Leeds Trinity University

PROGRAMME SPECIFICATION

1. General information

Awarding body / institution	**Leeds Trinity University**
Teaching institution	**Leeds Trinity University**
'Parent' Faculty *(ICE / BCDI / SHS)*	**Health, Wellness and Life Sciences**
'Parent' School	**Sport and Wellbeing**
Professional accreditation body *(if applicable)*	**The Chartered Association of Sport & Exercise Sciences Undergraduate Endorsement Scheme**
Final award *(eg. BA Hons)*	**BSc (Hons)**
Title of programme(s)	**Sport and Exercise Science** **Sport and Exercise Science with Foundation Year in Sport and Exercise**
Subsidiary award(s) *(if any)*	**Certificate of Higher Education, Diploma of Higher Education, Ordinary Degree**
Honours type *(Single / Joint / Combined)*	**Single**
Duration and mode(s) of study	**36 months full time (BSc (Hons) Sport and Exercise Science)** **48 months full time (BSc (Hons) Sport and Exercise Science with Foundation Year in Sport and Exercise)** **72 months part time (BSc (Hons) Sport and Exercise Science)**
Month/year of approval of programme	**June 2025**
Start date (this version) *(month and year)*	**September 2025**
Periodic review next due *(academic year)*	**N/A**
HECoS subject code(s)	**100433 (sports science) 100%**
UCAS course code & route code **(available from Admissions)**	**C600**
SITS codes *(Course / Pathway / Route)* **(available from Student Administration)**	**SPXSCSH**
Delivery venue(s)	**Horsforth Campus: Yes** **City Campus: No** **Partner Institutions: N/A**

2. Aims of the programme

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

The BSc (Hons) Sport and Exercise Science programme, endorsed by the British Association of Sport & Exercise Sciences (BASES), provides you with a solid grounding in all the core and contemporary topics required to achieve the first step in a career in Sport and Exercise Science, and should you choose, progressing to achieve BASES accreditation after further study. You will study the disciplines of physiology, biomechanics, psychology, nutrition and strength and conditioning, as well explore the ways in which these subjects can be applied in an interdisciplinary approach, performance analysis and research in Sport and Exercise Science.

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 wide range of exciting sport and exercise science careers — from roles in sport performance, strength and conditioning, and performance analysis, to positions in exercise referral, cardiac rehabilitation, physical activity promotion, and public health. The programme is designed to equip you for work in multidisciplinary teams supporting both athletes and the wider population across sport, health, and wellbeing contexts. You will also be well-prepared for postgraduate study in areas such as sport and exercise science, exercise medicine, physiotherapy support, and health promotion. Staff will draw on their research and applied work in sport & exercise science to enrich the curriculum and, where possible, engage you as active partners in these projects. The programme is designed to reflect Leeds Trinity's mission and values by embedding principles of equality, diversity and inclusion, dignity and care, and the Curriculum for Social Justice throughout your learning journey. You will be supported to develop into a socially responsible graduate, prepared to contribute positively in diverse sport, exercise, and health communities.

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, gaining experience of working with athletes and/ or the general public, to enable you to work effectively in a range of relevant graduate-level careers and post graduate settings.

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 (postgraduate) (E) or attributes and skills (undergraduate) (AS)**

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*:

K1 Demonstrate knowledge and understanding of a range of sport and exercises, as defined by CASES, including the skills required to undertake a range of professional roles in Sport and Exercise Science

K2 Apply subject knowledge and understanding to the monitoring, analysis, and enhancement of performance and health outcomes in Sport and Exercise Science, including the design and implementation of evidence-based interventions.

K3 Demonstrate competence in a range of practical and analytical techniques used in Sport and Exercise Science to monitor health and performance and understand and comply with good and safe working practices.

K4 Critically evaluate and interpret research methodologies, designs, and experimental data in Sport and Exercise Science.

K5 Demonstrate awareness of inclusive practice, ethical conduct, and professional responsibilities in sport and exercise science.

I1 Critically analyse and appraise both primary and secondary sources.

I2 Solve complex problems.

I3 Plan, conduct and report on individual or group research, including using ethical practices.

I4 Assemble data from a variety of sources and discern and establish connections.

I5 Demonstrate independent and reflective learning, including the ability to evaluate one's own and others' professional practice.

P1 Demonstrate competence in the application, evaluation, and interpretation of practical techniques and data in sport and exercise science..

P2 Ability to apply practical and analytical skills to effectively screen individuals, plan and communicate relevant actions to a range of stakeholders.

P3 Understand, and be able to comply with safety in the laboratory and field.

P4 Demonstrate skills in the evaluation and interpretation of laboratory and field data.

P5 Plan and design projects or research relevant to sport science, using a range of equipment and protocols relevant to Sport and Exercise Science.

Attributes and Skills Outcomes (**undergraduate degree programmes**)

AS1 **Working Independently** - prioritising workload, anticipating and troubleshooting potential problems, and achieving this without requiring continual oversight from a supervisor or manager;

AS2 **Research & Thinking Critically** - systematic investigation of resources to identify relevant information. Critical thinking refers to a process of independent scrutiny, allowing formation of a well-reasoned opinion for application of the research to decision-making and action;

AS3 **Digital Confidence** - identifying, learning and confident adoption of digital tools, applications and software to improve existing processes, meet emerging challenges or develop new approaches;

AS4 **Adaptability** - the ability to make the most of changing circumstances and adapt to new conditions;

AS5 **Resilience** - the ability to recognise that you will be exposed to adversity but that you will be able to respond positively and ultimately adapt and grow from challenging events;

AS6 **Professional Outlook** - preparing yourself to successfully research, plan and apply for opportunities through effectively articulating your skills and attributes whilst understanding how to present yourself in professional working environments to achieve your career goals;

AS7	**Effective Communication** - the ability to work cooperatively with others to achieve a group objective and the recognition that good leadership empowers achievement of collective goals through combined efforts;
AS8	**Ethics, Diversity, Sustainability** - making a positive impact on society and the environment as a whole;
AS9	**Enterprise and Entrepreneurship** - entrepreneurship is the application of enterprise behaviours, attributes and competencies into the creation of cultural, social, or economic value. Enterprise is generating and applying ideas that are practical when undertaking a new venture or project.

3a External benchmarks

Statement of congruence with the relevant published subject benchmark statements *(including appropriate references to any PSRB, employer or legislative requirements)*
All Leeds Trinity University programmes are congruent with the Frameworks for HE Qualifications (FHEQ) and, where appropriate, the Qualifications and Credit Framework (QCF) (formerly National Qualification and Credit Framework (NQF)). The programme is congruent with the QAA Benchmark Statement in EHLST* (November 2019), the Health Studies QAA Subject Benchmark Statement (2024) 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

4. Learning outcomes for subsidiary awards

Guidance	
The assessment strategy is designed so that each of these outcomes is addressed by more than one module at Level 4.	**Learning outcomes for the award of <u>Certificate of Higher Education</u>:** On successful completion of 120 credits at Level 4, students will have demonstrated an ability to: i) interpret and evaluate data appropriate to the disciplines within sport and exercise; ii) make sound judgements in accordance with basic Sport and Exercise Science theories and concepts; iii) evaluate the appropriateness of different approaches to solving problems within Sport and Exercise Science; iv) communicate the results of their work coherently; and will have had specific opportunities to display transferable skills relevant to employment related to the discipline. **Learning outcomes for the award of <u>Diploma of Higher Education</u>:**

The assessment strategy is designed so that each of these outcomes is addressed by more than one module over Levels 4 & 5.	On successful completion of 240 credits, including 120 at Level 5, students will have demonstrated, **in addition to the outcomes for a Certificate**: i) critical understanding of the disciplinary principles within Sport and Exercise Science; ii) application of concepts outside their initial context; iii) use of a range techniques relevant to research and applied practice in Sport and Exercise Science; iv) proficient communication of the results of their work; 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. **Learning outcomes for the award of an <u>Ordinary Degree</u>:**
The assessment strategy is designed so that each of these outcomes is addressed by more than one module over Levels 4, 5 & 6.	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 within Sport and Exercise Science; ii) critical evaluation of approaches to solving problems in a Sport and Exercise Science 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)
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 Science 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 Science. The personal and professional development strand includes professional skills at Level 4, a compulsory work placement at the end of Level 5 and a module at Level 6 in which the students are required to complete either a work- based project in Sport and Exercise Science or an industry relevant independent project.

The research embedded through the programme ensures that the practical application of research methods is integrated across the curriculum in the context of sport and exercise science topics. 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.

Core disciplines through the programme ensure that students develop the fundamental knowledge and skills for working in sport and exercise science. The programme considers sports and science in relation to contemporary issues as a key theme through the programme, at Level 4 in The Sport and Exercise Scientist, at Level 5 in Contemporary issues in Sport and Wellbeing and at Level 6 in Sport and Exercise Science Case Studies. The module Advanced Performance Analysis in Sport brings together skills developed across modules at Level 4 and Level 5. Option modules in Strength and Conditioning and Nutrition at Level 6 prepare students for postgraduate study options.

The programme prepares you for careers across the full spectrum of sport and exercise science by developing a strong foundation in physiology, biomechanics, psychology, nutrition, and performance analysis. In addition to sport-specific roles — such as performance analyst, strength and conditioning coach, or applied sport scientist — the programme also equips you with the skills, knowledge and behaviours necessary to work in health and physical activity sectors. This includes developing competence in physical activity prescription, behaviour change, and inclusive practice. Interdisciplinary modules and applied learning opportunities, including placements, ensure you are prepared to contribute effectively in sport performance settings as well as in roles such as exercise referral, community health, or physical activity promotion.

6. Structure

BSc (Hons) Sport and Exercise Science
Duration: 3 years full-time
Total credit rating: 360 (180 ECTS)

Level 4 – with effect from September 2025
Core: Students are required to take:

SHN4183	Foundations of Physiology and Nutrition++	Sem 1	30 Credits
SHN4193	Fundamentals of Biomechanics and Human Movement for Strength and Conditioning ++	Sem 2	30 Credits
SHN4303	Introduction to Sport and Exercise Psychology ++	Sem 1 & 2	30 Credits
SHN4313	The Sport and Exercise Scientist (inc. placement/ professional challenge) ++	Sem 1 & 2	30 Credits

Level 5 – with effect from September 2026
Core: Students are required to take:

SHN5155	Working in Sport and Wellbeing (inc. placement)	Sem 1 & 2	15 Credits
SHN5165	Contemporary Issues in Sport and Wellbeing	Sem 1	15 Credits
SHN5263	Sport and Exercise Psychology – Working with Stakeholders	Sem 1	30 Credits
SHN5273	Biomechanics and Human Performance for Strength and Conditioning	Sem 2	30 Credits
SHN5283	Integrative Physiology and Biochemistry	Sem 2	30 Credits

Level 6 – with effect from September 2027
Core: Students are required to take:

SHN6323	Case Studies in Sport and Exercise Science	Sem 1 & 2	30 Credits
SHN6253	Sport and Wellbeing Project	Sem 1 & 2	30 Credits

Option: Students are required to choose 30 credits from Semester 1:

SHN6333	Applied Strength and Conditioning	Sem 1	30 Credits
SHN6343	Advanced Nutrition for Sport and Exercise	Sem 1	30 Credits

Option: Students are required to choose 30 credits from Semester 1 & 2:

SHN6313	Advanced Performance Analysis for Sport	Sem 1 & 2	30 Credits
SHN6403	Health Promotion and Exercise Referral	Sem 1 & 2	30 Credits

BSc (Hons) Sport and Exercise Science
Duration: 6 years part-time
Total credit rating: 360 (180 ECTS)

Level 4 Year 1 – with effect from September 2025
Core: Students are required to take:

SHN4183	Foundations of Physiology and Nutrition++	Sem 1	30 Credits
SHN4193	Fundamentals of Biomechanics and Human Movement for Strength and Conditioning ++	Sem 2	30 Credits

Level 4 Year 2 – with effect from September 2026
Core: Students are required to take:

SHN4303	Introduction to Sport and Exercise Psychology ++	Sem 1 & 2	30 Credits
SHN4313	The Sport and Exercise Scientist (including placement/ professional challenge) ++	Sem 1 & 2	30 Credits

Level 5 Year 3 – with effect from September 2027
Core: Students are required to take:

SHN5263	Sport and Exercise Psychology – Working with Stakeholders	Sem 1	30 Credits
SHN5273	Biomechanics and Human Performance for Strength and Conditioning	Sem 2	30 Credits

Level 5 Year 4 – with effect from September 2028
Core: Students are required to take:

SHN5155	Working in Sport and Wellbeing (inc. placement)	Sem 1 & 2	15 Credits
SHN5165	Contemporary Issues in Sport and Wellbeing	Sem 1	15 Credits
SHN5283	Integrative Physiology and Biochemistry	Sem 2	30 Credits

Level 6 Year 5 – with effect from September 2029
Option: Students are required to choose 30 credits from:

SHN6333	Applied Strength and Conditioning	Sem 1	30 Credits
SHN6343	Advanced Nutrition for Sport and Exercise	Sem 1	30 Credits

Option: Students are required to choose 30 credits from:

SHN6313	Advanced Performance Analysis for Sport	Sem 1 & 2	30 Credits
SHN6403	Health Promotion and Exercise Referral	Sem 1 & 2	30 Credits

Level 6 Year 6 – with effect from September 2030

SHN6323	Case Studies in Sport and Exercise Science	Sem 1 & 2	30 Credits
SHN6253	Sport and Wellbeing Project	Sem 1 & 2	30 Credits

Indicate as applicable:
++ Integrated Assessment Modules

7. Learning, teaching and assessment

7a) Statement of the strategy for learning, teaching and academic experience for the programme

The School of Sport and Wellbeing at LTU aims to provide a set of dynamic, inclusive and career focused educational experiences. This approach aligns with the university's broader strategic goals of placing partnership and inclusion at the heart of how we teach, enhancing student retention and progression, fostering employability, and promoting social justice through education.

You can expect to be partners in your learning journey, with all learning activity adopting a student-centred and co-creative approach. Aligned with the University's Learning, Teaching and Academic Experience Strategy, the programme encourages staff-student collaboration in the development of learning tasks, assessments, and research-informed activities. The Curriculum for Social Justice underpins our teaching, helping ensure that your experience is inclusive, empowering, and focused on enabling all students to succeed. For example, within Sport and Exercise Science the curriculum embeds opportunities for student engagement with partners and research projects, with students being able to demonstrate their skills with real case studies. Modules across the programme are designed to reflect the demands of both the sport performance and health sectors, with opportunities to apply skills in areas such as athlete development, performance monitoring, and training prescription, as well as population health, behaviour change, and physical activity promotion — supporting graduate readiness for careers aligned with both CASES competencies and public health initiatives, including those within the NHS Long Term Plan. Student feedback is integrated into all of our programmes and we strive to provide active and participatory learning experiences, which continues to be a highlight in student feedback.

All programmes embed employability skills and career development opportunities within the curriculum. This includes practical placements, industry partnerships and the use of the Career Passport to track and showcase student skills and achievements. Teaching and learning is research-informed and our approaches to teaching and learning help students develop their enquiring minds, providing the skills and attributes needed to investigate real-world questions as they pertain to their subject and develop the research-specific skills needed for potential employment and further study. Within Sport and Exercise Science, the integrated assessment provides students with experience of working in a multidisciplinary context to demonstrate skills needed for the workplace.

In an effort to reflect the changing nature of the sporting and wellbeing industries we adopt a multi-modal pedagogical approach in the classroom. This includes active learning such as group work, problem-solving and practicals and the use of digital tools and platforms in the form of simulations, online assessments and tools to foster student collaboration. Students are also encouraged to become reflective practitioners with our programmes offering students the chance to reflect on their journey and plan for their next steps.

Students will be assessed using a range of authentic assessment methods that are co-created to reflect real world challenges and tasks. Timely and constructive feedback will be provided as students prepare for assessment (formative) and at the end of the assessment period (summative). Peer to peer feedback mechanisms are also used to enhance the student community and develop responsibilities towards each other.

To bring to life the University's Curriculum for Social Justice, the principles of which underpin all work in Sport and Exercise Science, we will have L&T that draw on real work case studies and applied work to consider the ethics of research and applied practice, review the challenges associated with working with other professions and the wider public, explore approaches to Sport

and Exercise Science from around the world, and embed professional body codes of conduct into our curriculum). At the core of our programme is understanding how we can help people, and therefore we learn from each other's perspectives and develop understanding from hearing about and taking into consideration the experiences of others.

The School of Sport and Wellbeing approach to teaching and learning aims to create an exciting, supportive, engaging and career-focused educational environment. The programme also supports you to become an ethical and socially conscious graduate, with learning activities designed to encourage critical reflection on issues such as equity, inclusion, and the wider social impact of sport and exercise science.

7b) Programme learning outcomes covered

Programme Learning Outcomes:

	Assessed learning outcomes of the programme																Attributes and Skills Outcomes								
Adjust LO codes as necessary. ↓	K1	K2	K3	K4	K5	I1	I2	I3	I4	I5	P1	P2	P3	P4	P5		AS1	AS2	AS3	AS4	AS5	AS6	AS7	AS8	AS9
Lighter or hatched shading indicates modules that are not core, ie. not all students on this programme will undertake these.	*Knowledge of sport & exercise disciplines*	Performance Monitoring	Practical and analytic techniques	Evaluation and interpretation of experimental design	Professional Development	Using primary and secondary sources	Problem solving	Undertake indivudal/ group research	Using data	Independent Learning	Practical and analytical techniques	Communicate with a range of stakeholders	Being safe	Evaluation data	Projects		Working Independently	Research & Thinking Critically	Digital Confidence	Adaptability	Resilience	Professional Outlook	Effective Communication	Ethics, Diversity, Sustainability	Enterprise and Entrepreneurship
SHN4183 Foundations of Physiology and Nutrition	■	■									■		■				■	■							
SHN4193 Fundamentals of Biomechanics and Human Movement for Strength and Conditioning		■	■				■				■			■			■	■	■						
SHN4303 Introduction to Sports Psychology	■		■			■											■	■					■		
SHN4313 The Sport and Exercise Scientist (including placement/ professional challenge)	■				■		■			■		■					■	■			■	■		■	
SHN5155 Working in Sport and Wellbeing (inc. Placement)					■					■		■					■			■	■	■	■		■
SHN5165 Contemporary Issues in Sport and Wellbeing				■		■		■	■									■						■	■
SHN5263 Sport and Exercise Psychology –		■	■				■			■		■					■			■	■		■		

Working with Stakeholders																									
SHN5273 Biomechanics and Human Movement for Strength and Conditioning																									
SHN5283 Integrative Physiology and Biochemistry																									
SHN6323 Sport and Exercise Case Studies																									
SHN6253 Sport and Wellbeing Project																									
SHN6313 Advanced Performance Analysis in Sport																									
SHN6363 Health Related Fitness and Physical Activity (Title TBC)																									
SHN6333 Applied Strength and Conditioning																									
SHN6343 Advanced Nutrition for Sport and Exercise																									

8. Entry requirements

Do the University's standard entry requirements apply (as outlined within the University's Admissions Policy)?	Yes
Detail of any deviation from and/or addition to the University's standard entry requirements (if applicable)	N/A

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 following regulations apply, together with the General Taught Academic Regulations: • Bachelor's Degree Programme Regulations

10. Prerequisites and additional information

Details of modules students must study and achieve credit for before enrolling on a module at a higher level, or attaining their final programme award *Include the rationale which justifies imposition of the prerequisite(s) and the mark/grade required.*
For the following modules students are required to pass the work placement/ professional challenge aspect of the module to be able to progress to the next level of study: • SHN4313 The Sport and Exercise Scientist • SHN5165 Working in Sport and Wellbeing

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.