

Course Specification

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Produced By:	Haiden Novis
Status:	Validated

Core Information

Awarding Body / Institution:	University of Wolverhampton		
School / Institute:	Institute of Sport and Human Sciences		
Course Code(s):	SR003H01UV SR003H31UV	Full-time Part-Time	3 Years 6 Years
Course Title:	BSc(Hons) Sport and Exercise Science		
Hierarchy of Awards:	Bachelor of Science with Honours Sport and Exercise Science Bachelor of Science Sport and Exercise Science Diploma of Higher Education Sport and Exercise Science Certificate of Higher Education Sport and Exercise Science University Statement of Credit University Statement of Credit		
Language of Study:	English		
Date of DAG approval:	12/May/2017		
Last Review:	2015/6		
Course Specification valid from:	2009/0		
Course Specification valid to:	2021/2		

Academic Staff

Course Leader:	Dr Ian Lahart
Head of Department:	Mr Julian Smith

Course Information

Location of Delivery:	University of Wolverhampton
Category of Partnership:	Not delivered in partnership
Teaching Institution:	University of Wolverhampton
Open / Closed Course:	This course is open to all suitably qualified candidates.

Entry Requirements:

Entry requirements are subject to regular review. The entry requirements applicable to a particular academic year will be published on the University website (and externally as appropriate e.g. UCAS)

2017 Entry

- A Levels, minimum grade CCC including a Science subject
- BTEC National Diploma grade MMM, BTEC National Certificate grade DD in a Sports related subject
- BTEC QCF Extended Diploma grade MMM, BTEC QCF Diploma grade DD in a Sports related subject
- Access to HE Diploma full award
- If you've got other qualifications or relevant experience, please contact [The Gateway](#) for further advice before applying.
- International student language requirements and application guidance can be found at <http://www.wlv.ac.uk/international/apply>

Distinctive Features of the Course:

This course is endorsed by the British Association of Sport & Exercise Sciences (BASES) which demonstrates it meets the recommended content appropriate for undergraduate study in this academic area.

The breadth of this course opens up a wide range of employment opportunities for graduates. You will benefit from excellent sports and teaching facilities, biomechanics and physiology laboratories, internationally recognised research expertise, professional body course endorsement (BASES), and our track record of association with elite sporting groups and individuals (such as Wolverhampton Wanderers FC, Walsall FC, Great Britain and Northern Ireland Judo).

Students will also have the opportunity to work towards the University of Wolverhampton Employability Award.

Educational Aims of the Course:

If you want to explore the sciences that underpin sport and exercise performance, then this is the course for you. There is an emphasis, on the development of practical skills in sport, health and exercise science, and you will have access to a wide range of outstanding sports facilities and sports science laboratories, in addition to the state of the art strength & conditioning suite within the British Judo Centre of Excellence on the Walsall Campus. A strong feature of this course is the application of sport & exercise science knowledge and skills within real-world settings and working with real participants. The course will allow you to examine and answer questions such as: How do I help performers manage pressure? What training methods will reduce injuries and maximise performance? How much exercise is needed to gain health benefits? What is needed to develop better technique in a sport?

Intakes:

September

Major Source of Funding:

HE FUNDING COUNCIL FOR ENGLAND (HEFCE)

Tuition Fees:

Tuition fees are reviewed on an annual basis. The fees applicable to a particular academic year will be published on the University website.

Year	Status	Mode	Amount
2017/8	H	Full Time / Sandwich	£9250.00
2017/8	EU	Full Time / Sandwich	£9250.00
2017/8	Overseas	Full Time / Sandwich	£11475.00
2017/8	H	Part Time	£2835.00
2017/8	EU	Part Time	£2835.00
2017/8	Overseas	Part Time	£5738.00

PSRB:

SR003H01UV (Full-time)

Professional Accreditation Body:

British Association of Sport and Exercise Science (BASES)

Accrediting Body:

British Association of Sport and Exercise Science (BASES)

Accreditation Statement:

Recognised by the British Association of Sport and Exercise Sciences (BASES) for the purposes of endorsement by the BASES Undergraduate Endorsement Scheme (BUES).

Approved	Start	Expected End	Renewal
14/Jan/2016	14/Jan/2016	31/Dec/2020	31/Dec/2020

SR003H31UV (Part-Time)

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Approved	Start	Expected End	Renewal
14/Jan/2016	14/Jan/2016	31/Dec/2021	31/Dec/2021

Course Structure:

September (Full-Time)

Full time and Sandwich Undergraduate Honours students normally study 120 credits per academic year; 60 credits semester 1 and 60 credits semester 2.

Part time students study alongside full time students. However, they do not study more than 80 credits in each academic calendar year.

Module	Title	Credits	Period	Type
4SR006	Introduction to Exercise Physiology	20	SEM1	Core
4SR007	Introduction to Biomechanics of Human Movement	20	SEM1	Core
4SR008	Introduction to Sport and Exercise Psychology	20	SEM2	Core
4SR005	Measurement and evaluation in sport & exercise science	20	SEM1	Core
4SR026	Physical Activity, Sedentary Behaviour and Health	20	SEM2	Core
4SR027	Research Skills for Sport and Exercise Science	20	SEM2	Core
5SR007	Sport and Exercise Physiology	20	SEM1	Core
5SR008	The Biomechanics of Sport and Exercise	20	SEM1	Core
5SR003	Training principles for sports performance	20	SEM1	Core
5SR004	Sport and Exercise Psychology	20	SEM2	Core
5SR032	Sport and Exercise Science Placement	20	SEM2	Core
5SR023	Research Methods and Analytical Procedures	20	SEM2	Core
6SR019	The Professional Project	40	YEAR	Core

Group 01 | Min Value: 40 | Max Value: 40

6SR001	Applied Sport and Exercise Biomechanics	20	SEM1	Core Option
6SR002	Applied Sport and Exercise Physiology	20	SEM1	Core Option
6SR008	Applied Sport and Exercise Psychology	20	SEM1	Core Option

Group 02 | Min Value: 40 | Max Value: 40

6SR028	Interdisciplinary Issues in Sport and Exercise Science	20	SEM2	Core Option
6SR026	Exercise Prescription for Health and Disease	20	SEM2	Core Option
6SR027	Employability and Career Development	20	SEM2	Core Option

Learning, Teaching and Assessment

Academic Regulations Exemption:

None

Reference Points:

- QAA subject benchmark (Hospitality, Leisure, Sport and Tourism)
- Framework for Higher Education Qualifications (FHEQ)
- British Association of Sport & Exercise Sciences Undergraduate Endorsement Scheme (BUES)
- Equality Act 2010

Learning Outcomes:

CertHE Course Learning Outcome 1 (CHECLO1)

Demonstrate knowledge of the underlying concepts and principles associated with your area(s) of study, and an ability to evaluate and interpret these within the context of that area of study

CertHE Course Learning Outcome 2 (CHECLO2)

Demonstrate an ability to present, evaluate and interpret qualitative and quantitative data, in order to develop lines of argument and make sound judgements in accordance with basic theories and concepts of your subject(s) of study.

CertHE Course Learning Outcome 3 (CHECLO3)

Evaluate the appropriateness of different approaches to solving problems related to your area(s) of study and/or work

CertHE Course Learning Outcome 4 (CHECLO4)

Communicate the results of your study/work accurately and reliably, and with structured and coherent arguments

CertHE Course Learning Outcome 5 (CHECLO5)

Demonstrate the qualities and transferable skills necessary for employment requiring the exercise of some personal responsibility

DipHE Course Learning Outcome 1 (DHECLO1)

Demonstrate knowledge and critical understanding of the well-established principles of your area(s) of study, and of the way in which those principles have developed with an understanding of the limits of your knowledge, and how this influences analyses and interpretations based on that knowledge.

DipHE Course Learning Outcome 2 (DHECLO2)

Demonstrate the ability to apply underlying concepts and principles outside the context in which they were first studied, including, where appropriate, the application of those principles in an employment context

DipHE Course Learning Outcome 3 (DHECLO3)

Demonstrate knowledge of the main methods of enquiry in the subject(s) relevant to the named award, and ability to evaluate critically the appropriateness of different approaches to solving problems in the field of study

DipHE Course Learning Outcome 4 (DHECLO4)

Use a range of established techniques to initiate and undertake critical analysis of information, and to propose solutions to problems arising from that analysis

DipHE Course Learning Outcome 5 (DHECLO5)

Effectively communicate information, arguments and analysis in a variety of forms to specialist and non-specialist audiences, and deploy key techniques of the discipline effectively

DipHE Course Learning Outcome 6 (DHECLO6)

Demonstrate the qualities and transferable skills necessary for employment, requiring the exercise of personal responsibility and decision-making and undertake further training, developing existing skills and acquire new competences that will enable them to assume significant responsibility within organisations.

Ordinary Course Learning Outcome 1 (ORDCLO1)

Make effective use of knowledge and understanding of the disciplines underpinning human structure, function and responses to exercise and display an awareness of the relevance of exercise in the prevention and management of disease.

Ordinary Course Learning Outcome 2 (ORDCLO2)

Show evidence of the skills required to monitor and evaluate human responses to sport and/or exercise and their application to sports performance, health and exercise prescription.

Ordinary Course Learning Outcome 3 (ORDCLO3)

Monitor, appraise, evaluate and prescribe appropriate sport and exercise interventions aimed at enhancing health and sports performance.

Ordinary Course Learning Outcome 4 (ORDCLO4)

Provide a critical appreciation of the relationship between sport and exercise activity and intervention in a variety of participant groups.

Ordinary Course Learning Outcome 5 (ORDCLO5)

Display a broad range of skills, including awareness of health and safety, ethical considerations, evidence-based practice, exercise prescription, population differences and the role of education, behavioural change, health and sports bodies in improving the health of the nation.

Ordinary Course Learning Outcome 6 (ORDCLO6)

Demonstrate competence in the scientific methods of enquiry, interpretation and analysis of data.

Honours Course Learning Outcome 1 (DEGCLO1)

Make effective use of knowledge and understanding of the disciplines underpinning human structure, function and responses to exercise and display an awareness of the relevance of exercise in the prevention and management of disease.

Honours Course Learning Outcome 2 (DEGCLO2)

Show evidence of the skills required to monitor and evaluate human responses to sport and/or exercise and their application to sports performance, health and exercise prescription.

Honours Course Learning Outcome 3 (DEGCLO3)

Monitor, appraise, evaluate and prescribe appropriate sport and exercise interventions aimed at enhancing health and sports performance.

Honours Course Learning Outcome 4 (DEGCLO4)

Provide a critical appreciation of the relationship between sport and exercise activity and intervention in a variety of participant groups.

Honours Course Learning Outcome 5 (DEGCLO5)

Display a broad range of skills, including awareness of health and safety, ethical considerations, evidence-based practice, exercise prescription, population differences and the role of education, behavioural change, health and sports bodies in improving the health of the nation.

Honours Course Learning Outcome 6 (DEGCLO6)

Demonstrate competence in the scientific methods of enquiry, interpretation and analysis of data.

Overview of Assessment:

Module	Title	Course Learning Outcomes
4SR005	Measurement and evaluation in sport & exercise science	CHECLO1, CHECLO2, CHECLO3, CHECLO4, CHECLO5
4SR006	Introduction to Exercise Physiology	CHECLO1, CHECLO4
4SR007	Introduction to Biomechanics of Human Movement	CHECLO1, CHECLO2
4SR008	Introduction to Sport and Exercise Psychology	CHECLO1, CHECLO3, CHECLO4
4SR026	Physical Activity, Sedentary Behaviour and Health	CHECLO1, CHECLO4, CHECLO5
4SR027	Research Skills for Sport and Exercise Science	CHECLO1, CHECLO2, CHECLO3, CHECLO4, CHECLO5
5SR003	Training principles for sports performance	DHECLO1, DHECLO2, DHECLO3, DHECLO4, DHECLO5, DHECLO6
5SR004	Sport and Exercise Psychology	DHECLO1, DHECLO4, DHECLO5
5SR007	Sport and Exercise Physiology	DHECLO1, DHECLO4, DHECLO5
5SR008	The Biomechanics of Sport and Exercise	DHECLO1, DHECLO4, DHECLO5
5SR023	Research Methods and Analytical Procedures	DHECLO1, DHECLO2, DHECLO3, DHECLO4, DHECLO5, DHECLO6
5SR032	Sport and Exercise Science Placement	DHECLO2, DHECLO3, DHECLO4, DHECLO5, DHECLO6
6SR001	Applied Sport and Exercise Biomechanics	DEGCLO1, DEGCLO2, DEGCLO3, DEGCLO4, DEGCLO5, DEGCLO6, ORDCLO1, ORDCLO2, ORDCLO3, ORDCLO4, ORDCLO5, ORDCLO6
6SR002	Applied Sport and Exercise Physiology	DEGCLO1, DEGCLO2, DEGCLO3, DEGCLO4, DEGCLO5, DEGCLO6, ORDCLO1, ORDCLO2, ORDCLO3, ORDCLO4, ORDCLO5, ORDCLO6
6SR008	Applied Sport and Exercise Psychology	DEGCLO1, DEGCLO2, DEGCLO3, DEGCLO4, DEGCLO5, DEGCLO6, ORDCLO1, ORDCLO2, ORDCLO3, ORDCLO4, ORDCLO5, ORDCLO6
6SR019	The Professional Project	DEGCLO1, DEGCLO2, DEGCLO3, DEGCLO4, DEGCLO5, DEGCLO6, ORDCLO1, ORDCLO2, ORDCLO3, ORDCLO4, ORDCLO5, ORDCLO6
6SR026	Exercise Prescription for Health and Disease	DEGCLO1, DEGCLO2, DEGCLO3, DEGCLO4, DEGCLO5, DEGCLO6, ORDCLO1, ORDCLO2, ORDCLO3, ORDCLO4, ORDCLO5, ORDCLO6
6SR027	Employability and Career Development	DEGCLO1, DEGCLO2, DEGCLO3, DEGCLO4, DEGCLO5, DEGCLO6, ORDCLO1, ORDCLO2, ORDCLO3, ORDCLO4, ORDCLO5, ORDCLO6
6SR028	Interdisciplinary Issues in Sport and Exercise Science	DEGCLO1, DEGCLO2, DEGCLO3, DEGCLO4, DEGCLO5, DEGCLO6, ORDCLO1, ORDCLO2, ORDCLO3, ORDCLO4, ORDCLO5, ORDCLO6

Teaching, Learning and Assessment:

While at university you will have the opportunity to:

1. acquire, generate, interrogate and apply knowledge from a wide range of sources
2. develop research skills to enable analysis, synthesis, understanding and evaluation of data and information
3. demonstrate self-discipline and organizational skills by meeting deadlines, and taking responsibility for your own development and learning
4. present ideas clearly in an informed and persuasive manner to a variety of audiences
5. be innovative, creative and enterprising work collaboratively, whilst acknowledging, respecting and

- engaging with the views of others in a constructive and empathetic manner
6. draw on professional advice and feedback to reflect on and improve your own learning and professional practice
 7. prepare for the world of work through engagement with real life situations, briefs and problems
 8. engage with new ideas and ways of working as an active member of the communities in which you study, live and work

Learning and Teaching Methods:

This data indicates the proportion of time in each year of study that students can expect to engage in the following activities (expressed as a percentage for each level).

Level	Teaching	Independent	Placement
4	24	76	0
5	22	76	3
6	17	84	0

Assessment Methods:

This data indicates the proportion of summative assessment in each year of study that will derive from the following: (expressed as a percentage for each level).

Level	Written Exams	Practical Exams	Coursework
4	33	17	50
5	8	0	92
6	0	17	83

Student Support:

Learning support will be provided in the following ways:

- Each student will be allocated a personal tutor.
- Module tutorial support will be factored into each module.
- Students with disabilities are able to gain a wide range of support from the Student Enabling Centre.
- Support for academic skills will be embedded into the curriculum.
- Each student will be allocated a supervisor for their professional project at level six.
- Students are able to access a wide range of resources to support their learning via the '[Skills for Learning](#)' programme.
- Extensive Learning Centre support is available, including via the online chat information service '[ASSIST](#).'

Employability in the Curriculum:

Career opportunities available to sport and exercise scientists continue to expand. Most sports now recognise sports science as an integral part of their sport's development and success, and most athletes consider the application of sport science as an important part of everyday training and competition. In relation to exercise, many hospitals and Primary Care Trusts are starting to appoint specialists with exercise backgrounds to work in areas such as cardiac rehabilitation and health promotion. The incorporation of physical activity within the National Health Service (NHS) national service frameworks plan highlights both the job opportunities and the increasingly important role played by exercise in maintaining the nation's health. Examples of careers related to Sport & Exercise Science include Biomechanist, Clinical Cardiac Physiologist, Clinical Exercise Physiologist, Dietician, Exercise Physiologist, Fitness Instructor, Personal Trainer, GP Referral Exercise Consultant, Health

Promotion Specialist, Lecturer in Higher Education, Performance Analyst, Physical Activity Development Manager, Researcher, Respiratory Physiologist, Sport and Exercise Psychologist, Sports Development Officer, Teacher. In addition, you would be able to use the skills and knowledge acquired during this course to enter the wider job market as graduates with a strong and applied background in human science. Employment opportunities of this type include pharmaceutical companies, major retail companies, and the armed and civil services.

The Government's 'Sporting Future' strategy identified that sport and physical activity is central to life in the UK. It has the power to transform people's wellbeing and create a fitter, healthier and happier nation. The transformative power of sport has never been more important as the growing levels of health problems and conditions associated with physical inactivity cost the nation over £7 billion each year. Sport and physical activity also contributes approximately £40 billion to the UK economy each year, with one million people employed in the sport and physical activity sectors.

With the significant role that sport plays in the health of the nation, and its contribution to the economy, it is no surprise that supporting this sector is considered crucial by the Government. This is clearly illustrated by Sport England's 'Towards an Active Nation' strategy that will see nearly £325 million invested in increasing sport participation from 2016-2021. The strategy focuses on the benefits that sport can bring to people and to society, with the aim of enhancing physical wellbeing, mental wellbeing, individual development, social and community development and economic development. Investment will target key areas such as:

Tackling inactivity

Children and young people – increasing children's basic competence and enjoyment

Taking sport and activity into the mass market – increasing mass participation

Supporting sport's core markets – supporting those who already have a strong affinity for sport, (including talented athletes)

Local delivery – investing in up to 10 specific areas to pilot new, more joined up approaches to getting people active

Creating welcoming sports facilities



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