

Programme Specification

Part 1: Basic Data			
Awarding Institution	Hartpury University		
Teaching Institution	Hartpury		
Delivery Location	Hartpury		
Study abroad / Exchange / Credit recognition	None		
Department responsible for programme	Sport		
Programme Title	BSc (Hons) Sport and Exercise Sciences		
Professional Statutory or Regulatory Body Links	None		
Highest Award Title	BSc (Hons) Sport and Exercise Sciences with Integrated Placement Year BSc (Hons) Sport and Exercise Sciences		
Default Award Title	None		
Interim Award Titles	BSc Sport and Exercise Sciences (IP) BSc Sport and Exercise Sciences BSc Sports Studies Diploma of Higher Education in Sports Studies Certificate of Higher Education Sports Studies Certificate in Sports Studies		
Mode(s) of Study	Full Time / Part Time		
Codes	UCAS: Year 1: C615 Foundation Year: CF15	UNIT-e: BSHSSESX	
Relevant QAA Subject Benchmark Statements	Events, Hospitality, Leisure, Sport and Tourism		
Last Major Approval Date	V1.0 - 01 Sept 2017 V7.0 – 27 February 2019	Due for re-validation by:	01 September 2024
Amendment Approval Date	V4.0 - 02 May 2018 V6.0 - 31 August 2018	Amended with effect from	V6.0- 01 September 2018 V7.0 – 01 September 2019
Version	7.0		

Part 2: Educational Aims of the Programme

The BSc (Hons) Sport and Exercise Sciences programme will:

- Apply the sciences of physiology, psychology, biomechanics and performance analysis to sport and exercise;
- Provide students with the opportunity to apply basic theory to specific areas of sport and exercise including strength and conditioning, nutrition, health related exercise and sports therapy.
- Help students develop a theoretical understanding, but in addition, develop the abilities and skills required to apply knowledge and challenge current thinking to advance practice.
- Help students evaluate how sports science support teams work in collaboration for optimal performance.

Programme requirements for the purposes of the Higher Education Achievement Record (HEAR)

Graduates completing the BSc (Hons) Sport and Exercise Sciences programme will have a theoretical understanding of the physiological, psychological and biomechanical principles of sport and exercise. They will be able to practically apply their knowledge to specific sport and exercise disciplines. Graduates will demonstrate the skills required to engage in an interdisciplinary approach to support performance and exercise engagement. On completion of the programme graduates will exhibit the skills necessary to interact with athletes and clients when communicating information in support of performance and exercise prescription. Graduates will be ideally placed to work in a range of sport and exercise settings. Moreover, students will possess the skills to pursue further postgraduate development in sport and exercise.

Part 3: Programme Structure

This structure diagram demonstrates the student journey from Entry through to Graduation for a typical **full time student**, including:

- 1 level and credit requirements
- 2 award requirements that are in addition to those described in the Hartpury Academic Regulations
- 3 module diet, including compulsory and optional modules

ENTRY		Compulsory Modules	Optional Modules	Awards
	Foundation Year	HANV8B-30-3 Academic Skills in Practice HANV8E-30-3 Foundation Biological Principles HANV8A-30-3 Foundation Skills Development HANV8F-15-3 Foundation Sports Science HANV8C-15-3 Reviewing Literature	Not applicable.	<u>Cert Sports Studies</u> <u>Cert HE Sports Studies</u> <u>Dip HE Sports Studies</u> <u>BSc Sports Studies</u> <u>BSc Sport and Exercise Sciences</u> Must include all compulsory modules except Undergraduate Dissertation. <u>BSc Sport and Exercise Sciences (IP)</u> Must include all compulsory modules except Undergraduate Dissertation and must include the Year Work Placement module.
	Year 1	HSPXL7-15-4 Introduction to Exercise Physiology HSPXL8-30-4 Introduction to Functional Anatomy and Sports Biomechanics HSPXLE-15-4 Introduction to Sport and Exercise Psychology HSPXM9-15-4 Introduction to the Sports Industry HSPXM3-15-4 Principles of Strength and Conditioning HSPVC4-30-4 The Sport and Exercise Professional	Not applicable.	<u>BSc (Hons) Sport and Exercise Sciences</u> Must include all compulsory modules. <u>BSc (Hons) Sport and Exercise Sciences (IP)</u> Must include all compulsory modules and the Year Work Placement module.
	Year 2	HSPV5X-15-5 Applied Biomechanics in Sport HSPXSB-15-5 Exercise Physiology HSPXRV-15-5 Sports Psychology HSPV5Y-30-5 The Sport and Exercise Scientist	The remaining 45 credits are selected from the following optional modules: HSPVC5-15-5 Applied Performance Analysis HSPXS5-15-5 Health Related Exercise HANXRX-15-5 Independent Report HSPXS9-15-5 Sports Nutrition HSPVB6-15-5 Strength and Conditioning in Practice	
	Optional Year	Year Work Placement HANVK6-15-5		
	Year 3	HANV3R-45-6 Undergraduate Dissertation Students must pick at least two of the following 3 modules: HSPV3T-15-6 Applied Sport and Exercise Physiology	The remaining credits are selected from the following optional modules; HSPV3V-15-6 Contemporary Issues in Sports Education HSPVA7-15-6 High Performing Teams	

		HSPVA6-15-6 Biomechanics in Sport Practice HSPV4A-15-6 Sport Psychology in Action	HSPVA9-15-6 Performance Analysis in Practice HSPV5G-15-6 Recovery and Monitoring for Sports Performance HSPV55-15-6 Special Populations HSPV4C-15-6 Sports Conditioning and Return to Play	
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Part time:
 The part time student journey from Entry through to Graduation is individually negotiated with the student.

Part 4: Learning Outcomes of the Programme

The award route provides opportunities for students to develop and demonstrate knowledge and understanding, qualities, skills and other attributes in the following areas:

Learning Outcomes:	Introduction to Functional Anatomy and Sports Biomechanics	The Sport and Exercise Professional	Introduction to the Sports Industry	Introduction to Exercise Physiology	Introduction to Sport and Exercise Psychology	Principles of Strength and Conditioning	Applied Biomechanics in Sport	Exercise Physiology	The Sport and Exercise Scientist	Sport Psychology	Sports Nutrition	Strength and Conditioning Practice	Health Related Exercise	Independent Report	Applied Performance Analysis	Undergraduate Dissertation	Applied Sport and Exercise Physiology	Sport Psychology in Action	Biomechanics in Sport Practice	Contemporary Issues in Sports Education	Performance Analysis In Practice	High Performing Teams	Special Populations	Recovery and Monitoring Performance	Sports Conditioning and Return to Play
(A) Knowledge and understanding of:																									
1. The theoretical basis of sporting performance including sport physiology, sport psychology and sport biomechanics.	✓			✓	✓	✓	✓	✓		✓	✓	✓	✓			✓	✓	✓	✓	✓			✓	✓	✓
2. Principles that relate theory to practice in industry, sports science and related wider disciplines that inform that industry	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3. Current developments in the sport industry and related disciplines	✓		✓	✓	✓	✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4. How sports science disciplines interact to improve performance		✓							✓			✓	✓									✓			✓
(B) Intellectual Skills																									
1. Demonstrate an ability to engage in academic enquiry and identify key themes from written work and oral	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Part 4: Learning Outcomes of the Programme

presentations relating to the sport specific industry and the related wider subject disciplines which inform that industry.																								
2. Evaluate and challenge knowledge, research, concepts and evidence of practice from a range of sources to present coherent arguments, applying theory to practice.	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3. Analyse and interpret data and disseminate findings via appropriate methods	✓	✓		✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓		✓		✓	✓	✓	
4. Apply skills learnt to engage in own business practice.		✓	✓																			✓		✓
5. Adopt an inter-disciplinary approach in relation to supporting sporting performance.		✓							✓													✓		✓
(C) Subject/Professional/Practical Skills																								
1. Develop personal attributes including (but not limited to) flexibility, creativity, self-reliance, adaptability, interpersonal communication and leadership qualities.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
2. Plan, design, implement and evaluate effective programmes of intervention for the sports industry.	✓			✓	✓	✓	✓	✓	✓	✓					✓	✓	✓	✓				✓	✓	
3. Understand the purpose and relevance of IT applications to the modern sport and exercise scientist.	✓			✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓		✓		✓	✓		
4. Develop an independent work ethic and gain vocationally relevant qualifications where necessary.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
5. Demonstrate practical skills competencies that inform sporting performance	✓	✓		✓		✓	✓	✓		✓	✓			✓		✓	✓	✓				✓	✓	
6. Evidence continued professional development activities		✓							✓										✓					
(D) Transferable skills and other attributes																								
1. Demonstrate use of academic skills including research techniques, reporting of data and referencing.	✓	✓	✓	✓	✓				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
2. Demonstrate an ability to manage time effectively.	✓	✓	✓	✓	✓				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
3. Communicate effectively and appropriately through verbal and non-verbal means.	✓	✓	✓	✓	✓				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
4. Demonstrate appropriate IT skills.	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Part 5: Student Learning and Student Support

Teaching and learning strategies to enable learning outcomes to be achieved and demonstrated

There is a policy for a minimum average requirement of 15 hours / week in year one and 12 hours / week contact time over the course of the full undergraduate programme. This contact time encompasses a range of face: face activities as described below. In addition a range of other learning activities will be embedded within the programme which, together with the contact time, will enable learning outcomes to be achieved and demonstrated.

Scheduled learning may include lectures, seminars, tutorials, project supervision, demonstration, practical classes and workshops; fieldwork; external visits; work-based learning. Scheduled sessions may vary slightly depending on the module choices made.

Independent learning includes hours engaged with essential reading, case study preparation, assignment preparation and completion etc. Scheduled sessions may vary slightly depending on the module choices made.

Placement learning allows students to have the opportunity to engage in an integrated placement year between level five and six if they so wish and will be supported in identifying potential opportunities. This placement will be organised by the student in consultation with the programme manager and guidance tutor and must be within an organisation that is relevant to the programme of study. Examples of work placement opportunities include sport science provision to teams and individual athletes, strength and conditioning support to athletes and performance and biomechanical analysis of movements and sporting events.

Virtual Learning Environment (VLE)

This specification is supported by a VLE where students will be able to find all necessary module information. Direct links to information sources will also be provided from within the VLE.

Careers

To support learners' career preparations, careers personnel are available, and the students can access online resources. Tutors will also offer subject specific careers advice through module sessions or individual tutorials. Careers fairs are arranged periodically to allow students to engage directly with employers from the industry sector.

Description of the teaching resources provided for students

Two all-weather 3G sports pitches, grass pitches, sports halls, human performance laboratory, biomechanics laboratory, and the training facilities (power gym, cardiovascular gym) within the institution's Academy of Sport are fully utilised to support the teaching and learning experience.

In addition to traditional classroom settings, students engage in laboratory sessions and work-related learning to encourage the contextualisation of learning to industry.

Students with specific learning requirements will be supported through the HE Learning Support Service which works with the individual student to facilitate them accessing support through government schemes, provides them with study advice to maximise their chances of success and where necessary guides them through applying for alternative means of assessment.

Description of any Distinctive Features

The purpose of the BSc (Hons) Sport and Exercise Sciences programme is to develop a theoretical understanding of the physiological, psychological and biomechanical demands of sport and exercise. The inclusion of industry specific practical skills is a key aspect of the programme, allowing for students to contextualise the theory learnt and become proficient sport and exercise scientists. In addition, this programme aids student understanding of communication with athletes and how discipline specific sports scientists work together for optimal performance. A mixture of taught sessions and the promotion of work-related learning will facilitate these aspects and contribute to the student experience.

Having entry points into both a Foundation Year and Level One, enables the programme experience to facilitate the development of a successful undergraduate supporting a wide range of study backgrounds. The Foundation Year will prepare students with general study skills and opportunities to develop subject specific skills and knowledge. Additionally the Foundation year includes an internship enabling a student to put their skills into practice and develop an early appreciation of employment opportunities and attributes necessary for enhanced employability.

A variety of optional modules in combination with compulsory aspects of the programme presents students with an opportunity to focus and specialise in specific areas of study within sports science. The inclusion of optional modules focusing on key business principles affords the students opportunities to learn basic skills in preparation for self-employment.

Students are presented with a variety of learning environments during the programme including lectures, seminars, practicals, guest speakers from industry and industry visits. These are intended to enhance student knowledge and develop necessary skills for employment. A diverse range of assessments are aligned with taught content, which determine theoretical understanding and industry standard practical skills abilities.

The institution prioritises student support. Key to that support is the tutorial system that complements study skills sessions operated throughout the institution. Study skills sessions afford students the opportunity to enhance their academic ability through individual and group tutorials with the year 1 provision focusing on the development of academic skills. In year 2 students are assisted with their career choices and development thereof. Each student has a year tutor who guides the student throughout their study and will be key for the students when choosing modules. Students are also strongly encouraged to utilise, and engage in, face-to-face tutorials with either their allocated personal tutor or their subject specific module tutors in order to support their academic development. Student Advisors are also available for more general academic support needs alongside the institution Welfare Officer and the onsite counselling service provided by the institution. Assessment offences information and study/examination guidance is also provided to all students. Learning is also supported electronically by the students having access to the VLE which include module information regarding assessments, semester schedules, lecture contents and additional reading. Interactive quizzes, questionnaires and personal feedback further develop the knowledge and skills learnt. Access is available remotely so that the VLE provides students with access to academic materials relevant to their chosen modules and programme. Students are kept up-to-date with information via the announcements areas on the VLE.

The institutions Learning Centre is highly supportive of the academic disciplines within the sports industry field and provides an extensive range of paper (textbooks and periodicals) and electronic (e-book, periodicals and database) resources relevant to the subject area. The institutions Learning Centre and the programme team are in constant contact to ensure that up-to-date, relevant material which supports students' academic journey is provided.

Part 6: Assessment

This module will be assessed according to the Academic Regulations published for the academic year on the website <http://www.hartpurv.ac.uk>

The distinctive module used by the Programme Examination Board to inform recommending differential awards for students when considering borderline performance profiles will be:
Undergraduate Dissertation

Assessment Strategy

Assessment strategy to enable the learning outcomes to be achieved and demonstrated: Individuals learn through different methods, hence a range of teaching and assessment techniques are used throughout the programme. Theoretical lectures, practicals, seminars and debates and guest speakers from within the industry enhance the student's academic knowledge, whilst giving the student the opportunity to practice and develop applied skills needed for industry. To support the different learning approaches a range of assessment techniques will be used throughout the programme.

Assessment Map

The programme encompasses a range of **assessment methods** and these are detailed in the following assessment map:

Assessment Map for BSc (Hons) Sport and Exercise Sciences

		Type of Assessment*									
		Unseen Written Exam	Open Book Written Exam	In-class Written Test	Practical Exam	Practical Skills Assessment	Oral assessment and/or presentation	Written Assignment	Report / Project	Dissertation	Portfolio
Compulsory Modules Foundation Year	Foundation Skills Development	A (25)				B (75)					
	Academic Skills in Practice					A (25)		B (75)			
	Reviewing Literature						(A100)				
	Foundation Biological Principles				A (50)					B (50)	
Compulsory Modules Level 4	Foundation Sports Science			B (50)		A (50)					
	Introduction to Functional Anatomy and Biomechanics					A (G) (50)				A (50)	
	The Sport and Exercise Professional					B (G) (75)	A (25)				
	Principles of Strength and Conditioning					B (G) (100)					
	Introduction to Exercise Physiology	A (100)									
	Introduction to Sport and Exercise Psychology	A (50)						A (50)			
	Introduction to the Sports Industry					A (25)	B (75)				

Compulsory Modules Level 5	The Sport and Exercise Scientist				B (75)	A (G) (25)				
	Exercise Physiology	A (50)						B (50)		
	Applied Biomechanics in Sport		A (100)							
	Sports Psychology									A (100)
Optional Modules Level 5	Strength and Conditioning in Practice							A (100)		
	Sports Nutrition	A (40)						B (60)		
	Independent Report Health Related Exercise	A (50)	A (25)					B (75)		B (50)
	Applied Performance Analysis				B (60)	A (40)				
Optional Year	Year Work Placement									A (100)
Compulsory Modules Level 6	Undergraduate Dissertation									A (100)
	Biomechanics in Sport Practice				B (G) (30)	A (G) (70)				
	Applied Sport and Exercise Physiology Sport Psychology in Action							A (100)		A (100)
Optional Modules Level 6	High Performing Teams		A (100)							
	Performance Analysis in Practice					A (100)				
	Special Populations		A (100)							
	Contemporary Issues in Sports Education					A (50)		B (50)		
	Recovery and Monitoring for Sports Performance									A (100)
	Sports Conditioning and Return to Play				A (50)	A (50)				

*Assessment should be shown in terms of either **Written Exams**, **Practical exams**, or **Coursework** as indicated by the colour coding above.

Part 7: Entry Requirements

Applicants will have achieved entry criteria appropriate for the year of entry, which can be found through the Hartpury website (www.hartpury.ac.uk).

Applicants must provide evidence which demonstrates that they can benefit from study on this programme and are likely to achieve the required standard.

We also welcome applicants from a diverse range of backgrounds who do not have the entry requirements outlined above. Applicants will be considered on the basis of evidence of personal, professional and educational experience which indicates an applicant's ability to meet the demands of an undergraduate degree programme. Applicants with non-standard entry criteria may be reviewed on an individual basis. This may take the form of an individual interview with members of the programme team and possibly the completion of a set task such as a written assignment.

Where appropriate experience or learning has been gained prior to enrolment on the programme, Hartpury will consider applications for advanced entry, e.g. into year two or three of a programme. More details on how to apply for this can be found through the Hartpury website.

Part 7: Entry Requirements

Applicants whose first language is not English must also gain a minimum IELTS score of 6.0 prior to entry onto the programme.

This specification provides a concise summary of the main features of the programme and the learning outcomes that a typical student might reasonably be expected to achieve and demonstrate if he/she takes full advantage of the learning opportunities that are provided. More detailed information on the learning outcomes, content and teaching, learning and assessment methods of individual modules can be found in module specifications, available on the Institution's website.



Programme Amendment Log

Programme Title:	BSc (Hons) Sport and Exercise Sciences
Programme Code:	BSHSSESX
Initial Approval Date:	01 September 2017
Approved by:	Hartpury Curriculum Validation Committee
Approved until:	01 September 2024
Original version number:	V1.0

Changes

Current version number: 6.0
Outline Change Details:
Part 1
- Interim awards updated
Part 2 has been updated.
Part 3
- Some formatting changes to the foundation year section
- Level 4 removal of:
o Skill acquisition (15)
o Academic skills for sport (15)
o Introduction to sports coaching (15)
o Sport development and leadership (15)
- Level 4 insertion of:
o The sport and exercise professional (30)
o Principles of strength and conditioning (15)
o Introduction to the sports industry (15)
- Level 5 removal of:
o Fitness training and testing (15)
o The injured athlete (15)
o International academic study portfolio (15)
o International academic study project (30)
o International academic study extended project (45)
o Study trip (15)
- Level 5 insertion of:
o Applied performance analysis (15)
o Strength and conditioning in practice (15)
- Level 6 removal of:
o Sports science for coaches (15)
o Performance analysis (15)
o Sports injury assessment (15)
o Injury prevention and rehabilitation (15)
o Contemporary practice in sports conditioning (15)
- Level 6 insertion of:
o Performance analysis in practice (15)

- High performing teams (15)
- Recovery and monitoring for sports performance (15)
- Sports conditioning and return to play (15)

Part 4

- Modules have been changes to reflect the changes in part 3
- Insert learning outcome "how sports science disciplines interact to improve performance" under section A
- Removed LO4
- Insert learning outcome " adopt an inter-disciplinary approach in relation to supporting sporting performance" under section B
- Insert learning outcome " evidence continued professional development activities" under section C
- Tick marks have been inserted and removed where appropriate

Part 5

- Inserted section on placement learning "Placement learning allows students to have the opportunity to engage in an integrated placement year between level 5 and six, if they so wish, and will be supported in identifying potential opportunities"
- Careers section has been edited to "To support learners' career preparations, careers personnel visit the institution on a regular basis and the students can use all the online resources. Tutors will also offer subject specific careers advice through module sessions or individual tutorials. Careers fairs are arranged periodically to allow students to engage directly with employers from the industry sector." Essentially "Hathe institutions employability team will assist students with their career planning and students will have access to a range of online resources"
- Removal of "or via the SMS text message service with which the institution has engaged with."

Part 6

- Assessment map has been edit to reflect module changes in part 3.
- Distinctive module (Undergraduate Dissertation) added in line with new template

Part 7

- This section has been re-written to reflect current practice.

Part 8

- This section has been removed.

Material Alteration: Yes and is accompanied by the relevant course information sheets.

Rationale:

- The modules included on the programme have been edit to provide a greater provision of sport and exercise sciences core (e.g. biomechanics) and more prominent (e.g. performance analysis, strength and conditioning) type modules.
- Moreover, the therapy type modules have typically been removed. It is unlikely that students will progression onto therapy type jobs after this course. Moreover, the volume of therapy modules means that students couldn't attain a final degree with a therapy leaning profile rather than one that fits the core disciplines.
- Student have been consulted about these changes.

Change requested by: John Fernandes

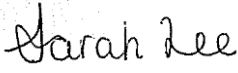
- I can confirm that student representatives have been consulted about this change
- I can confirm that colleagues impacted by this change have been consulted
- I have retained evidence of these consultations, which will be summarized within the Programme Enhancement Report

Signature: 

Date: 9/2/2019

Name of Head of Department: Sarah Lee

I confirm that this change does not require additional resources beyond the scope of those already present or planned for by the department.

Signature: 

Date: 11.02.19

Approval Committee and Date:	CVC 2019 02 27
Change approved with effect from:	01 September 2019 (for 2019 intake)
Resulting new version number:	7.0

Version 6.0 (2017+)

Rationale: After the successful application for University Title, amendments were required to all specifications.	
Material Alteration: Yes and Course Information Sheet amended appropriately: Not required	
Outline Change Details: 1. Part 1: Basic Data requires the Awarding Body to be amended from Hartpury College to Hartpury University. 2. Award Titles amended to replace (SW) with (IP).	
Change requested by:	Academic Registrar
CVC approval date:	31 August 2018
Change approved with effect from:	01 September 2018
New version number:	6.0

Version 4 (2017+) Periodic Curriculum Review

Outline Change Details: Update of valid to/from dates.	
Rationale: The Sport Periodic Curriculum Review (PCR) on 2 nd May 2018 confirmed revalidation of the programme.	
Change requested by:	PCR 02 May 2018
PCR approval date:	02 May 2018
Change approved with effect from:	01 September 2018

Version 2

Outline Change Details: Addition of foundation year	
Rationale: As above.	
Change requested by:	
CVC approval date:	
Change approved with effect from:	01 September 2017