitness industry, clients).

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	<b>Self-management</b> – 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	<b>Team-working</b> – 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	<b>Business and sector awareness</b> – 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	<b>Problem-solving</b> – 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	<b>Communication</b> – the ability to present information clearly and appropriately, both orally and in writing, and to tailor messages to specific audiences and purposes;

E6	<b>Application of numeracy</b> – 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	<b>Application of information technology</b> – 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	<b>Entrepreneurship/enterprise</b> – the ability to demonstrate an innovative approach and creativity, to generate ideas and to identify and take opportunities;
E9	<b>Social, cultural &amp; civic awareness</b> – 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 QAA Biomedical Sciences (October 2019), QAA Health Studies (November 2019) and QAA Events, Hospitality, Leisure, Sport and Tourism (November 2019).

As an HE CIMPRA partner, the programme offers industry recognised professional standards over the 3 years.

## 5 Indicative Content

### Summary of content by theme

The programme is modular based and includes core themes: exercise, health, anatomy and physiology, nutrition, psychology and academic/graduate skills.

At Level 4, you will select and describe theories and concepts relevant to the understanding of the field. You will be introduced to theoretical underpinnings related to health promotion and behaviour change. Both theory and practice in key sciences are addressed throughout all modules at this level. On completion, you will be expected to communicate knowledge in situations of limited complexity, in order to provide a foundation for further study in the subject.

Level 5 builds upon Level 4 content and you are expected to apply knowledge of physical activity, exercise and health promotion to develop solutions to problems. You will analyse and apply selected theories and concepts to examine physical activity and exercise in relation to health and wellbeing. You will also develop specialist skills in exercise, instruction including using social media, digital marketing, and influencing for health promotion.

At Level 6, you will be able to synthesis and critically evaluate key theories, concepts, principles and policies and be able to develop a reasoned argument relating to interventions. Modules at this level enable students to consolidate their learning

pathways and demonstrate the skills highlighted. You are expected to apply knowledge to design effective health promotion interventions, exercise programmes and independent projects focused on a specific topic area related to the programme.

Subject specific skills and the importance of adopting ethically and morally safe and non-discriminatory working practices and adherence to relevant legislation and professional codes of conduct will be evident throughout all years of study.

## 6 Programme Structure

### Programme Structure – BSc (Hons) Physical Activity, Exercise and Health Promotion

<b>Duration</b>	3 years full-time
<b>Total credit rating</b>	360 (180 ECTS)

#### Level 4 – With effect from: September 2023

**Core:** You are required to take the following modules

Module Code	Module Title	Semester	Credits
SHN4045	Introduction to Anatomy and Physiology	Semester 1	15
SHN4055	Introduction to Nutrition	Semester 1	15
SHN4013	Psychological Perspectives on Health and Wellbeing	Semester 1	30
SHN4153	Foundations of Physical Activity, Health and Wellbeing	Semester 2	30
SHN4143	Professional Skills in Sport, Exercise and Health	Semester 2	30

#### Level 5 – With effect from: September 2024

**Core:** You are required to take the following modules

Module Code	Module Title	Semester	Credits
SHN5193	Nutrition and Exercise Prescription	Semester 1	30
SHN5135	Public Health Promotion and Interventions	Semester 1	15
SHN5103	Applying Professional Skills in Sport, Exercise and Health	Semester 1 & 2	30
SHN5055	Research Methods and Enquiry	Semester 2	15

SHN5153	Applied Physical Activity and Health	Semester 2	30
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**Level 6 – With effect from: September 2025**

**Core:** You are required to take the following modules

Module Code	Module Title	Semester	Credits
SHN6183	Advanced Nutrition for Sport and Exercise	Semester 2	30
SHN6193	Physical Activity and Exercise Prescription in Health and Disease	Semester 1 & 2	30
SHN6033	Independent Project	Semester 1 & 2	30
SHN6143	Professional Learning Through Work in Sport and Exercise Sciences	Semester 1 & 2	30

**Programme Structure – BSc (Hons) Physical Activity, Exercise and Health Promotion**

<b>Duration</b>	<u>6 years part-time</u>
<b>Total credit rating</b>	<u>360 (180 ECTS)</u>

**Level 4 Year 1 – With effect from: September 2023**

**Core:** You are required to take the following modules

Module Code	Module Title	Semester	Credits
SHN4045	Introduction to Anatomy and Physiology	Semester 1	15
SHN4055	Introduction to Nutrition	Semester 1	15
SHN4153	Foundations of Physical Activity, Health and Wellbeing	Semester 2	30

**Level 4 Year 2 – With effect from: September 2024**

**Core:** You are required to take the following modules

Module Code	Module Title	Semester	Credits
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SHN4013	Psychological Perspectives on Health and Wellbeing	Semester 1	30
SHN4143	Professional Skills in Sport, Exercise and Health	Semester 2	30

#### **Level 5 Year 3 – With effect from: September 2025**

**Core:** You are required to take the following modules

Module Code	Module Title	Semester	Credits
SHN5193,	Nutrition and Exercise Prescription	Semester 1	30
SHN5153	Applied Physical Activity and Health	Semester 2	30

#### **Level 5 Year 4 – With effect from: September 2026**

**Core:** You are required to take the following modules

Module Code	Module Title	Semester	Credits
SHN5135 ,	Public Health Promotion and Interventions	Semester 1	15
SHN5055	Research Methods and Enquiry	Semester 2	15
SHN5103	Applying Professional Skills in Sport, Exercise and Health	Semester 1 & 2	30

#### **Level 6 Year 5 – With effect from: September 2027**

**Core:** You are required to take the following modules

Module Code	Module Title	Semester	Credits
SHN6193	Physical Activity and Exercise Prescription in Health and Disease	Semester 1 & 2	30
SHN6183	Advanced Nutrition for Sport and Exercise	Semester 2	30

#### **Level 6 Year 6 – With effect from: September 2028**

**Core:** You are required to take the following modules

Module Code	Module Title	Semester	Credits
SHN6033,	Independent Project	Semester 1 & 2	30

SHN6143	Professional Learning Through Work in Sport and Exercise Sciences	Semester 1 & 2	30
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## 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.

## 9 Entry requirements

<b>Do the University's standard entry requirements apply?</b>	Yes
<b>Detail of any deviation from and/or addition to the University's standard entry requirements (if applicable)</b>	N/A

## 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

<b>Awarding Body / Institution</b>	Leeds Trinity University
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<b>Teaching institution</b>	Leeds Trinity University
<b>Parent School</b>	Faculty of Social and Health Sciences
<b>Department</b>	Sport and Wellbeing
<b>Professional accreditation body</b>	CIMSPA
<b>Final award</b>	BSc (Hons)
<b>Title of programme(s)</b>	BSc (Hons) Physical Activity, Exercise and Health
<b>Subsidiary award(s)</b>	Certificate of Higher Education, Diploma of Higher Education, Ordinary Degree.
<b>Honours type</b>	Single
<b>Duration and mode(s) of study</b>	3 years full-time; 6 years part-time
<b>Month/year of approval of programme</b>	February 2023
<b>Periodic review due date</b>	2028
<b>HECoS subject code(s)</b>	101319 (exercise for health)
<b>UCAS course code(s)</b>	
<b>SITS route codes</b>	PHACEHP
<b>Delivery venue(s)</b>	Leeds Trinity University

## 12 Level Learning Outcomes

The grids below demonstrate 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
SHN4013 Psychological Perspectives on Health and Wellbeing	Foundation Knowledge	Understanding of the research process	Role of Physical activity, exercise and health promotion	Moral and Ethical Issues	Capability to compare sources	Role of theory	Understanding of Ethics	Application of Reflective practice	Subject related skills	Basic Needs Analysis	Plan and Instruct	Communication
SHN4045 Introduction to Anatomy and Physiology and Nutrition												
SHN4055 Food and Nutrition												
SHN4153 Foundations of Physical Activity, Health and Wellbeing												
SHN4143 Professional Skills in Sport, Exercise and Health												

<b>Level 5</b>	<b>Assessed level learning outcomes</b>											
	<b>K1</b>	<b>K2</b>	<b>K3</b>	<b>K4</b>	<b>I1</b>	<b>I2</b>	<b>I3</b>	<b>I4</b>	<b>P1</b>	<b>P2</b>	<b>P3</b>	<b>P4</b>
	Detailed Knowledge	Understanding of research design	Role of physical activity, exercise, and health promotion	Moral and ethical issues	Analytical skills	Range of sources	Ethics	Critically reflect	Subject skills	Detailed needs analysis	Plan, design and execute practicals	Communication
SHN5135 Public Health Promotion and Interventions												
SHN5193 Nutrition and Exercise Prescription												
SHN5103 Applying Professional Skills in Sport, Exercise and Health												
SHN5055 Research Methods and Enquiry												
SHN5153 Applied Physical Activity and Health												

Level 6	Assessed level learning outcomes											
	K1	K2	K3	K4	I1	I2	I3	I4	P1	P2	P3	P4
SHN6183 Advanced Nutrition for Sport and Exercise	Critical Knowledge	Critical analysis	Evaluation of interventions	Diversity and changing nature	Moral and social awareness	Range of evidence	Evaluation of Ethics	Critical reflection	Subject realated skills	Needs analyse and interventions	Plan design and evaluate praticals	Communciation
SHN6193 Physical Activity and Exercise Prescription in Health and Disease												
SHN6033 Independent Project												
SHN6143 Professional Learning Through Work in Sport and Exercise Sciences												



## 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
	<b>Self-management</b>	<b>Teamworking</b>	<b>Business &amp; sector awareness</b>	<b>Problem-solving</b>	<b>Communication</b>	<b>Application of numeracy</b>	<b>Application of IT</b>	<b>Entrepreneurship / enterprise</b>	<b>Social, cultural &amp; civic awareness</b>
<b>Level 4</b>									
SHN4045 Introduction to Anatomy and Physiology									
SHN4055 Introduction to Nutrition									
SHN4013 Psychological Perspectives on Health and Wellbeing									
SHN4153 Foundations of Physical Activity, Health and Wellbeing									
SHN4143 Professional Skills in Sport, Exercise and Health									
<b>Level 5</b>									
SHN5135 Public Health Promotion and Interventions									
SHN5193 Nutrition and Exercise Prescription									
SHN5153 Applying Professional Skills in Sport, Exercise and Health									

SHN5055 Research Methods and Enquiry								
SHN5153 Applied Physical Activity and Health								
<b>Level 6</b>								
SHN6183 Advanced Nutrition for Sport and Exercise								
SHN6193 Physical Activity and Exercise Prescription in Health and Disease								
SHN6033 Independent Project								
SHN6143 Professional Learning Through Work								