



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)

BA (Hons) Physical Education and School Sport (two-year accelerated degree)

2 Aims of the programme

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

The BA (Hons) Physical Education and School Sport (two-year accelerated degree) is a two-year undergraduate programme. It is identical to the three-year degree except study is undertaken over two calendar years rather than three academic years. The rationale for this difference is that it allows those students planning to undertake a postgraduate qualification or progress into employment to do so in a shorter timeframe. This may particularly suit the personal circumstances of some students. Its focus is on physical education and school sport for lifelong learning. The qualification recognises that people are physically educated throughout life and therefore the programme provides a variety of exciting and creative learning experiences for students.

The Programme Aims allow you to:

- Have excellent preparation for postgraduate training for a career in physical education;
- Prepare for a variety of other careers such as coaching, sport development, physical activity, health promotion, business ownership and many others;
- Learn in a variety of ways. You will study the theories relating to lifelong physical education but will also learn within a strong practical context;
- Be assessed in many different forms so individuals can capitalise on their strengths and develop in other areas;
- Develop the personal and transferable skills needed for graduate employment so you are confident and independent in your career.

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	A basic understanding of the role of physical education and school sport including how policy and practice influence its implementation within a local and national context.
K2	An appreciation of and ability to discuss how interdisciplinary subjects such as pedagogy, science, psychology, sociology and philosophy are applied within a physical education and school sport context.
K3	An appreciation and awareness of the individual needs of all learners and participants from a holistic and biopsychosocial perspective.
K4	A comprehension of the limits of knowledge, whilst understanding basic perspectives and schools of thought within physical education and school sport.
I1	Utilisation of underpinning research within physical education and school sport when gaining and applying knowledge to construct arguments in support of life-long physical activity.
I2	Ability to utilise arguments, assumptions, and basic data in order to make relevant judgements relating to physical education and school sport.
I3	Ability to draw on relevant strategies to devise solutions to simple problems in physical education and school sport.
P1	An ability to utilise a range of communication and delivery skills to relay information and ideas relating to physical education and school sport.
P2	An ability to use basic techniques of analysis and practical application within physical education and school sport.
P3	An ability to use basic research skills to extend and apply their knowledge and understanding of physical education and school sport.

Level 5 – at the conclusion of Level 5 (focus on extending knowledge and skills, focus on end-users, developing reflective practice) you should be able to demonstrate:

K1	An ability to systematically and coherently understand the role of physical education and school sport in lifelong learning including how policy and practice influences its implementation within a national and global context.
K2	An ability to interpret and analyse how interdisciplinary subjects such as pedagogy, science, psychology, sociology and philosophy are applied within a physical education and school sport context.
K3	An ability to compare and contrast the complex individual needs of all learners and participants from a holistic and biopsychosocial perspective, showing a growing awareness of inclusion and equity.
K4	An ability to construct flexible theories and beliefs, whilst recognising the ambiguity and limits of knowledge and appreciating more complex perspectives and schools of thought within physical education and school sport.
I1	An ability to appraise and evaluate underpinning research and knowledge within physical education and school sport.
I2	Analysis and use of arguments, assumptions, abstract concepts and a variety of data in order to make more complex judgements relating to physical education and school sport.
I3	A developing competence in constructing answers to interdisciplinary problems by identifying questions and designing strategies in order to achieve a solution or range of solutions within more complex contexts.
P1	An increasing ability to communicate and deliver in a variety of ways, more complex and challenging information to specialist and non-specialist audiences in physical education and school sport.
P2	Confidence and competence in deploying established techniques of analysis, enquiry and practical application within physical education and school sport.
P3	The selection and application of a wider range of research skills to review, extend and apply their knowledge and understanding of physical education and school sport, and to carry out projects.

Level 6 – at the conclusion of Level 6 (focus on extending knowledge and skills, focus on end-users, developing reflective practice) you should be able to demonstrate:

K1	A complex and profound understanding of the biopsychosocial benefits of physical education and school sport and critically appraise how policy, strategy and practice is applied.
K2	An ability to appraise and evaluate how the integration of interdisciplinary subjects such as pedagogy, science, psychology, sociology and philosophy are applied within a physical education and school sport context.

K3	Analysis of the unique and complex individual needs of all learners and participants from a holistic, biopsychosocial and non-discriminatory perspective and exhibit a profound and mature understanding of the role of the teacher in promoting inclusion, diversity and equity.
K4	An ability to defend and justify your point of view being aware of the ambiguity and limits of knowledge, whilst understanding perspectives and schools of thought within physical education and school sport.
I1	Criticality, appraisal and communication of underpinning research and knowledge within physical education and school sport.
I2	Criticality in debating and evaluating complex arguments, assumptions, abstract concepts and data in order to make independent judgements relating to physical education and school sport.
I3	Capacity to solve interdisciplinary problems by identifying questions and designing interdisciplinary strategies in order to achieve a solution or range of solutions within complex and unpredictable contexts.
P1	Objectivity and accuracy in communicating and delivering a variety of complex information, ideas, problems and solutions to specialist and non-specialist audiences in physical education and school sport.
P2	Selection and accurate deployment of established techniques of analysis, enquiry and practical application within physical education and school sport.
P3	Application of advanced methods and techniques to review, consolidate, extend and apply their knowledge and understanding of physical education and school sport, and to initiate and carry out research and projects.

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 (2019) (Events, Hospitality, Leisure, Sport and Tourism).

5 Indicative Content

Summary of content by theme

The programme is thematically designed using six academic themes namely:

- Psychology
- Sociology
- Science
- Pedagogy
- Philosophy, Policy and Practice
- Personal and Professional Development for Employability.

You will cover the themes in an integrated and multi-disciplinary manner. Modules will have a key theme and draw upon others to synthesise your learning experience in a connected and applied way. Throughout the degree programme we will consider issues of Equality, Diversity and Inclusion (EDI) and how these impact upon your understanding, and practical application, of Physical Education and School Sport. There will be a specific focus on how it is possible to make PE and School Sport accessible for all as well as how issues of EDI have impacted upon, in both the historical and contemporary context, our understanding, practice and delivery of the subject at all levels. This will be particularly important in your Placement and Professional Practice preparation so that you have an up to date understanding of how EDI issues,

along with matters such as safeguarding and duty of care, are worked out and implemented in the modern workplace. All this learning is specifically brought to a head in Level 6 when you will study a module looking at Inclusive Physical Education and School Sport.

Level 4 is an opportunity for you to make a positive transition into higher education, developing your academic and research skills which have been 'mapped' within modules. Theories relating to the themes are aligned to practice in an applied way so that you develop your understanding and employability skills. There are a range of practical sessions due to the nature of the programme to foster early enjoyment. These will introduce the key areas of national curriculum physical education and a variety of sports within community and coaching settings.

Level 5 is an opportunity to apply your developing skill sets in the modules as a more analytical and critical student. The range of modules develops you further personally and professionally as well as the opportunity for a placement experience in the UK or abroad.

Level 6 is an opportunity for you to be a more independent, critical, and analytical student, drawing on the knowledge gained from previous levels and is the last step to becoming a graduate. There is a greater level of independence in occasionally choosing how you are assessed, preparing you to become a confident practitioner in the field of physical education and school sport, ready for the workplace in a wide range of career destinations.

6 Programme Structure

Programme Structure – BA (Hons) Physical Education and School Sport (two-year accelerated degree)			
Duration	2 years full-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	Terms	Credits
SHA4063	Policy and Practice in Sport and Physical Education	Term 1	30 credits
SHA4053	Introduction to Coaching and Teaching	Term 1	30 credits
SHA4073	Sociology and Psychology of Physical Education and Coaching	Term 2	30 credits
SHA4083	Scientific Principles of Physical Education and Coaching	Term 2	30 credits
Level 5 Year 1 – With effect from: March 2022			
Core: You are required to take the following modules			

Module Code	Module Title	Terms	Credits
SHA5093	Applying Professional Skills in Physical Education and School Sport	Term 3	30 credits
SHA5083	Applied Scientific Principles within Physical Education and Coaching	Term 3	30 credits
Level 5 Year 2 – With effect from: September 2022			
SHA5063	Physical Activity and Health Promotion	Term 1	30 credits
SHA5073	Applied Pedagogy – Models Based Practice	Term 1	30 credits
Level 6 Year 2 – With effect from: January 2023			
Core: You are required to take the following modules			
Module Code	Module Title	Terms	Credits
SHA6103	Contemporary Debates in Physical Education and Sport	Term 2	30 credits
SHA6033	Independent Project	Term 2 & 3	30 credits
SHA6233	Professional Learning Through Work in PE	Term 2 & 3	30 credits
SHA6093	Inclusive Physical Education and School Sport	Term 3	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.

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)	None

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.

The heavily practical nature of this course means that issues of inclusion are high on the priorities of every module since it is vital that all students cannot only access the learning in a suitably practical way, but that you can experience and understand how practical activities can be made accessible for students of all abilities and other protected characteristics. You will experience this as a learner, when using our facilities on-campus, as well as seeing first-hand how this can be, and is, done in the workplace. All our staff are experienced in adapting activities and equipment to suit all needs and we always make wide use of disability sports and explicit differentiation to aid accessibility and the learning experience for all.

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	Faculty of Social and Health Sciences
Department	School of Health, Sport and Life Sciences
Professional accreditation body	N/A
Final award	BA (Hons)
Title of programme(s)	Physical Education and School Sport
Subsidiary award(s)	Certificate of Higher Education, Diploma of Higher Education, Ordinary Degree

Honours type	Single
Duration and mode(s) of study	2 years full-time (accelerated)
Month/year of approval of programme	June 2021
Periodic review due date	2025/26
HECoS subject code(s)	10043 Sport & Exercise Sciences (100%)
UCAS course code(s)	X1C6
SITS route codes	PHEDSSP
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	P1	P2	P3
	PE & Sport policy & Practice	Interdisciplinary nature of PE	InsIndividual needs in PE	Limits of Knowledge in PE	Using Research	Using arguments	Devising solutions	Communication	Analysis and application	Research skills
SHA4053 Introduction to Coaching and Teaching										
SHA4063 Policy and Practice in Sport and Physical Education										
SHA4073 Sociology and Psychology of Physical Education and Coaching										
SHA4083 Scientific Principles of Physical Education and Coaching										

Level 5	Assessed level learning outcomes
---------	----------------------------------

	K1	K2	K3	K4	I1	I2	I3	P1	P2	P3
	PE & sport in lifelong learning	Interdisciplinary nature of PE	Individual needs in PE & Sport	Theories & knowledge	Underpinning research & knowledge	Informed judgements	Devising solutions	Communication	Analysis, enquiry & practical application	Research skills
SHA5063 Physical Activity and Health Promotion										
SHA5073 Applied Pedagogy – Models Based Practice										
SHA5083 Applied Scientific Principles										
SHA5093 Applying Professional Skills Physical Education and School Sport										

Level 6	Assessed level learning outcomes									
	K1	K2	K3	K4	I1	I2	I3	P1	P2	P3

	Biopsychosocial benefits of PE & Sport	Interdisciplinary nature of PE	Individual needs in PE	Theories & knowledge	Underpinning research & knowledge	Informed judgements	Devising solutions	Communication	Analysis, enquiry & practical application	Research skills, projects
SHA6103 Contemporary Debates in Physical Education and School Sport										
SHA6093 Inclusive Physical Education and School Sport										
SHA6233 Professional Learning Through Work in PE										
SHA6033 Independent Project										

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									
SHA4053 Introduction to Coaching and Teaching									
SHA4063 Policy and Practice in Physical Education and Sport									
SHA4073 Sociology and Psychology of Physical Education and Coaching									
SHA4083 Scientific Principles of Physical Education and Coaching									
Level 5									
SHA5063 Physical Activity and Health Promotion									
SHA5073 Applied Pedagogy – Models Based Practice									
SHA5083 Applied Scientific Principles									
SHA5093 Applying Professional Skills in Physical Education and School Sport									
Level 6									
SHA6103 Contemporary Debates in Physical Education and Sport									
SHA6093 Inclusive Physical Education and School Sport									

SHA6233 Professional Learning Through Work in PE									
SHA6033 Independent Project									