

Course Specification

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Produced By:	Oliver Jones
Status:	Validated

Core Information

Awarding Body / Institution:	University of Wolverhampton		
School / Institute:	Institute of 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 Undergraduate Credit		
Language of Study:	English		
Date of DAG approval:	12/May/2017		
Last Review:	2018/9		
Course Specification valid from:	2009/0		
Course Specification valid to:	2024/5		

Academic Staff

Course Leader:	Dr Tina Smith
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

- BBC from A Levels. At least one A Level should normally be in a science subject (e.g. Applied Science; Biology; Human Biology; Physics; Chemistry; Environmental Science, Psychology, Health and Social Care or PE)
- BTEC National Diploma grade DMM in a sport and/or science subject
- BTEC QCF Extended Diploma grade DMM in a sport and/or science subject
- BTEC Diploma (QCF) grade D*D* in a sport and/or science subject
- 120 credit Level 3 Foundation Year in an appropriate 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 entry requirements and application guidance can be found [here](#)

Other Requirements

Mature applicants who do not possess formal qualifications but have other relevant skills, attributes and/or work experience will also be considered. Mature applicants may be required to attend an interview as part of the application process. Please see <http://wlv.ac.uk/mature> for further information.

Entry to this course requires a Disclosure and Barring Service (DBS) Check.

If you have accepted a Conditional Offer made by the University of Wolverhampton you will receive correspondence asking you to complete an enhanced Disclosure and Barring Service (DBS) check. The charge for this will be a DBS fee of £44.00 and a £6.00 ID check service fee. You will also need to complete a physical activity readiness questionnaire prior to starting the course.

Those who do not meet the entry requirements set for this course (listed above) may be offered an alternative course/s. The alternative course/s offered will also require the applicant to meet with the set entry requirements.

Distinctive Features of the Course:

1. The course is endorsed by the leading professional body for this subject in the UK, The British Association of Sport and Exercise Scientists (BASES), through the BASES Undergraduate Endorsement Scheme (BUES). The BUES awards endorsement to sport and exercise science degree courses that provide undergraduates with the opportunity to develop the knowledge and skills essential to enter into the profession.
2. The course is endorsed by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA). The course has been mapped against employer-set professional standards of a Gym Instructor, meaning that you will be equipped with the competencies and skills needed to meet the requirements of potential employers.
3. You will have access to our sport and exercise science laboratories that include cutting edge technology such as our 3D motion capture system, and our environment chamber
4. Throughout the course you will have the opportunity to work with a range professional sport organisations, clubs and university sports teams to develop industry skills relevant to a career in sport and exercise science. Including opportunities with some of our partners such as Wolverhampton Wanderers, Walsall FC and GB Judo.

5. Our employability modules enable you to explore sport and exercise science related career pathways and engage in career development planning that prepares you for graduate-level employment in a competitive industry
6. You will also have the opportunity to transfer to an optional sandwich placement year. Our sandwich placement option allows you to take a full-year work placement, which can be undertaken abroad. A number of students in our department have been successful in securing places on these schemes in countries such as Spain, France, Canada and the US.
7. Teaching staff bring their internationally rated research expertise into their teaching. The department has research links across the world and students can progress to postgraduate study with these collaborators.

Educational Aims of the Course:

This exciting and applied course is endorsed by the leading professional body for this subject in the UK, The British Association of Sport and Exercise Scientists (BASES) through the BASES Undergraduate Endorsement Scheme (BUES). The endorsement ensures that you will benefit from a robust and rounded curriculum, and appropriate resources for training sport and exercise scientists. The course has also been endorsed by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA). The course has been mapped against employer-set professional standards of a Gym Instructor, meaning that you will be equipped with the competencies and skills needed to meet the requirements of potential employers.

The course covers the physiological, biomechanical and psychological influences on human performance and health. You will examine how individuals respond and adapt to sport and exercise in a variety of settings, and learn how to design interventions to maximise performance and promote health for a range of people. This may include elite athletes or clinical populations such as those with obesity or cardiac rehabilitation patients. You will also explore local, national and international public health and sport initiatives that aim to encourage a physically active population. This course is therefore ideal if you wish to work in applied settings such as professional sport, exercise referral schemes, community physical activity programmes and professional environments that promote active lifestyles and well-being.

The course has strong links to a range of employers. You will develop your theoretical understanding, practical competency, and reflective practice in the field of sport and exercise science. On completion of the course you will therefore be equipped with the skills and knowledge to enter a wide variety of rewarding sport, exercise, and health related careers.

A good graduate of this course will be able to:

1. Measure, evaluate and monitor physiological, biomechanical and psychological influences on human performance and health for a range of people such as elite athletes and those with obesity or cardiac rehabilitation patients
2. Design interventions to maximise performance and promote health for a range of people such as elite athletes and those with obesity or cardiac rehabilitation patients
3. Demonstrate technical and practical skills relevant to a range of sport, exercise and health settings
4. Work with a range of professionals as part of a multidisciplinary team to support sport performance and physical activity

Use research skills in order to collect and evaluate data in applied sport and exercise science settings.

Intakes:

September

Major Source of Funding:

Office for Students (OFS)

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
2020/1	H	Full Time / Sandwich	£9250.00
2020/1	Overseas	Full Time / Sandwich	£12250.00
2020/1	H	Part Time	£3050.00
2020/1	Overseas	Part Time	£6125.00
2021/2	H	Full Time / Sandwich	£9250.00
2021/2	Overseas	Full Time / Sandwich	£12950.00
2021/2	H	Part Time	£3100.00
2021/2	Overseas	Part Time	£6475.00

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/2024	31/Dec/2024

SR003H31UV (Part-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/2024	31/Dec/2024

SR003H01UV (Full-time)

Professional Accreditation Body:
Chartered Institute for the Management of Sport and Physical Activity

Accrediting Body:
Chartered Institute for the Management of Sport and Physical Activity (CIMSPA)

Accreditation Statement:

Endorsed by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA).

Approved	Start	Expected End	Renewal
01/Jun/2021	01/Jun/2021		

SR003H31UV (Part-time)

Professional Accreditation Body:

Chartered Institute for the Management of Sport and Physical Activity

Accrediting Body:

Chartered Institute for the Management of Sport and Physical Activity (CIMSPA)

Accreditation Statement:

Endorsed by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA).

Approved	Start	Expected End	Renewal
01/Jun/2021	01/Jun/2021		

Course Structure:

September (Full-time)

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

Year 1

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

Module	Title	Credits	Period	Type
4SR056	Introduction to Sport in Higher Education	20	IN YR	Core
4SR005	Measurement and evaluation in sport & exercise science	20	IN YR	Core
4SR029	Training and Conditioning Principles in Practice	20	IN YR	Core
4SR055	Fundamentals of Sport, Health and Exercise Sciences	20	IN YR	Core
4SR026	Physical Activity, Sedentary Behaviour and Health	20	IN YR	Core
4SR053	Contemporary Issues in Sport, Health and Exercise Science	20	IN YR	Core

September (Full-time)

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

Year 2

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

Module	Title	Credits	Period	Type
5SR007	Sport and Exercise Physiology	20	IN YR	Core
5SR008	The Biomechanics of Sport and Exercise	20	IN YR	Core
5SR010	Introductory Principles of Exercise Referral Systems	20	IN YR	Core
5SR041	Sport and Exercise Psychology	20	IN YR	Core
5SR035	Sport & Physical Activity Industry Experience	20	IN YR	Core
5SR023	Research Methods and Analytical Procedures	20	IN YR	Core

September (Full-time)

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

Year 3

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

Module	Title	Credits	Period	Type
6SR019	The Professional Project	40	IN YR	Core
6SR045	Career Development in Sport & Exercise Science	20	IN YR	Core
6SR028	Interdisciplinary Issues in Sport and Exercise Science	20	IN YR	Core

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

6SR001	Applied Sport and Exercise Biomechanics	20	IN YR
6SR002	Applied Sport and Exercise Physiology	20	IN YR
6SR008	Applied Sport and Exercise Psychology	20	IN YR

Please note: Optional modules might not run every year, the course team will decide on an annual basis which options will be running, based on student demand and academic factors, to create the best learning experience.

Learning, Teaching and Assessment

Academic Regulations Exemption:

Formal decisions/recommendations made by AFRSC:

Undergraduate Sport Portfolio.

Section 1.2.3 - Exemption for delivery outside the standard University Academic Calendar in order to facilitate teaching over four consecutive blocks of study in each academic year.

APPROVED.

Reference Points:

UK Quality Code for Higher Education

University Policies and Regulations

Equality Act (2010)

BASES UG Endorsement Scheme

Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) Professional Standards

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 (ORD#CLO1)

Critically evaluate and apply theoretical knowledge, applied skills, and experience developed on the course to measure, monitor and evaluate physiological, biomechanical and psychological influences on human performance and health in a range of sport and exercise settings

Ordinary Course Learning Outcome 2 (ORD#CLO2)

Make independent technical, practical, and policy-based judgements to design interventions that will enhance performance and promote health, and communicate these to both sport and exercise populations

Ordinary Course Learning Outcome 3 (ORD#CLO3)

Critically reflect on work as part of a multidisciplinary team to solve a range of issues relevant to sports performance and health settings

Ordinary Course Learning Outcome 4 (ORD#CLO4)

Critically reflect on theoretical and conceptual knowledge, along with the experience developed on your course, to enhance employability and transferrable learning skills within a sport and exercise science context

Honours Course Learning Outcome 1 (DEG#CLO1)

Critically evaluate and apply theoretical knowledge, applied skills, and experience developed on the course to measure, monitor and evaluate physiological, biomechanical and psychological influences on human performance and health in a range of sport and exercise settings

Honours Course Learning Outcome 2 (DEG#CLO2)

Make independent technical, practical, and policy-based judgements to design interventions that will enhance performance and promote health, and communicate these to both sport and exercise populations

Honours Course Learning Outcome 3 (DEG#CLO3)

Critically reflect on work as part of a multidisciplinary team to solve a range of issues relevant to sports performance and health settings

Honours Course Learning Outcome 4 (DEG#CLO4)

Critically reflect on theoretical and conceptual knowledge, along with the experience developed on your

course, to enhance employability and transferrable learning skills within a sport and exercise science context

Honours Course Learning Outcome 5 (DEG#CLO5)

Develop sport and exercise science focused research skills in order to work with higher levels of autonomy to collect interpret and evaluate relevant data utilising established techniques of analysis and enquiry in an applied sport and exercise science context

Overview of Assessment:

Module	Title	Course Learning Outcomes
4SR005	Measurement and evaluation in sport & exercise science	CHECLO1, CHECLO2, CHECLO4
4SR026	Physical Activity, Sedentary Behaviour and Health	CHECLO1, CHECLO2, CHECLO3
4SR029	Training and Conditioning Principles in Practice	CHECLO1, CHECLO4, CHECLO5
4SR053	Contemporary Issues in Sport, Health and Exercise Science	CHECLO2, CHECLO4
4SR055	Fundamentals of Sport, Health and Exercise Sciences	CHECLO1, CHECLO2
4SR056	Introduction to Sport in Higher Education	CHECLO1, CHECLO5
5SR007	Sport and Exercise Physiology	DHECLO1, DHECLO3
5SR008	The Biomechanics of Sport and Exercise	DHECLO1, DHECLO3
5SR010	Introductory Principles of Exercise Referral Systems	DHECLO1, DHECLO3, DHECLO4
5SR023	Research Methods and Analytical Procedures	DHECLO3, DHECLO4, DHECLO5
5SR035	Sport & Physical Activity Industry Experience	DHECLO2, DHECLO6
5SR041	Sport and Exercise Psychology	DHECLO1, DHECLO3
6SR001	Applied Sport and Exercise Biomechanics	DEG#CLO1, DEG#CLO2, ORD#CLO1, ORD#CLO2
6SR008	Applied Sport and Exercise Psychology	DEG#CLO1, DEG#CLO2, ORD#CLO1, ORD#CLO2
6SR019	The Professional Project	DEG#CLO5
6SR028	Interdisciplinary Issues in Sport and Exercise Science	DEG#CLO1, DEG#CLO3, ORD#CLO1, ORD#CLO3
6SR045	Career Development in Sport & Exercise Science	DEG#CLO2, DEG#CLO4, ORD#CLO2, ORD#CLO4

Teaching, Learning and Assessment:

Learning activities on this course will include:

- Lectures
- Seminar discussion
- Practical sessions
- Workshops
- Work-based learning
- Tutorial support
- Independent reading of core and supplementary material from books, journals and electronic sources
- Independent practical study
- Canvas (VLE) structured on-line tasks and independent study
- Peer teaching
- Problem solving, reflection and decision making
- Assessment preparation workshops

Assessment has a focus on real-world skills that will be required for a Sport and Exercise Scientists. There is

an emphasis on portfolios, reports, presentations and coursework. Level 4 introduces you to the sport and exercise science landscape, career routes, and basic research skills. Level 4 assessments will also have a contemporary, 'applied' focus. For example, in Measurement and evaluation you will look at the latest monitoring and evaluation techniques and how these can be used in a multidisciplinary team to address real world questions.

At Level 5 and 6 you will then put your learning from Level 4 into practice in modules with real-world links to help them build up an evidence base of skills and experiences to draw upon as you prepare for employment.

Assessment on certain modules has been designed to allow you to select an area which relates to your interest, graduate destination or your community/real world interests. For example, the Level 5 research proposal and final year project allow you to select your own topic area (provided it links to staff expertise in the department) and to choose from a range of project submission formats.

For some assessments you will present ideas to those in industry, promoting the development of real-world skills and networking opportunities throughout.

Assessment methods on this course will include:

- Practical
- Presentation
- Exam
- Research
- Portfolio
- Report
- Coursework
- Project

Assessment Methods:

At the University of Wolverhampton, a variety of modes of assessment will be used to support and test your learning and progress and to help you develop capabilities that are valued beyond your University studies and into your working life. Your course may include a variety of assessment activities:

Written examinations (including online examinations, open and closed book examinations and quizzes)
Coursework (for example, essays, reports, portfolios, project proposals and briefs, CVs, poster presentation)
Practical (for example, oral and video presentations, laboratory work, performances, practical skills assessment)

In the final year of your undergraduate degree, and at the end of your postgraduate degree, you are likely to be expected to write an extended piece of work or research, such as a dissertation or a practice-based piece of research.

Student Support:

General University support:

The University Library is the key source of academic information for students. The Library provides physical resources (books, journal, DVDs etc.) and offers a range of study areas to allow you to study in the environment that suits you best: Social areas, quiet and silent areas. It also provides access to wide range of online information sources, including eBooks, e-Journals and subject databases.

The Library also provides academic skills support via the Skills for Learning programme. If you are based on campus then you can attend workshops or ask for one-to-one help on a range of skills such as academic writing and referencing. You can also access a range of online skills material at: www.wlv.ac.uk/lib/skills.

Course Specific Support

- You will study a module designed to facilitate your transition into Higher Education at the start of level 4.
- Your course will be overseen by a Course Leader and you will also be allocated a Personal Tutor. You can book 1-to-1 appointments with them via our online Student Appointment Management System (SAMS).
- Specific assessment support will be factored into each module.
- If you have disabilities and/or specific learning difficulties you can gain a wide range of support from Student Support and Well Being.
- Higher Education academic skills will be embedded throughout the curriculum, with a focus on these skills in the following modules: 4SR056 Introduction to Sport in Higher Education, 4SR005 Measurement and

Evaluation in Sport & Exercise Science, 5SR023 Research Methods and Analytical Procedures and 6SR028 Interdisciplinary Issues in Sport and Exercise Science.

• You will be allocated a supervisor for your final year project.

Employability in the Curriculum:

This course will prepare you for employment in a range of roles within the Sport and Physical Activity sector, which contributes approximately £40 billion to the UK economy each year and employs approximately one million people. Professional Standards for roles in this sector are developed by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA). The University of Wolverhampton is working in partnership with CIMSPA, demonstrating our commitment to the ongoing development of the sector Professional Standards.

In addition, this course is endorsed by the leading professional body for this subject in the UK, The British Association of Sport and Exercise Scientists (BASES) through the BASES Undergraduate Endorsement Scheme (BUES). BASES endorsed courses provide undergraduates with the opportunity to develop the knowledge, skills and competencies deemed essential to enter into the sport and exercise science profession.

BASES Endorsement also ensures that you get hands-on experience in our excellent laboratories in the methods used by practicing sport and exercise scientists. You will have the opportunity to develop professional skills and attributes throughout your studies. You will have the opportunity to work with a range of professional sport organisations, clubs and university sports teams to develop industry skills relevant to a career in sport and exercise science. You will also have the opportunity to work with a range of people including athletes, and clinical populations.

The course has also been endorsed by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA). The course has been mapped against employer-set professional standards of a Gym Instructor, meaning that you will be equipped with the competencies and skills needed to meet the requirements of potential employers.

Our employability modules enable you to explore sport and exercise science career pathways and engage in career development planning that prepares you for graduate-level employment in a competitive industry. As part of these employability modules you will reflect on the experiences and skills you have gained in order to articulate your readiness to work in sport and exercise science related industries.

Placement modules allow you to gain hands-on experience and mentoring with an applied sports and exercise science context. You can also choose to transfer to an optional sandwich placement year. In addition, in each year you will have opportunities to participate in career development activities and obtain additional qualifications to support your employability. There are also further opportunities to follow National Governing Body Qualifications provided within and alongside the degree course to supplement your professional skills and career plans. Our course offers academic knowledge and accredited practical expertise in the assessment and correction of sport techniques, physical and psychological preparation for competition, exercise and mental health, and sports nutrition. We'll support you to develop scientific research and practical skills in our specialist laboratories and encourage you to work on existing and new projects in the department.

The Wolverhampton Enterprise and Employability Awards (WEEA) will be embedded in the modules below:

- 4SR029 Training and Conditioning Principles in Practice
- 5SR010 Introductory Principles of Exercise Referral Systems
- 6SR045 Career Development in Sport and Exercise Science

Upon successful completion on these modules and your course you may be eligible for the WEEA certificate.

