

## Course Specification

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<b>Status:</b>	Validated

## Core Information

<b>Awarding Body / Institution:</b>	University of Wolverhampton		
<b>School / Institute:</b>	Institute of Human Sciences		
<b>Course Code(s):</b>	SR022H01UV SR022H31UV	Full-time Part-time	3 Years 6 Years
<b>Course Title:</b>	BSc (Hons) Exercise and Health		
<b>Hierarchy of Awards:</b>	Bachelor of Science with Honours Exercise and Health Bachelor of Science Exercise and Health Diploma of Higher Education Exercise and Health Certificate of Higher Education Exercise and Health University Statement of Credit University Statement of Credit		
<b>Language of Study:</b>	English		
<b>Date of DAG approval:</b>	12/May/2017		
<b>Last Review:</b>	2015/6		
<b>Course Specification valid from:</b>	2009/0		
<b>Course Specification valid to:</b>	2020/1		

## Academic Staff

<b>Course Leader:</b>	Ms Belinda Bowd
<b>Head of Department:</b>	Mr Julian Smith

# Course Information

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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.

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## Entry Requirements:

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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, grade CCC with a minimum of CC from 2 'A' Levels or equivalent
- BTEC National Diploma grade MMP, BTEC National Certificate grade DM
- BTEC QCF Extended Diploma grade MMP, BTEC QCF Diploma grade DM
- 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](#)

### Distinctive Features of the Course:

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1. The breadth of this course opens up a wide range of employment opportunities for graduates. Of significance the Exercise and Health degree give students the unique opportunity to develop fitness professional practical competencies which lead to the level 3 personal trainer and GP referral qualification. These qualifications are accredited to the Register of Exercise Professional at level 3.
2. This course will encourage students to utilise a range of exciting technologies for both teaching and assessment.
3. Throughout the degree students will develop a broad range of key skills that will help them to become effective students and also enhance their employability. This will include working towards the Gold Wolverhampton Enterprise and Employability Award, as well as having the option of a Sandwich Placement Year.
4. The University of Wolverhampton continues to develop state of the art facilities which will greatly enhance your learning experience. In 2007 the Sports Centre opened for use of students and staff, 2008 saw a new teaching block being built and the development of extended sports laboratory facilities. The Performance hub was completed in 2011. The Performance Hub provides state of the art facilities, designed to nurture talent and produce future stars in the Creative Industries. Open for community use as well as the University, the building will complement and enhance the performing arts facilities currently available on the Wolverhampton City campus and also accommodates a brand new learning centre. In 2012 a purpose built Social Science Lab including multimedia recording facilities and two interview rooms as well as a suite of computers for performance analysis use was established and the sports science labs continue to be upgraded with the latest equipment.

### Educational Aims of the Course:

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Being physically active as part of a healthy lifestyle is high on the UK Government's and local authorities' agenda, whether for combating obesity, reducing the risk of chronic illnesses such as diabetes, or improving the quality of people's lives. This presents an array of exciting career opportunities for those with suitable degree-level qualifications. This course is ideal if you wish to work in applied settings such as exercise referral schemes, community physical activity programmes and professional environments that promote active lifestyles and well-being. You will develop knowledge and skills from the study of sport, health and exercise sciences and health promotion, whilst embracing the practical and

scientific principles of working with diverse populations in the physical activity, exercise and health sectors. Using an array of information technology, you will examine local, national and international public health and sport initiatives that aim to encourage a physically active population, and acquire skills to enhance your employability. Exciting features of this course are the student engagement with local and regional employers and the involvement of students in community-based activity programmes and events aimed at promoting active lifestyles.

#### Intakes:

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September

#### Major Source of Funding:

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Office for Students (OFS)

#### Tuition Fees:

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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

#### PSRB:

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None

#### Course Structure:

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Continuing students will follow the programme indicated below:

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

Continuing students will follow the programme indicated below:

## 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
6SR008	Applied Sport and Exercise Psychology	20	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

**For this option group you must choose a minimum of 20 credits and a maximum of 20 credits**

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

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- QAA subject benchmark (Hospitality, Leisure, Sport and Tourism).
- Framework for Higher Education Qualifications (FHEQ)
- Equality Act 2010
- Register of Exercise Professionals Level 3

## Learning Outcomes:

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### 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

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### 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.

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### 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

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### CertHE Course Learning Outcome 4 (CHECLO4)

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

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### CertHE Course Learning Outcome 5 (CHECLO5)

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

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### 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.

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### 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

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### 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

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#### 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

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#### 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

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#### 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.

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#### Ordinary Course Learning Outcome 1 (ORDCLO1)

Appraise and apply the scientific and practical relationships between physical activity, exercise, health and well-being

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#### Ordinary Course Learning Outcome 2 (ORDCLO2)

Interact with a wide range of technology and professional environments, such as health and fitness centres, GP referral schemes, sport teams, cardiac rehabilitation, exercise physiology and biomechanical laboratories, and community health promotion centres.

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#### Ordinary Course Learning Outcome 3 (ORDCLO3)

Integrate and apply the scientific disciplines of physiology, psychology, and biomechanics to meet the needs of diverse populations and disease management.

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#### Ordinary Course Learning Outcome 4 (ORDCLO4)

Engage with and apply contemporary research within the area of physical activity, exercise health and well-being.

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#### Ordinary Course Learning Outcome 5 (ORDCLO5)

Examine health through exercise and prescribe appropriate interventions and work towards the industry standard qualifications such as Level 3 Personal Trainer and GP Referral.

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#### Honours Course Learning Outcome 1 (DEGCLO1)

Appraise and apply the scientific and practical relationships between physical activity, exercise, health and well-being

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#### Honours Course Learning Outcome 2 (DEGCLO2)

Interact with a wide range of technology and professional environments, such as health and fitness centres, GP referral schemes, sport teams, cardiac rehabilitation, exercise physiology and biomechanical laboratories, and community health promotion centres.

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#### Honours Course Learning Outcome 3 (DEGCLO3)

Integrate and apply the scientific disciplines of physiology, psychology, and biomechanics to meet the needs of diverse populations and disease management.

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Honours Course Learning Outcome 4 (DEGCLO4)

Engage with and apply contemporary research within the area of physical activity, exercise health and well-being.

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Honours Course Learning Outcome 5 (DEGCLO5)

Examine health through exercise and prescribe appropriate interventions and work towards the industry standard qualifications such as Level 3 Personal Trainer and GP Referral.

Overview of Assessment:

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Module	Title	Course Learning Outcomes
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, CHECLO3, CHECLO4, CHECLO5
4SR027	Research Skills for Sport and Exercise Science	CHECLO1, CHECLO2, CHECLO3, CHECLO4, CHECLO5
4SR029	Training and Conditioning Principles in Practice	CHECLO1, CHECLO3, CHECLO4, CHECLO5
5SR007	Sport and Exercise Physiology	DHECLO1, DHECLO4, DHECLO5
5SR008	The Biomechanics of Sport and Exercise	DHECLO1, DHECLO4, DHECLO5
5SR010	Introductory Principles of Exercise Referral Systems	DHECLO1, DHECLO2, DHECLO4, DHECLO5, DHECLO6
5SR023	Research Methods and Analytical Procedures	DHECLO1, DHECLO2, DHECLO3, DHECLO4, DHECLO5, DHECLO6
5SR035	Sport & Physical Activity Industry Experience	DHECLO2, DHECLO6
5SR041	Sport and Exercise Psychology	DHECLO1, DHECLO3
6SR001	Applied Sport and Exercise Biomechanics	DEGCLO2, DEGCLO3, DEGCLO4, ORDCLO2, ORDCLO3, ORDCLO4
6SR002	Applied Sport and Exercise Physiology	DEGCLO1, DEGCLO2, DEGCLO3, DEGCLO4, ORDCLO1, ORDCLO2, ORDCLO3, ORDCLO4
6SR008	Applied Sport and Exercise Psychology	DEGCLO1, DEGCLO2, DEGCLO3, DEGCLO4, DEGCLO5, ORDCLO1, ORDCLO2, ORDCLO3, ORDCLO4, ORDCLO5
6SR028	Interdisciplinary Issues in Sport and Exercise Science	DEGCLO1, DEGCLO2, DEGCLO3, DEGCLO4, ORDCLO1, ORDCLO2, ORDCLO3, ORDCLO4
6SR045	Career Development in Sport & Exercise Science	DEGCLO5, ORDCLO5

## Teaching, Learning and Assessment:

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Learning activities on this course will use a combination of methods, such as e-Learning, face-to-face instruction, group and individual study.(GA3, G5)

Digital literacy will be developed by a range of learning activities including on-line group and individual tutorials, laboratory practical's using new technologies, presentations (face to face and on-line), on-line forums and other interactive communications (GA1. GA2. GA3, GA4).

Students will be given the opportunity to work towards the Gold University Employability and Enterprise Award

Students will become more knowledgeable and enterprising by group, independent and in-class study tasks (e.g., sport, exercise, health and well-being case studies), off campus placements that contribute towards gaining professional qualifications and working within exercise and health (e.g. Level 3 Personal Trainer and GP Referral) and guest lectures from professionals in the field (GA4, GA5, GA6, GA7, GA8)

Other learning activities will include lectures, seminars, reflective practice, formative exams (open and closed, short and longer answers, computer assisted), quizzes, assessment preparation workshops, feedback tutorials and reviewing materials from around the world. (GA1, GA2)

As students develop their academic and research skills, more emphasis will be placed on independent and student-led learning activities (GA2, GA3, and GA8).

## Assessment Methods:

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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:

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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:

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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

As a graduate of the BSc (Hons) Exercise & Health degree you will be able to apply the knowledge, practical skills, and industry qualifications you have gained in any of the areas above. You will be well prepared for a career in the NHS, private healthcare providers and health and fitness centres. You will also have the necessary knowledge and skills for advisory and development roles in local, regional or national authorities. Other career options include areas such as coaching, sports development, leisure management, sports performance, teaching and postgraduate study. You will also be supported in developing a fitness-related business.

The Institute of Sport works with a number of organisations promoting physical activity for health, such as the Black Country Consortium, various local authorities and charities. These organisations offer various volunteering, placement and employment opportunities for suitable students/graduates studying BSc (Hons) Exercise & Health

