



Approved on 20 December 2010

PROGRAMME SPECIFICATION

1. General Information

Awarding body / institution	University of Leeds
Teaching institution	Leeds Trinity University College
Professional accreditation body	n/a
Final award	BSc (Hons)
Title of programme	Sport and Exercise with Psychology
Schemes combined in the programme	Sport and Exercise (Major) Psychology (Minor)
Duration and mode of study	3 years full-time
Start date (this version)	September 2011
Periodic review next due	AY 2011/12
UCAS code	C6C8
Venue(s) (if not Leeds Trinity)	n/a

2. Aims and Objectives

Aims of the programme or scheme	
i	to develop a sound understanding of the scientific and social scientific basis of sport and exercise and psychology;
ii.	to develop intellectual skills of critical analysis, reflection, synthesis and problem solving;
iii.	to develop study skills and enthusiasm for learning, and the ability to work effectively both independently and within teams;
iv.	to develop confidence in formal and informal communication;
v.	to develop a range of skills needed by those working in sport, health, exercise and psychology contexts.
vi.	to provide a grounding in selected areas of psychology, incorporating a range of teaching methods to broaden the variety of learning experiences;
vii.	to provide students with knowledge and understanding of key areas of the discipline and critically evaluate relevant research;
viii.	to exploit the benefits of psychology as a general advanced education, providing opportunities to develop a range of personal and intellectual skills directly relevant to many forms of employment and training;
ix.	to produce graduates who recognize the contribution which psychology can make to human well-being.

Objectives/learning outcomes of the programme/scheme in terms of:

- **knowledge and understanding (K);**
- **subject specific practical skills (S);**
- **intellectual/cognitive/'thinking' skills (I);**
- **key/transferable skills (T).**

On successful completion of the Sport and Exercise Major Scheme students will be able to:

- K1 demonstrate knowledge and understanding of the scientific and social-scientific basis of sport and exercise and/or psychology,
 - K2 demonstrate knowledge and understanding of a range of research methods in sport and exercise and/or psychology
 - K3 demonstrate a critical awareness of ethical issues within a sport and exercise context and/or psychology
 - K4 apply knowledge, understanding and problem solving skills within a professional context
 - S1 utilise subject-related skills within laboratory and field contexts such as sport and exercise counselling and coaching/instructing
 - S2 design, conduct and evaluate small scale research
 - S3 demonstrate knowledge and understanding of sport and exercise and/or psychology
 - I1 critically assess and evaluate evidence
 - I2 describe and analyse information
 - I3 develop a reasoned argument and challenge assumptions
- use a range of transferable skills including:
- T1 – communication and presentation skills
 - T2 – numeracy and graphicacy
 - T3 – ability to self-appraise and reflect on practice
 - T4 – the capacity for autonomous learning
 - T5 – the use of ICT
 - T6 – interactive and group skills.

On successful completion of the Psychology Minor Scheme students will be able to:

- i) demonstrate knowledge and understanding of Psychology as a scientific, systematic, dynamic on-going process of enquiry; (K)
- ii) demonstrate an awareness of the range and breadth of the discipline; (K)
- iii) demonstrate knowledge and understanding of the approaches adopted in different fields of Psychology; (K)
- iv) understand the main methods of Psychological research and analysis (K).
- v) analyse, interpret and report the findings of psychological investigations (S);
- vi) critically evaluate psychological theory and research; (I)
- vii) demonstrate analytical thinking in selected areas of the discipline; (I)
- viii) use a range of transferable skills including effective written communication, critical thinking, presentation skills, the capacity for autonomous learning, numeracy and graphicacy, use of IT, lead and facilitate seminars. (T)

Statement of congruence with the relevant published subject benchmark statements

The learning outcomes for the Sport and Exercise Major scheme are congruent with the QAA subject benchmarks for programmes of study orientated towards sport studies, and identify sport specific graduate outcomes related to “the study of the historical, social, political, economic and cultural diffusion, distribution and impact of sport” and “the study of human responses to sport and exercise”. Additionally, students are able to select modules which enable the achievement of selected outcomes related to “the study of performance of sport and its enhancement, monitoring and analysis”, “the study of the policy, planning, management and delivery of sporting opportunities” and/or “the study of lifestyle, consumption and culture as they affect people’s leisure lives”.

For the Psychological Minor scheme of study, objectives are consistent with the subject benchmark statements for Psychology.

3. Objectives for Certificates and Diplomas of Higher Education and Ordinary Degrees

Guidance:	This section should be retained, verbatim in all programme specifications:
<p><i>The assessment strategy is designed so that each of these outcomes is addressed by more than one module at Level 4.</i></p> <p><i>The assessment strategy is designed so that each of these outcomes is addressed by more than one module over Levels 4 and 5.</i></p> <p><i>The assessment strategy is designed so that each of these outcomes is addressed by more than one module over Levels 4, 5 and 6.</i></p>	<p>Generic Objectives for the award of Certificate of Higher Education:</p> <p><i>On successful completion of at least 100 credits, students will have demonstrated an ability to:</i></p> <ul style="list-style-type: none"> i) interpret and evaluate data appropriate to the discipline; ii) make sound judgements in accordance with basic disciplinary theories and concepts; iii) evaluate the appropriateness of different approaches to solving problems within the discipline; iv) communicate the results of their work coherently; <p>and will have had specific opportunities to display transferable skills relevant to employment related to the discipline.</p> <p>Generic Objectives for the award of Diploma of Higher Education:</p> <p><i>On successful completion of at least 200 credits, students will have demonstrated, in addition to the outcomes for a Certificate:</i></p> <ul style="list-style-type: none"> i) critical understanding of disciplinary principles; ii) application of concepts outside their initial context; iii) use of a range disciplinary techniques; iv) proficient communication of the results of their work; <p>and will have had the opportunity to develop transferable skills relevant to employment related to the discipline including successful completion of at least one professional attachment or school based training component.</p> <p>Generic Objectives for the award of an Ordinary Degree:</p> <p><i>On successful completion of at least 260 credits, students will have demonstrated, in addition to the outcomes for a Diploma:</i></p> <ul style="list-style-type: none"> i) an ability to make flexible use of disciplinary concepts and techniques; ii) critical evaluation of approaches to solving problems in a disciplinary context; iii) an ability to work autonomously within a structured learning experience; iv) effective communication of the results of their work in a variety of forms; <p>and will have had the opportunity to develop transferable skills relevant to employment related to the discipline including successful completion of two professional attachments or school based training placements.</p>

4. Content

Summary of content by

The Sport and Exercise major scheme comprises foundation modules in a range of sports science disciplines including psychological perspectives of sport, leisure and health. Students are introduced to experimental research methods and experience the practical application of underpinning theory in laboratory and sports performance workshops. The option programme enables students to develop their knowledge within a sport development or leisure context. In level 5, students develop further their knowledge of sport psychology and apply it in practical performance and coaching contexts. Underpinning knowledge of the development of exercise and health and of qualitative research methods is covered in the second core module. The option programme offers students the opportunity to study more advanced scientific, sociological or applied modules. Students are able to apply their knowledge, understanding and problem solving skills during the two compulsory professional attachment modules. At level 6 all students undertake independent study in the preparation of a research project and study a more advanced module in sport and exercise psychology. They deepen their knowledge of additional scientific, sociological and/or professionally relevant modules through the option modules.

Psychology (minor) students study a core curriculum designed to provide an introduction to key areas of psychology at Level 4. The programme provides the opportunity to develop a range of personal and intellectual skills. Emphasis is placed upon learning through practical classes and group work. Communication skills are fostered by group and individual presentations, leading seminars and a variety of written assignments. Opportunities to develop other career relevant skills such as teamwork, time management and the collection and analysis of information are provided throughout the programme by means of class exercises and module assessments. Several modules, especially those at Level 6, require autonomous learning for successful completion.

Ethics:

Several modules address the principles of conduct and ethics in respect of coaching, experimental techniques, protocols and analysis procedures, research and case studies with clients. Specific examples can be provided in the following modules: SHL 5372; SHN 6712; SHN 6602. These modules address issues surrounding ethical clearance, informed consent, data protection and responsibility, competence and, finally, professional and personal conduct.

5. Structure

BSc (Hons) Sport and Exercise with Psychology (Combined Honours)

Duration: 3 years full-time / 6 years part-time

Total credit rating: 360

Level 4 (from 2009/10)

Please refer to the Prospectus for entry requirements.

Core: Candidates are required to take:

Major Core

SHL 4452	Psychology of Motor Performance	Sem 1&2	20 credits
SHN 4612	Health and Well-being	Sem 1&2	20 credits
SHN 4702	Professional Development and Placement 1	Sem 1&2	20 credits
SHN 4662	Research Methods and Exercise Physiology	Sem 1&2	20 credits

<u>Minor Core</u>			
PSY 4262	Introduction to Cognitive and Biological Psychology	Sem 1&2	20 credits
PSY 4282	Individual Differences, Social & Developmental Psychology	Sem 1&2	20 credits
Level 5 (from 2010/11)			
Entry requirements: minimum of 100 credits from Level 4 including SHN4702, or equivalent			
Core:	Candidates are required to take:		
<u>Major Core</u>			
SHL 5302	Research Methods / Health Development	Sem 1&2	20 credits
SHL 5372	Sports Psychology and Coaching	Sem 1&2	20 credits
Either:			
SHN 5722	Professional Development and Placement 2	Sem 1&2	20 credits
Or:			
FAS 5002	Volunteering	Sem 1&2	20 credits
<u>Minor Core</u>			
PSY 5042	Biological & Social Psychology	Sem 1&2	20 credits
PSY 5022	Cognitive & Developmental Psychology	Sem 1&2	20 credits
Options: Candidates are required to choose 20 credits from:			
<u>Major Options</u>			
SHL 5332	Physiology of Training 1 / Community Fitness	Sem 1&2	20 credits
SHN 5672	Physiology of Training 1 and 2	Sem 1&2	20 credits
SHL 5362	Sport, Politics & History	Sem 1&2	20 credits
Level 6 (from 2011/12)			
Core:	Candidates are required to take:		
<u>Major Core</u>			
SHN 6602	Research Project	Sem 1&2	20 credits
SHN 6712	Applied Sport Psychology	Sem 1&2	20 credits
Options:			
Candidates are required to choose 40 credits from:			
PSY 6052	Aspects of Health Psychology	Sem 1&2	20 credits
PSY 6422	Biopsychology of Stress & Health	Sem 1&2	20 credits
PSY 6032	Psychology and Work	Sem 1&2	20 credits
PSY 6442	Psychology of Ageing	Sem 1&2	20 credits
PSY 6462	Counselling and Coaching Psychology	Sem 1&2	20 credits
Candidates are required to choose 40 credits from:			
SHL 6342	Sport in Society	Sem 1&2	20 credits
SHL 6352	Community Sport Development/Special Populations	Sem 1&2	20 credits
SHL 6362	Community Sport Development/Leisure Management	Sem 1&2	20 credits
SHL 6372	Leisure Studies / Leisure Management	Sem 1&2	20 credits
SHL 6412	Eating Disorders / Sports Nutrition	Sem 1&2	20 credits
SHL 6422	Elite Physiology / Sports Nutrition	Sem 1&2	20 credits
SHN 6722	Physical Activity & Health Trainer	Sem 1&2	20 credits
SHN 6742	Sport Injury / Sport Therapy	Sem 1&2	20 credits
NOTE:	SHL 6422 may not be taken with SHL 6412 SHL 6362 may not be taken with SHL 6352 SHL 6372 may not be taken with SHL 6362		

6. Learning, Teaching and Assessment

6a) Statement of the strategy for Learning, Teaching and Assessment for the programme/scheme, including the development of active, vocational and ethically-minded learning

The programme in Sport and Exercise with Psychology enacts the College Learning and Teaching Strategy by providing a distinctive learning experience which enables students to develop appropriate vocationally-oriented skills and knowledge, engages students with issues of ethics and values and which is underpinned by staff scholarship, research and consultancy.

6b) Module Details

Module number and name	Learning and Teaching Methods	Assessment				Teaching Staff (module co-ordinator as first name and in bold)
		Form	Magnitude	Weighting	Timing	
Level 4						
SHL 4452 Psychology of Motor Performance	Lectures, seminars, workshops	Essay Movement analysis report	2,500 words 2,500 words	50% 50%	Sem 1 Sem 2	K Grace
SHN4612 Health and Wellbeing	Lectures, seminars, workshops	Multi-choice test Multi-choice test 2 case-studies	1 hour 1 hour 2,000 words	25% 25% 50%	Mid-Sem 1 End of Sem 1 Mid- & End of Sem 2	N Eccles
SHN 4662 Research Methods and Exercise Physiology	Lectures, practical workshops, computer workshops	Exam Practical file	1 hour 3,000 words	30% 70%	End of Sem 2 End of Sem 1 & 2	R McDonald
SHN 4702 Prof'l Development and Placement 1	Lectures/workshops, tutorials, placement	Prof'l. dev. portfolio Placement report Practical performance	1,500 words 2,000 words	40% 60% Pass/Fail	Spread over 4 months 1 week after placement During placement	R McDonald
PSY 4262 Introduction to Cognitive and Biological Psychology	Lectures, VLE	Exam Exam	2 hours 2 hours	50% 50%	End of Sem 1 End of Sem 2	K Lewis J Jackson
PSY 4282 Individual Differences, Social and Developmental Psychology	Lectures, VLE	Exam Exam Essay	1.5 hours 1.5 hours 1,200 words	35% 35% 30%	End of Sem 1 End of Sem 2 Mid-Sem 2	J Perara A Torn G Peckham

Module number and name	Learning and Teaching Methods	Assessment				Teaching Staff (module co-ordinator as first name and in bold)
		Form	Magnitude	Weighting	Timing	
Level 5						
SHL 5302 Research Methods / Health Development	Lectures, seminars, workshops, tutorials	Exam Assignment Exam (incl. 1 seen qu'n)	1 hour 1,250 words 2 hours	25% 25% 50%	End of Sem 1 End of Sem 1 End of Sem 2	P McDonald P Harlow
SHL 5332 Physiology of Training 1 / Community Fitness	Lectures, laboratory practicals, teaching workshops, oral presentations	Oral presentation Exam Practical teaching & written plan	30 minutes 1 hour 1,500 words	20% 30% 50%	End of Sem 1 End of Sem 1 End of Sem 2	M Hopkins N Eccles
SHL 5362 Sport, Politics and History	Lectures, seminars, tutorials, individual tuition	Essay Individual report of case-study	2,000 words 2,500 words	50% 50%	End of Sem 1 End of Sem 2	J Dart
SHL 5372 Sports Psychology and Coaching	Lectures, practicals	Assignment Learning & Coaching File	2,500 words 2,500 words	50% 50%	Sem 1 Sem 2	J Perry
SHN 5672 Physiology of Training 1 and 2	Lectures, laboratory practicals, oral presentations, workshops, seminars	Group oral presentation Exam Practical file	30 minutes 1 hour 1,500 words	20% 30% 50%	During Sem 1 End of Sem 1 End of Sem 2	M Hopkins
SHN 5722 Professional Development and Placement 2	Lectures, workshops, tutorials, placement	Portfolio Report Practical Performance	1,500-word equivalent 3,000 words	30% 70% Pass/Fail	End of Sem 1 1 week after placement During placement	C Crossley
FAS 5002 Volunteering	Lectures, tutorials, workshops/ presentations	Case study of voluntary sector organisation Poster exhibition Reflective report Practical performance	1,000 words 2,000 words 60 hours	30% 30% 40% Pass/Fail	End of Sem 1 End of block placement period (Feb/Mar) 1 week after voluntary activity (Apr/May) At end of vol'ary activity	T Leadbeater
PSY 5042 Biological & Social Psychology	Lectures, tutorials, seminars/workshops	Exam Exam	2 hours 2 hours	50% 50%	Sem 1 Sem 2	J Jackson A Torn
PSY 5022 Cognitive and Developmental Psychology	Lectures, tutorials, seminars/workshops	Exam Exam	2 hours 2 hours	50% 50%	End of Sem 1 End of Sem 2	J Allen J Perera

Module number and name	Learning and Teaching Methods	Assessment				Teaching Staff (module co-ordinator as first name and in bold)
		Form	Magnitude	Weighting	Timing	
Level 6						
SHL 6342 Sport in Society	Lectures, seminars, tutorials	Essay	2,500 words	50%	End of Sem 1	P Salisbury
		Unseen Paper	2 hours	50%	End of Sem 2	
SHL 6352 Community Sport Development / Special Populations	Lectures, practicals, individual tutorials, group tutorials	Project Case-study/project	2,500 words 2,500 words	50% 50%	End of Sem 1 End of Sem 2	C Crossley
SHL 6362 Community Sport Development / Leisure Management	Lectures, group tutorials, individual tutorials	Project	2,000-2,500 words	50%	Sem 1	C Crossley I Kenvyn
		Essay	2,000 words	50%	Sem 2	
SHL 6372 Leisure Studies / Leisure Management	Lectures, seminars, tutorials	Essay	2,000-2,500 words	50%	End of Sem 1	I Kenvyn
		Essay	2,000-2,500 words	50%	End of Sem 2	
SHL 6412 Eating Disorders / Sports Nutrition	Lectures, seminars, practicals, tutorials	Interview transcript analysis & report	2,000-2,500 words	50%	End of Sem 1	L Santos-Merx
		Case-study report	2,000-2500 words	50%	End of Sem 2	
SHL 6422 Elite Physiology / Sports Nutrition	Lectures/workshops	Practical file	2,500 words	50%	End of Sem 1	R McDonald
		Case-study report	2,000-2,500 words	50%	End of Sem 2	
SHN 6602 Research Project	Lectures, individual tutorials	Project proposal Project report	1,000 words 6,000 words	Pass/Fail 100%	End of Sem 2	P McDonald
SHN 6712 Applied Sport Psychology	Lectures, tutorials and presentations	Oral presentation and notes	20 minutes and accompanying 1,000-word notes	30%	End of Sem 1	J Perry
		Case-study	2,500 words	70%	End of Sem 2	
SHN 6722 Physical Activity and Health Trainer	Lectures, seminars, workshops, independent experience, tutorials	Essay Report	2,000 words 2,500 words	40% 60%	End of Sem 1 End of Sem 2	N Eccles

Confirmed by Head of Department 28 November 2014

Module number and name	Learning and Teaching Methods	Assessment				Teaching Staff (module co-ordinator as first name and in bold)
		Form	Magnitude	Weighting	Timing	
SHN 6742 Sport Injury / Sport Therapy	Lectures, workshops, practicals	Critical literature review Case-study report	2,000 words 2,000 words	50% 50%	End of Sem 1 End of Sem 2	M Sedgwick
PSY 6032 Psychology and Work	Lectures, workshops	Assessed essay Case-study report	2,500 words 2,500 words	50% 50%	End of Sem 1 End of Sem 2	B Rainford
PSY 6052 Aspects of Health Psychology	Lectures, seminars, group tutorials, practicals	Assessed essay Unseen paper	2,500 words 2 hours	50% 50%	End of Sem 1 End of Sem 2	P Spencer
PSY 6422 Biopsychology of Stress and Health	Lectures, tutorials, VLE	Academic poster Workbook Essay	n/a 1,250 words 2,500 words	25% 25% 50%	Sem 1 Sem 1 Sem 2	J Jackson
PSY 6442 Psychology of Ageing	Lectures (including tutorial discussions, directed reading, audio-visual material), workshops	Essay Case-study	2,500 words 2,500 words	50% 50%	Sem 1 Sem 2	J Cornell
PSY 6462 Counselling and Coaching Psychology	Lectures, workshops, tutorials, guest speakers	Essay Exam	2,500 words 2 hours	50% 50%	Sem 1 Sem 2	P Spencer B Rainford

Confirmed by Head of Department 28 November 2014

6c) Programme Objectives covered

	Assessed objectives of Sport & Exercise Major scheme									Skills Development						
	K1	K2	K3	K4	S1	S2	S3	I1	I2	I3	T1	T2	T3	T4	T5	T6
SHL 4452																
SHN 4612																
SHN 4662																
SHN 4702																
SHL 5302																
SHL 5332																
SHL 5362																
SHL 5372																
SHN 5672																
SHN 5722																
FAS 5002																
SHL 6342																
SHL 6352																
SHL 6362																
SHL 6372																
SHL 6412																
SHL 6422																
SHN 6602																
SHN 6712																
SHN 6722																
SHN 6742																

Assessed objectives of Psychology Minor scheme										Skills Development										
	1. Knowledge of Psychology	2. Apply knowledge	3. Awareness of range	4 Knowledge of approaches	5 Understanding methods	6Design and conduct investigations	7 Analyse and interpret findings	8 Vocationally relevant skills	9. Critically evaluate theory and research	10.Reflect on practical experience	11. Original thinking	12. Communication	13. Critical Thinking	14.Team membership.	15. Presentation skills	16. Autonomous learning	17. Numeracy and graphicacy	18. ICT skills	19. Leading seminars	
PSY 4262																				
PSY 4282																				
PSY 5042																				
PSY 5022																				
PSY 6032																				
PSY 6052																				
PSY 6422																				
PSY 6442																				
PSY 6462																				

7. Prerequisites

Details of prerequisites,

(modules which must be passed before enrolment on a module at a higher level)

8. Progression and Award requirements

Details of progression and award requirements

(modules which must be passed for progression and award).

Progression from Level 4 to Level 5 requires a minimum of 100 credits from Level 4 including SHN 4702 or equivalent

Progression from Level 5 to Level 6 requires a minimum of 100 credits from Level 4 and 100 credits from Level 5 including SHN 5722 or equivalent.

9. External examining arrangements

External examining arrangements

The two External Examiners currently responsible for the SHEN programme and the SHL Scheme will externally examine the modules in the Sport and Exercise Scheme

External Examiners currently responsible for the Psychology schemes of study will examine Psychology modules.

10. Additional Information

Any **special features**: details regarding arrangements in respect of any special features of the programme/scheme, for example, study abroad, field course, attachment.

The Sport and Exercise Major scheme contains a six week professional attachment in Levels 4 and 5.

Students are not limited in the range of experience they may gain by this placement but suitability must be agreed between the student and the module leader prior to the placement.

11. Additional support needs

Arrangements made to accommodate students with additional support needs wherever possible. Any unavoidable restrictions are listed below.

Students with disabilities are welcome and will be able to fully participate in the course. Special arrangements will be made to accommodate individual student needs wherever possible.