

Programme Specification

With effect from: September 2021

A programme specification is the definitive record of your programme of study at the University. It sets out the aims, learning outcomes, and indicative content of the programme. You should read this programme specification alongside the relevant module descriptors and the University's Taught Programme Academic Regulations.

This specification only applies to the delivery of the programme indicated below. The details in this specification are subject to change through the modifications or periodic review processes.

1 **Programme name and award**

This programme specification relates to the following award(s)

BSc (Hons) Sport and Exercise Sciences (Sports Nutrition)

2 Aims of the programme

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

The BSc (Hons) Sport and Exercise Sciences (Sport Nutrition) programme, endorsed by the British Association of Sport & Exercise Sciences (BASES), provides you with a solid grounding in all the sport and exercise sciences required to achieve the first step in a career in sport and exercise sciences and sports nutrition. You will study the sub-disciplines of physiology, biomechanics, psychology and nutrition as well explore the ways in which these subjects can be applied creatively, both individually and collectively, in supporting sports performers and those engaged in physical activity.

You will develop a range of investigative and research skills enabling you to undertake research and applied practice in your chosen area of study in both an ethical and inclusive way. This applied programme aims to enable you to become employment-ready in a range of exciting sport performance, exercise science and physical activity-promotion careers, whilst also preparing you for a range of postgraduate study and research opportunities.

The Programme Aims are to:

- Develop your scientific knowledge, understanding and problem-solving skills in a range of sport and exercise science disciplines, with a particular focus on the discipline of Nutrition.
- Develop your practical, laboratory and field-based skills, enabling you to apply these in developing ethically-sound, evidenced-based interventions in

sport performance, exercise and health settings with a particular focus on Sports Nutrition.

- Develop your research and scientific inquiry skills to enable you to explore, critique and address a range of sport and exercise science & Sports Nutrition related issues.
- Develop your transferable personal, practical and intellectual skills to enable you to work effectively in a range of relevant graduate-level careers and post graduate settings.

3 Level Learning Outcomes and Employability Outcomes

Learning outcomes are expressed in terms of:

- Knowledge and understanding (K)
- Intellectual / cognitive / 'thinking' skills (I)
- Practical skills specific to the subject (P)
- Employability skills (E)

We design assessment tasks to enable you to demonstrate the Level Learning Outcomes and relevant Employability Outcomes for your level of study. To a greater or lesser extent, all Level Learning Outcomes at each level of your study are embedded in the assessment task(s) at that level. This means we can take a more integrated view of your overall performance at a level.

To progress to the next level, or to receive an award, you will need to satisfy the Level Learning Outcomes below and relevant Employability Outcomes and achieve credit as per the Taught Programme Academic Regulations.

Leve	Level Learning Outcomes			
	Level 4 – at the conclusion of Level 4 (focus on foundation and breadth of knowledge and skills) you should be able to demonstrate:			
K1	Appreciation for and foundation knowledge of the evidence for a range of sport and exercise science subject areas as defined by BASES.			
K2	Basic understanding of the research process and how the collection, analysis and use of data, as well as literature-based evidence, can support sport and exercise interventions.			
K3	Foundation knowledge of the roles of a range of sport and exercise science & sports nutrition specialists and the career requirements associated with them.			
K4	Awareness and appreciation of non-discriminatory and inclusive practice in sport and exercise science & sports nutrition.			
11	Capability to compare a range of sources of evidence in sport and exercise sciences and discern strengths and weaknesses.			
12	Appreciation of the role of theory in research and applied practice.			
13	Understanding of ethics as relating to research and practice in sport and exercise sciences & sports nutrition.			

14	Developing application of reflective practices in sport and exercise sciences & sports nutrition.
P1	Basic use of a range of equipment and protocols used within the sport and exercise sciences & sports nutrition.
P2	Capability to undertake a basic needs analysis pertaining to a sports performer or exercise participants.
P3	Ability to act as part of a group in undertaking support for an athlete or exercise participant.
P4	Ability to communicate sport and exercise sciences ideas to a range of third parties (e.g., performers, coaches, other sport & exercise professionals).
skills	5 – at the conclusion of Level 5 (focus on extending knowledge and , focus on end-users, developing reflective practice) and you should be to demonstrate:
K1	Detailed knowledge of a range of sport and exercise science subject areas commensurate with the programme of study.
K2	Detailed understanding of a range of research designs (both qualitative and quantitative) and methods of enquiry in subject areas commensurate with the programme of study.
К3	Detailed knowledge of the skills required to undertake a range of professional roles in sport & exercise sciences and associated roles.
K4	Critical understanding of ethical practices in sport and exercise sciences, and how concepts such as 'inclusion' and 'equality' pertain to sport and exercise sciences and in particular sports nutrition.
11	Application of a range of analytical skills to better understand issues in sport & exercise sciences & sports nutrition.
12	Ability to critically locate and apply a range of evidence bases to address issues in sport & exercise sciences & sports nutrition.
13	Ability to reflect critically on one's own and others' practices in sport and exercise sciences & sports nutrition.
14	Ability to articulate via a range of means, arguments in support of or refuting claims made in sport & exercise sciences & sports nutrition.
P1	Advanced use of a range of equipment and protocols appropriate to the programme or study.
P2	Ability to construct and communicate an intervention plan for addressing identified participant needs.
P3	Ability to utilise a range of research skills to investigate phenomena in sport and exercise sciences & sports nutrition.
real-v	6 – at the conclusion of Level 6 (focus on synthesis and integration, and vorld application, in-depth evaluation and reflective practice) you should le to demonstrate:

 an in-depth knowledge of selected aspects of the subject. K2 Application of subject knowledge and understanding to performance monitoring and enhancement in sport science with a particular focus on sports nutrition. K3 Competence in a range of practical and analytical techniques used in sport & exercise science & sports nutrition to monitor health and performance and understand and comply with good and safe working practices. K4 Ability to learn independently and undertake the critical evaluation and interpretation of experimental data. K5 Ability to use generic intellectual and key skills in lifelong learning, professional development, and future employment. K1 Critical analysis and appraisal of both primary and secondary sources. K2 Solving complex problems in sport and exercise sciences. K3 Planning, conducting and reporting on individual or group research. K4 Ability to be an independent, autonomous learner. K5 Ability to be an independent, autonomous learner. K4 Competence in a range of practical and analytical techniques used in sport and exercise science & sports nutrition. K5 Ability to be an independent, autonomous learner. K5 Ability to be an independent autonomous learner. K5 Competence in a range of practical and analytical techniques used in sport and exercise science & sports nutrition. K6 Suitings. K8 Skills in the evaluation and interpretation of laboratory and field data. K8 Planning and designing experimental projects or field research relevant to sport & exercise science. 		
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science & sports nutrition to monitor health and performance and understand and comply with good and safe working practices.K4Ability to learn independently and undertake the critical evaluation and interpretation of experimental data.K5Ability to use generic intellectual and key skills in lifelong learning, professional development, and future employment.I1Critical analysis and appraisal of both primary and secondary sources.I2Solving complex problems in sport and exercise sciences.I3Planning, conducting and reporting on individual or group research.I4Assembling data from a variety of sources and discern and establish connections 	K2	Application of subject knowledge and understanding to performance monitoring and enhancement in sport science with a particular focus on sports nutrition.
experimental data.K5Ability to use generic intellectual and key skills in lifelong learning, professional development, and future employment.11Critical analysis and appraisal of both primary and secondary sources.12Solving complex problems in sport and exercise sciences.13Planning, conducting and reporting on individual or group research.14Assembling data from a variety of sources and discern and establish connections between them.15Ability to be an independent, autonomous learner.P1Competence in a range of practical and analytical techniques used in sport and exercise science & sports nutrition.P2Understanding of, and an ability to comply with safety in the laboratory and field settings.P3Skills in the evaluation and interpretation of laboratory and field data.P4Planning and designing experimental projects or field research relevant to sport & exercise science.	K3	Competence in a range of practical and analytical techniques used in sport & exercise science & sports nutrition to monitor health and performance and understand and comply with good and safe working practices.
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P4 Planning and designing experimental projects or field research relevant to sport & exercise science.	P2	Understanding of, and an ability to comply with safety in the laboratory and field settings.
exercise science.	P3	Skills in the evaluation and interpretation of laboratory and field data.
P5 Planning, conducting, and reporting on an individual research project in a sport science.	P4	Planning and designing experimental projects or field research relevant to sport & exercise science.
	P5	Planning, conducting, and reporting on an individual research project in a sport science.

Employ	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 takeopportunities;
E9	Social, cultural & civic awareness – embracement of an ethos of community and civic responsibility; an appreciation of diversity and ethical issues; an understanding of cultures and customs in the wider community.

4 External Benchmarks

Statement of congruence with the relevant external benchmarks

All Leeds Trinity University programmes are congruent with the Framework for HE Qualifications (FHEQ) and, where appropriate, the Qualifications and Credit Framework (QCF) / National Qualification and Credit Framework (NQF).

The programme is congruent with the QAA Benchmark Statement in EHLST* (November 2019), the QAA Benchmark Statement in Health Studies (2019) and the professional standards identified by the British Association of Sport & Exercise Sciences (BASES). In addition, the learning outcomes seek to reflect CIMPSA* professional standards as appropriate.

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

5 Indicative Content

Summary of content by theme

This programme covers the core disciplines of sports and exercise sciences with a particular focus around the topic of Sports Nutrition. The fundamental disciplines of psychology, biomechanics, physiology, research methods, interdisciplinary and multidisciplinary methods of working, in addition to the delivery of personal and professional development are covered throughout the programme as well as the specialist interest within Sports Nutrition. The core aspects of sport and exercise sciences develop from underpinning theory at Level 4, to applied practice at Level 6. Some modules included within these strands also encourage an interdisciplinary approach to sport and exercise sciences. Whilst there is common content with Sport & Exercise Science and Strength & Conditioning Science (also BASES endorsed), this programme has some distinctive within-module content and a programme-specific applied module at Level 6.

The personal and professional development strand includes professional skills at Level 4, a compulsory work placement at the end of level 5 and a professional module at Level 6 in which the students are required to complete a work-based project in *Professional Learning Through Work*.

The research strand ensures that practical application of research methods is embedded across the curriculum at Level 4. Indicative content of the modules ensures that research and data analysis is the grounding for many modules. Appropriate research practices are also incorporated into summative assessment methods, and this enables students to contextualise the implications research has for practice especially aligning methods with specific disciplines. At Level 5, there is a module entitled *Research Methods and Enquiry* which consolidates the Level 4 content and provides focused guidance in preparation for composing an independent project proposal and ethics application. Finally, at Level 6 the Independent Project modules requires students to complete an independent research project in an area of their choosing.

Programme Structure 6

Programme Structure – <u>BSc (Hons) Sport & Exercise Sciences (Sports Nutrition)</u>		
Duration	3 years full-time	
Total credit rating	360 (180 ECTS)	
Level 4 – With effect from: September 2021		

Core: You are required to take the following modules

Module Code	Module Title	Semester	Credits
SHN4093	Assessing Psychological and Physiological Needs in Sport, Exercise and Health	Semester 1	30 credits
SHN4103	Fundamentals in Sport, Exercise and Health	Semester 1	30 credits
SHN4123	Applying Principles of Sport and Exercise Sciences	Semester 2	30 credits
SHN4143	Professional Skills in Sport, Exercise and Health	Semester 2	30 credits

Level 5 – With effect from: September 2022

Core: You are required to take the following modules			
Module Code	Module Title	Semester	Credits
SHN5035	Physiology of Training	Semester 1	15 credits
SHN5015	Sport and Exercise Psychology	Semester 1	15 credits
SHN5105	Nutrition for Sport, Health and Exercise	Semester 1	15 credits
SHN5103	Applying Professional Skills in Sport, Exercise and Health	Semester 1 & 2	30 credits
SHN5065	Biomechanical Analysis of Movement	Semester 2	15 credits
SHN5055	Research Methods and Enquiry	Semester 2	15 credits
SHN5115	Nutrition for Sport Performance	Semester 2	15 credits

Core: You are required to take the following modules

Level 6 – With effect from: September 2023			
Core: You are re	quired to take the following module	es	
Module Code	Module Title	Semester	Credits
SHN6033	Independent Project	Semester 1 & 2	30 credits
SHN6143	Professional Learning Through Work	Semester 1 & 2	30 credits
SHN6183	Advanced Nutrition for Sport and Exercise	Semester 2	30 credits
Options: You are	e required to choose 30 credits from	m the following mod	dules
Module Code	Module Title	Semester	Credits
SHN6163	Applied Physiology	Semester 1	30 credits
SHN6173	Applied Performance Testing	Semester 1	30 credits
SHN6213	Applied Psychology: Practical Solutions	Semester 1	30 credits

Programme Structure – <u>BSc (Hons) Sport & Exercise Science</u> (Sports Nutrition)				
Duration 6 years part-time				
Total credit ratin	ig 360 (180 ECTS)	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 Semester Credits				

Module Code	Module Title	Semester	Credits
SHN4093	Assessing Psychological and Physiological Needs in Sport, Exercise and Health	Semester 1	30 credits
SHN4123	Applying Principles of Sport and Exercise Sciences	Semester 2	30 credits

Level 4 Year 2– With effect from: September 2022

Core: You are required to take the following modules

Module Code	Module Title	Semester	Credits
SHN4103	Fundamentals in Sport, Exercise and Health	Semester 1	30 credits

SHN4143	Professional Skills in Sport, Exercise and Health	Semester 2	30 credits					
Level 5 Year 3 – With effect from: September 2023								
Core: You are req	uired to take the following module	es						
Module Code	Module Title	Semester	Credits					
SHN5035	Physiology of Training	Semester 1	15 credits					
SHN5015	Sport and Exercise Psychology	Semester 1	15 credits					
SHN5065	Biomechanical Analysis of Movement	Semester 2	15 credits					
Level 5 Year 4 -	With effect from: Septembe	er 2024						
Core: You are req	uired to take the following module	es						
Module Code	Module Title	Semester	Credits					
SHN5105	Nutrition for Sport, Health and Exercise	Semester 1	15 credits					
SHN5055	Research Methods and Enquiry	Semester 2	15 credits					
SHN5115	Nutrition for Sport Performance	Semester 2	15 credits					
SHN5103	Applying Professional Skills in Sport, Exercise and Health	Semester 1 & 2	30 credits					
Level 6 Year 5 -	- With effect from: Septembe	er 2025						
Core: You are req	uired to take the following module	es						
SHN6143	Professional Learning Through Work	Semester 1 & 2	30 credits					
Options Semeste	r 2: You are required to choose 3	30 credits from the f	ollowing modules					
Module Code	Module Title	Semester	Credits					
SHN6163	Applied Physiology	Semester 1	30 credits					
SHN6173	Applied Performance Testing	Semester 1	30 credits					
SHN6213	Applied Psychology: Practical Solutions	Semester 1	30 credits					

Level 6 Year 6 – With effect from: September 2026							
Core: You are required to take the following modules							
Module Code Module Title Semester Credits							
SHN6033	Independent Project	Semester 1 & 2	30 credits				
SHN6183	Advanced Nutrition for Sport and Exercise	Semester 2	30 credits				

7 Pre-requisites

Modules students <u>must</u> study and achieve credit for before enrolling on a module at a higher level, or attaining their final programme award

N/A

8 Learning, Teaching and Assessment

The University's Learning, Teaching and Assessment Strategy informs the design of your programme. You can find more information about learning, teaching and assessment for your programme (including information on Integrated Assessment) within the relevant Assessment Handbooks.

In addition, within module assessments there are numerous examples of optionality with both the mode of assessment and the content of assessment. Within Psychology you will be able to negotiate your mode of assessment and in other modules you will be able to select a variety of case studies, own research project ideas and select your own athletes of your chosen discipline to work with.

9 Entry requirements

Do the University's standar requirements apply?	ird entry	Yes
Detail of any deviation from and/or addition to the University's standard entry requirements (if applicable)	GCSE Science is al as well as English a	lso required at grade 4 or above and Maths.

10 Additional support needs

Students with disabilities or other support needs are welcome and are expected to be able to participate fully in this programme. Arrangements will be made, via the normal University support systems, to accommodate students with additional support needs wherever possible, with reasonable adjustments made to accommodate individual needs.

Programme-specific requirements / unavoidable restrictions on participation in the programme

N/A

11 Technical Information

Awarding Body / Institution	Leeds Trinity University
Teaching institution	Leeds Trinity University
Parent School	School of Social and Health Sciences
Department	Department of Sport, Health and Physical Education
Professional accreditation body	Endorsed by British Association of Sport & Exercise Sciences (BASES)
Final award	BSc (Hons)
Title of programme(s)	Sport and Exercise Sciences (Sports Nutrition)
Subsidiary award(s)	Certificate of Higher Education, Diploma of Higher Education, Ordinary Degree
Honours type	Single
Duration and mode(s) of study	3 years full-time; 6 years part-time
Month/year of approval of programme	June 2021
Periodic review due date	2025/26
HECoS subject code(s)	100433 Sport & Exercise Sciences (90%) 100247 Nutrition (10%)
UCAS course code(s)	C6B4
SITS route codes	SPESNSH
Delivery venue(s)	Leeds Trinity University

12 Level Learning Outcomes

The grid below demonstrates where Level Learning Outcomes are assessed at module level and ensures that students are assessed in all Level Learning Outcomes at each level of their study.

Level 4					Assesse	ed level lea	rning outc	omes				
	K 1	K2	К3	K4	11	12	13	14	P1	P2	P3	P4
	Foundation knowledge	Research methods	Sport and exercise science specialists	Non-discriminatory & inclusive practice	Comparing evidence	Theory in research & applied practice	Ethics: research & professional practice	Reflective practice	Use of equipment and related protocols	Individual needs	Interdisciplinary workina	Communication
SHN4093 Assessing Psychological and Physiological Needs in Sport, Exercise and Health												
SHN4103 Fundamentals in Sport, Exercise and Health												
SHN4123 Applying Principles of Sport and Exercise Sciences												
SHN4143 Professional Skills in Sport, Exercise and Health												

Level 5				Ass	essed le	vel learnin	ng outcom	es			
	K1	K2	К3	K4	11	12	13	14	P1	P2	P3
	Developing knowledge	Research methods	Professional skills development	Ethical practices	Analytical skills	Using evidence	Reflective practice	Informed arguments	Use of equipment & related protocols	Intervention planning	Research skills
SHN5035 Physiology of Training											
SHN5015 Sport and Exercise Psychology											
SHN5105 Nutrition for Sport, Health and Exercise											
SHN5103 Applying Professional Skills in Sport, Exercise and Health											
SHN5065 Biomechanical Analysis of Movement											
SHN5055 Research Methods and Enquiry											
SHN5115 Nutrition for Sport Performance											

Level 6					Α	ssesse	d leve	learning	outco	omes					
	K1	K2	К3	K4	K5	11	12	13	14	15	P1	P2	Р3	P4	P5
	Human responses to sport & exercise	Performance monitoring	Practical and analytical techniques	Evaluation & interpretation of experimental data	Professional development	Using primary & secondary sources	Problem-solving	Undertake individual/group rsearch	Using data	Independent learning	Pracctical & analytical techniques	Being safe	Evaluation data	Projects	Individual research
SHN6033 Independent Project															
SHN6143 Professional Learning Through Work															
SHN6183 Advanced Nutrition for Sport and Exercise															
Options:															
SHN6163 Applied Physiology SHN6173 Applied Performance Testing															
SHN6213 Applied Psychology: Practical Solutions															

13 Employability Outcomes

The grid below shows where Employability Outcomes are assessed. Students might not be assessed in all Employability Outcomes at each level of study. However, all Employability Outcomes will have been assessed by the end the programme.

				Assesse	ed Employabil	ity 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	Entrepreneurshi p / enterprise	Social, cultural & civic awareness
Level 4									
SHN4093 Assessing Psychological and Physiological Needs in Sport, Exercise and Heatlh									
SHN4103 Funadmentals in Sport, Exercise and Health									
SHN123 Applying Principles of Sport and Exercise Sciences									
SHN4143 Professional Skills in Sport, Exercise and Health									
Level 5									
SHN5035 Physiology of Training									
SHN5015 Sport and Exercise Psychology									
SHN5105 Nutrition for Sport, Health and Exercise									
SHN5103 Applying Professional Skills in Sport, Exercise and Health									
SHN5065 Biomechanical Analysis of Movement									

SHN5055 Research Methods and Enquiry					
SHN5115 Nutrition for Sport Performance					
Level 6					
SHN6033 Independent Project					
SHN6143 Professional Learning Through Work					
SHN6183 Advanced Nutrition for Sport and					
Exercise					
Options:					
SHN6163 Applied Physiology					
SHN6173 Applied Performance Testing					
SHN6213 Applied Psychology: Practical					
Solutions					



PROGRAMME SPECIFICATION

1. General information

Awarding body / institution	Leeds Trinity University
Teaching institution	Leeds Trinity University
'Parent' School (ICE / SAC / SSHS)	SSHS
Academic Group	SHAPE
Professional accreditation body (<i>if applicable</i>)	Students have the option to take additional Level 2 and Level 3 qualifications and then can apply to join the Register of Exercise Professionals
Final award (eg. BA Hons)	BSc (Hons)
Title of programme(s)	Sport and Exercise Sciences (Sports Nutrition)
Subsidiary award(s) (if any)	CertHE, DipHE and BSc (fallback awards)
Honours type (Single / Joint / Combined)	Single
Duration and mode(s) of study	3 years, full-time
	6 years, part-time
Month/year of approval of programme	January 2019
Start date (this version) (month and year)	September 2018
Periodic review next due (academic year)	2021/22
JACS subject code(s) (Level 3)	C600
(Please refer to HESA listing on AQO website)	B400
HECoS (formerly JACS) subject	100433 (90%)
code(s) (Level 3)	100247 (10%)
UCAS course code & route code (available from Admissions)	C6B4
SITS codes (Course / Pathway / Route) (available from Student Administration)	SPESNSH
Delivery venue(s)	Leeds Trinity University

2. Aims of the programme

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

This programme fuses the key areas of sport and exercise sciences: psychology, physiology and biomechanics with interdisciplinary content to provide graduates with the broad range of knowledge and skills. Specifically, the programme places extra emphasis on sports nutrition to provide would-be sport and exercise scientists with a domain of expertise.

The programme also incorporates professional development and employability skills to equip graduates with the experience required to succeed in the workplace or postgraduate study.

The general aims of the programme are to:

- i. Develop a sound understanding of the scientific and social scientific basis of sport and exercise sciences.
- ii. Develop intellectual skills of critical analysis, reflection, synthesis and problem solving.
- iii. Develop study skills for learning, and the ability to work effectively both independently and within teams.
- iv. Develop confidence in formal and informal communication.
- v. Develop a range of skills needed by those working in sport and exercise sciences contexts.
- vi. Provide grounding in selected areas of sport and exercise sciences, incorporating a range of teaching methods to broaden the variety of learning experiences.
- vii. Provide students with knowledge and understanding of key areas of the discipline and critically evaluate relevant research.
- viii. Enable students to develop scientific skills of inquiry, critical analysis and reporting.
- ix. Work towards accreditation as a graduate member of the Sport and Exercise Nutrition Register.

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 (E)

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 the ability to understand theoretical knowledge and research evidence about/be able to:

- K1 Demonstrate knowledge and understanding of the scientific basis of sport and exercise performance.
- K2 Demonstrate knowledge and understanding of a range of research methods in sport and exercise sciences.
- K3 Demonstrate a critical awareness of issues within a sport and exercise sciences context.

- REP wording added to Section 1 7.11.18.
- SHN6202 change from core to option AG 4.7.18 SHN6202 11 title 1 10 C 25 1 10

Module modification – title changed back to SHN 5192 Nutrition for Sport and Exercise; title changed back to SHN6252 Advanced Nutrition for Sport and Exercise (AG Chair's Action – 2.8.18).

SHN4232 – module title change – AG 25.1.19 SHN6402 – added as option module – AG 25.1.19

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- K4 Develop applied knowledge, understanding and problem solving skills within a professional context.
- K5 Demonstrate knowledge and understanding of sports nutrition practice.
- I1 Critically assess and evaluate evidence.
- I2 Describe and analyse information.
- 13 Develop a reasoned argument and challenge assumptions.
- P1 Utilise subject-related skills within laboratory and field contexts.
- P2 Design, conduct and evaluate small scale research.
- P3 Apply theoretical knowledge of sport and exercise and/or nutrition.
- 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.

See also the generic objectives set out in section 4 below.

3a External benchmarks

Statement of congruence with the relevant published subject benchmark statements *(including appropriate references to any PSRB, employer or legislative requirements)*

The programme objectives were developed with reference to the QAA Subject Benchmark Statement for Hospitality, Leisure, Sport and Tourism (2008), the QAA Framework for HE Qualifications, the Further and Higher Education Qualification Descriptors and the University Learning, Teaching and Assessment Strategy. Consideration was also given to the proposed updated QAA subject benchmarks for Events, Hospitality, Leisure, Sport and Tourism (2016).

In particular, programme outcomes relate to "human responses and adaptations to sport and exercise" and "the performance of sport and exercise and its enhancement, monitoring and analysis".

4. Learning outcomes for subsidiary awards

<u>The text below should be amended to contextualise the subsidiary/fallback awards</u>. Similarly formatted (and specific) information should be included for the subsidiary/fallback awards for postgraduate programmes, *i.e.* Postgraduate Certificate and Postgraduate Diploma (see A3.4 vii).

Guidance		
The assessment	Generio <u>Educat</u> i	c Learning outcomes for the award of <u>Certificate of Higher</u> ion:
strategy is designed so that each of these outcomes is addressed by more		cessful completion of 120 credits at Level 4, students will have strated an ability to:
than one module at Level 4.	i)	interpret and evaluate data appropriate to the discipline;
	ii)	make sound judgements in accordance with basic disciplinary theories and concepts;
	iii) iv)	evaluate the appropriateness of different approaches to solving problems within the discipline; communicate the results of their work coherently;
		have had specific opportunities to display transferable skills to employment related to the discipline.
	Generio <u>Educat</u> i	c Learning outcomes for the award of <u>Diploma of Higher</u> i <u>on</u> :
The assessment strategy is designed so that each of these outcomes is		essful completion of 240 credits, including 120 at Level 5, students e demonstrated, in addition to the outcomes for a Certificate :
addressed by more than one module over	i)	critical understanding of disciplinary principles;
Levels 4 & 5.	ii)	application of concepts outside their initial context;

 $Module \ modification-title \ changed \ back \ to \ SHN 5192 \ Nutrition \ for \ Sport \ and \ Exercise; \ title \ changed \ back \ to \ SHN 6252 \ Advanced \ Nutrition \ for \ Sport \ and \ Exercise; \ title \ changed \ back \ to \ SHN 6252 \ Advanced \ Nutrition \ for \ Sport \ and \ Exercise; \ title \ changed \ back \ to \ SHN 6252 \ Advanced \ Nutrition \ for \ Sport \ and \ Exercise; \ title \ changed \ back \ to \ SHN 6252 \ Advanced \ Nutrition \ for \ Sport \ and \ Exercise; \ title \ changed \ back \ to \ SHN 6252 \ Advanced \ Nutrition \ for \ Sport \ and \ Exercise; \ title \ changed \ back \ to \ SHN 6252 \ Advanced \ Nutrition \ for \ Sport \ and \ Exercise; \ title \ changed \ back \ to \ SHN 6252 \ Advanced \ Nutrition \ for \ Sport \ and \ Shn 6252 \ Advanced \ Nutrition \ for \ Sport \ and \ Shn 6252 \ Advanced \ Nutrition \ for \ Sport \ and \ Shn 6252 \ Advanced \ Nutrition \ for \ Sport \ and \ Shn 6252 \ Advanced \ Nutrition \ Shn 6252 \ Advanced \ Shn 6252 \ Advanced \ Shn 6252 \ Advanced \ Nutrition \ Shn 6252 \ Advanced \ Shn 6252 \ Advanc$

REP wording added to Section 1 - 7.11.18. SHN6202 – change from core to option – AG 4.7.18

SHN4232 – module title change – AG 25.1.19

SHN6402 – added as option module – AG 25.1.19

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	iii) use of a range disciplinary techniques;
	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.
	Generic Learning outcomes for the award of an <u>Ordinary Degree</u> :
The assessment strategy is designed so that each of these	On successful completion of 300 credits, including 60 at Level 6, students will have demonstrated, in addition to the outcomes for a Diploma:
outcomes is addressed by more than one module over	an ability to make flexible use of disciplinary concepts and techniques;
Levels 4, 5 & 6.	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;
	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)

The three core aspects of sport and exercise sciences develop from underpinning theory at Level 4 to applied practice at Level 6. Some modules included within these strands also encourage an interdisciplinary approach to sport and exercise sciences.

The personal and professional development strand includes *Ethics, Society and Employability* and 'Development Tutorials' at Level 4 and a compulsory work placement at the end of the year. A further compulsory work placement takes place at the end of Level 5 or via the Volunteering module; with an optional professional module at Level 6 in which the students are required to complete a work based project in Professional Learning Through Work.

The research strand ensures that practical application of research methods is embedded across the curriculum at Level 4. Indicative content of the modules ensures that research and data analysis is the grounding for many modules. Appropriate research practices are also incorporated into summative assessment methods and enables students to contextualise the implications research has for practice especially aligning particular methods with specific disciplines. At Level 5, there is a module entitled *Research Methods* which consolidates the Level 4 content and provides focused guidance in preparation for composing a dissertation proposal and ethics application. Finally, the 40-credit dissertation at Level 6 requires students to complete a large scale independent research project in an area of their choosing, albeit related to the programme.

Module modification – title changed back to SHN 5192 Nutrition for Sport and Exercise; title changed back to SHN6252 Advanced Nutrition for Sport and Exercise (AG Chair's Action – 2.8.18). REP wording added to Section 1 – 7.11.18. SHN6202 – change from core to option – AG 4.7.18 SHN4232 – module title change – AG 25.1.19 SHN6402 – added as option module – AG 25.1.19

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Students will receive individualised support from an academic member of staff with similar interests.

During Level 5, and particularly emphasised at Level 6, is the applied practice element of sport and exercise sciences, requiring more autonomous learning. There is a large focus on data collection, analysis, and practical application. The applied nature of the programme is especially evident in the applied modules at Level 6, where students make much use of their acquired knowledge to develop a case study documenting their professional approach to a scenario.

Each year students will complete 120 credits. Modules are 20 credits except the dissertation (40 credits) and the Programme Level Assessment (0 credits).

At Level 4, students will complete a number of compulsory modules across semesters. This will provide them with the foundation in sport and exercise sciences. Students will complete a module which spans two semesters called *Ethics, Society and Employability*. This module will challenge students to think about how they can contribute to society and also provide them with important employability skills. This module is concluded with the first professional placement.

It is important that students have choice in their degree. Therefore, in the second semester, students choose a module from a choice relating to either Health and Fitness or Strength and Conditioning. This allows students to experience different but related disciplines and will also allow them to switch programmes, should a student wish, and still be eligible for relevant professional accreditation.

In Level 5, students will cover a number of modules which build on their knowledge of sport and exercise sciences from Level 4. Specifically, students develop knowledge in the strands of psychology, biomechanics and physiology and, of course, build on the programme's speciality of sport and performance nutrition. Students will begin planning their dissertation project in *Research Methods* and also complete a second placement.

By Level 6, all students will have had chance to experience a range of sport and exercise science subjects and will have identified their favourite areas. Therefore, in Level 6, students will choose three modules from a choice of seven. These option modules are also positioned to allow students flexibility in managing their workload. This is important as students will be completing a 40-credit dissertation. This is a large and self-directed research project based on an area of their interest. This is, of course, complemented by the other compulsory modules in Level 6, such as *Applied Sport Nutrition*, where students will put their experience and knowledge to the test working in an applied setting and ensuring that they study nutrition in increasing detail through all three years of their degree.

6. Structure

	d Exercise Sciences (Sports Nutrition)		
Duration: Total credit rating:	3 years full-time 360		
Level 4 – with effect	from September 2019		
Please see section 8	and refer to the Prospectus for entry requirements.		
Core: Students are	required to take:		
SHN 4232	Introduction to Nutrition	Sem 1	20 credits
SHN 4282	Anatomy and Physiology	Sem 1	20 credits
SHN 4992	Ethics, Society and Employability	Sem 1 & 2	20 credits
SHN 4312	Performance Analysis	Sem 2	20 credits
SHN 4472	Exercise Psychology	Sem 2	20 credits
Option: Students a	re required to choose 20 credits from the following:		
SHN 4412	Techniques in Strength and Conditioning	Sem 2	20 credits
SHN 4502	Health and Fitness	Sem 2	20 credits
Level 5 – with effect	from September 2019		
	nents: minimum of 120 credits from Level 4		
Core: Students are	required to take:		
SHN 5192	Nutrition for Sport and Exercise	Sem 1	20 credits
SHN 5262	Sport Psychology: Theory to Practice	Sem 1	20 credits
SHN 5222	Biomechanical Analysis of Performance	Sem 2	20 credits
SHN 5142	Research Methods	Sem 2	20 credits
SHN 5172	Physiology of Training	Sem 2	20 credits
SI IN 5172	Friyslology of Training	Sem 2	20 creaits
	re required to choose either of the following:		
SHN 5152	Professional Development and Placement	Sem 1 & 2	20 credits
SHN 5162	Volunteering in SHN	Sem 1 & 2	20 credits
	from September 2019 nents: minimum of 120 credits from Level 5		
Coro: Studente ere	required to take:		
Core: Students are		Com 1 9 0	10 anadita
SHN 6164	Dissertation	Sem 1 & 2	40 credits
SHN 6122	Applied Sport Nutrition	Sem 2	20 credits
	re required to choose 60 credits from the following:		
SHN 6212	Performance Physiology	Sem 1	20 credits
SHN 6222	Sports Injury	Sem 1	20 credits
SHN 6242	Applied Biomechanics and Movement Analysis	Sem 1	20 credits
SHN 6252	Advanced Nutrition for Sport and Exercise	Sem 1	20 credits
SHN 6192	Professional Learning through Work	Sem 1 & 2	20 credits
SHN 6202	Physical Activity and Behaviour Change	Sem 2	20 credits
SHN 6182	Healthy Weight: Practical Strategies	Sem 2	20 credits
SHN6402	Exercise Referral	Sem 2	20 credits
Duration: Total credit rating:	6 years part-time 360		
	from September 2019 and refer to the Prospectus for entry requirements.		
Core: Students are	required to take:		
Year 1			

Module modification – title changed back to SHN 5192 Nutrition for Sport and Exercise; title changed back to SHN6252 Advanced Nutrition for Sport and Exercise (AG Chair's Action – 2.8.18). REP wording added to Section 1 – 7.11.18. SHN6202 – change from core to option – AG 4.7.18 SHN4232 – module title change – AG 25.1.19 SHN6402 – added as option module – AG 25.1.19

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SHN4992	Ethics, Society and Employability	Sem 1 & 2	20 credits
Year 2			
SHN4232	Introduction to Nutrition	Sem 1	20 credits
SHN4472	Exercise Psychology	Sem 2	20 credits
SHN4312	Performance Analysis	Sem 2	20 credits
01114012	r chomanoc / halysis		20 0100113
Ontion: Students:	are required to choose 20 credits from the following:		
Year 1	are required to photose 20 breaks norm the following.		
SHN4412	Techniques in Strength and Conditioning	Sem 2	20 credits
	Techniques in Strength and Conditioning	Jelli Z	20 creaits
<u>Year 2</u> SHN4502	Health and Fitness	Sem 2	20 aradita
3HIN4302	Health and Fillness	Sem 2	20 credits
<u>Level 5</u> – with effect	ct from September 2019		
Progression require	ements: minimum of 120 credits from Level 4		
Core: Students are	e required to take:		
<u>Year 3</u>			
SHN5262	Sport Psychology: Theory to Practice	Sem 1	20 credits
SHN5222	Biomechanical Analysis of Performance	Sem 2	20 credits
	·		
Year 4			
SHN5192	Sport and Performance Nutrition	Sem 1	20 credits
SHN5142	Research Methods	Sem 2	20 credits
SHN5172	Physiology of Training	Sem 2	20 credits
01110172	Thysiology of Training		20 0100113
Ontion: Students	are required to choose either of the following:		
Year 3	are required to choose cluter of the following.		
SHN5152	Professional Development and Placement	Sem 1 & 2	20 credits
		Sem 1 & 2	20 credits
SHN5162	Volunteering in SHN	Semiaz	20 creans
	t fam. Oantank an 0010		
	ct from September 2019		
Progression require	ements: minimum of 120 credits from Level 5		
Core: Students are	e required to take:		
<u>Year 5</u>			
SHN6122	Applied Sport Nutrition	Sem 2	20 credits
<u>Year 6</u>			
SHN6164	Dissertation	Sem 1 & 2	40 credits
Option: Students a	are required to choose 60 credits from the following Level 6	6 option modules:	
Year 5		-	
SHN6192	Professional Learning through Work	Sem 1 & 2	20 credits
SHN6212	Performance Physiology	Sem 1	20 credits
SHN6242	Applied Biomechanics and Movement Analysis	Sem 1	20 credits
SHN6252	Advanced Nutrition for Sport and Exercise	Sem 1	20 credits
SHN6402	Exercise Referral	Sem 2	20 credits
STINU40Z			
Voor 6			
Year 6	Consistent la financia	Com 1	
SHN6222	Sports Injury	Sem 1	20 credits
SHN6202	Physical Activity and Behaviour Change	Sem 2	20 credits
SHN6182	Healthy Weight: Practical Strategies	Sem 2	20 credits

7. Learning, teaching and assessment

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

The programme meets the requirements of relevant policy documents, particularly the QAA Framework for HE Qualifications, relevant QAA Subject Benchmark Statements, Leeds Trinity Mission Statement and Corporate Plan and Leeds Trinity Learning, Teaching and Assessment

Strategy.

The structure and content of the modules are such that, from one level to the next, material is offered in a theoretically coherent fashion which progresses student learning and understanding of the subject. They relate one to each other in a manner which properly informs students of contemporary issues within sport and exercise sciences, while simultaneously working to raise students' intellectual capacities to higher levels of inquiry. The period of work-based learning provides the opportunity for students to apply their learning in a professional setting and develop and evaluate their key transferable skills.

Leeds Trinity University's Learning, Teaching and Assessment Strategy states that students' learning will be applied, collaborative and engaged (ACE) (2015). The content of the programme modules are industry driven and will equip students with the attributes required to work as a sport and exercise scientist or within a variety of related domains (Goal D, LTA strategy, 2015). The programme aims are reflective of the multi and interdisciplinary nature of sport science. This is evident in specific modules which encourages cross-discipline collaboration. Students are required to work to their strengths within an interdisciplinary team with a considerable element of peer learning encouraged. Additional modules which are shared with other subject areas will be scheduled to enable contextually relevant discussions within seminars and workshops. Modules are mainly single semester in duration. This enables compatibility with overseas universities and allows the option for study abroad.

Content will be delivered by a wide variety of methods including lectures, seminars, tutorials, laboratory classes, workshops, problem-based learning, case studies and directed and selfdirected activities. Using this diverse approach to learning encourages students to develop problem solving, communication and personal skills. The use of group based collaborative learning and problem based learning facilitates active enquiry and encourages students to be responsible for their learning (Goal A, LTA strategy, 2015). There is an emphasis on work based learning. This is evident in core modules within Levels 4 and 5 and also the optional Professional Learning Through Work module in Level 6. Students will engage with a period of work within industry and are supported by taught content and placement preparation. Practical work, in the form of laboratory classes and workshop activities, forms an essential part of the programme and reflects the practical nature of the sports science industry. Furthermore, the use of reflective practice, which is an assessed component of a number of modules, will develop criticality and help students make informed decisions based on the analysis of previous experiences to inform future practice (Goal E, LTA strategy, 2015). At Level 4, students will complete an integrated Assessment which is a multi-disciplinary project to link together the programme objectives. Integrated Assessment consists of a collaborative project (Goal A, LTA strategy, 2015) and will consolidate knowledge and analytical skills from two modules.

Moodle provides online access to a range of teaching, learning and assessment materials. The Panopto video casting platform is used to provide 'mini lectures' and subject summaries in support of the contact sessions, again providing a flexible learning environment. Additionally, Panopto enables the capture of lectures and also student presentations, which serve as a valuable resource (Goal B, LTA strategy, 2015).

Assessment methods for the programme have been selected to ensure the range of knowledge, understanding and skills are assessed appropriately. Assessment methods are diverse and typically include oral presentations, seminars, reports, case studies, laboratory reports, examinations, posters and the assessment of practical and professional skills. Assessment serves

three purposes: summative, formative and diagnostic and these different types of assessment are included in the programme. The programme team will provide relevant and effective feedback on summative assessments and this will be given within 20 working days. A number of modules foster an environment which encourages peer feedback as part of the learning process. Peer learning and feedback are promoted through a number of modules, where in-class presentations and debates receive both peer and lecturer feedback.

7b) Programme learning outcomes covered

		Assessed learning outcomes of the programme												S	kills o	develo	opme	nt		
	K1	K2	K3	K4	K5	I1	12	13	P1	P2	P3	E1	E2	E3	E4	E4	E5	E6	E7	E9
Lighter or hatched shading indicates modules that are not core, ie. not all students on this programme will undertake these.	Knowledge and understanding of scientific basis	Knowledge and understanding of esearch methods	Critical awareness of issues within SPEX context	Apply knowledge, understanding and problem solving skills	Demonstrate knowledge and understanding of sports nutrition practice.	critically assess and evaluate evidence	describe and analyse information	develop a reasoned argument and challenge assumptions	Subject-related skills within laboratory and field contexts	design, conduct and evaluate small scale research	Apply knowledge of SPEX and/or nutrition	Self-management	Team-working	Business and sector awareness	Problem-solving	Communication and literacy	Application of numeracy	Application of IT	Entrepreneurship / enterprise	Social, cultural & civic awareness
SHN 4232 Introduction to Nutrition	4 8	4				0 4	0	0 0	05 10											
SHN 4282 Anatomy and Physiology																				
SHN 4472 Exercise Psychology																				
SHN 4312 Performance Analysis																				
SHN 4502 Health and Fitness																				
SHN 4412 Techniques in Strength and Conditioning																				
SHN 4992 Ethics, Society and Employability																				
SHN 5222 Biomechanical Analysis of Performance																				
SHN 5192 Nutrition for Sport and Exercise																				
SHN 5142 Research Methods SHN 5262																				

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Sport Psychology:											
Theory to Practice SHN 5172							 				
Physiology of											
Training			 			_	 	 			
SHN 5152											
Professional											
Development and											
Placement		 	 	 		 _	 	 		 	
SHN 5162											
Volunteering in SHN		 	 			 -					
SHN 6122											
Applied Sport											
Nutrition						_	 				
SHN 6164											
Dissertation							 				
SHN 6212											
Performance											
Physiology											
SHN 6222											
Sports Injury						_					
SHN 6242											
Applied											
Biomechanics and											
Movement Analysis						_	 				
SHN 6202											
Physical Activity and											
Behaviour Change						_	 				
SHN 6252											
Advanced Nutrition											
for Sport and											
Exercise	 			 	 	 _	 	 	 		
SHN 6182											
Healthy Weight:											
Practical Strategies SHN 6402						_			 		
SHN 6402											
Exercise Referral						_	 				
SHN 6192											
Professional Learning											
Through Work											

8. Entry requirements

Honours degree programmes

Applicants should normally have achieved the following prior to registration for the programme: 5 academic or vocational qualifications, of which at least 2 should be GCE 'A' levels (or equivalent at level 3) and 3 should be GCSE English Language, Mathematics and Science at grade C (or equivalent).

Some equivalent qualifications and the current typical offer conditions in terms of UCAS Tariff points are detailed in the undergraduate prospectus.

For students whose first language is not English, a pass in an approved test in English is needed, e.g. the International English Language Testing Service (IELTS) or equivalent test.

Applications are welcome from those with few or no formal qualifications. Any previous relevant work experience and learning will be assessed and, where appropriate, accredited as part of the application process. Please see Leeds Trinity's Principles and Guidelines for the Recognition of Prior Learning.

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 <u>must</u> 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 undergraduate Taught Course Academic Regulations apply.

10. Prerequisites

Details of modules which <u>must</u> be passed before enrolment on a module at a higher level *Include the rationale which justifies imposition of the prerequisite(s) and the mark/grade required.*

SHN 4282 Anatomy and Physiology must be passed (20 credits and 35%) to progress on to SHN 5172 Physiology of Training. The underpinnings of human physiology gained within SHN 4282 are important foundations to build on in level 5. Furthermore, fundamental laboratory skills are aquired in Level 4 which are required for the students to participate in data collection within Level 5.

SHN 5222 *Biomechanical Analysis of Performance* must be passed (20 credits and 35%) to progress on to SHN 6242 *Applied Biomechanics and Movement Analysis*. SHN 6242 contains advanced motion capture and analysis which requires the foundation knowledge of theory and practical skills from Level 5. Furthermore, the applied nature of the module required students to immediately build upon prior knowledge in designing and completing a student led case study.

Students must pass Skills Active Level 2 Gym-based instruction assessments to progress to Level 3 Advanced Training Methods or Level 3 Exercise Referral qualifications.

SHN 5192 *Nutrition for Sport and Exercise* must be passed (20 credits and 35%) to progress on to SHN 6122 *Applied Sport Nutrition*. SHN 6122 has been designed to assess students working with external clients and providing sports nutrition advice. Due to the nature of this within the assessment it is imperative that students successfully pass the Level 5 sports nutrition module to underpin their knowledge and ethically are capable of providing suitable advice to clients. There are two other applied modules within this group of programmes *Applied Sports Psychology* and *Applied Strength and Conditioning*. Sport Psychology is core throughout Levels 4 and 5 for all programmes, and the Applied Strength and Conditioning module does not involve working with external clients - any support is undertaken with direct supervision from the module leader. Due to the nature of *Applied Sports Nutrition* and the contact with external clients without direct

supervision from the module leader it would be negligible for us not to place a prerequisite on this module.

11. Additional support needs

Arrangements made to accommodate students with additional support needs and any unavoidable restrictions on their participation in the programme/scheme (Key aspects of the Equality Impact Assessment for the Programme – see Form NP2G for further details)

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.