

Programme Specification

Part 1: Basic Data			
Primary Programme Title	BSc (Hons) Sports Performance		
Target Award Titles	Mode and Typical Duration of Study	Professional Accrediting Body Links	Study Abroad / Exchange / Credit Recognition
BSc (Hons) Sports Performance	Full time, 3 years Part time, 6 years	None	None
BSc (Hons) Sports Performance with integrated placement year	Full time, 4 years Part time, 7 years	None	None
Interim Award Titles	BSc Sports Performance BSc Sports Performance with integrated placement year BSc Sport Studies BSc Sport Studies with integrated placement year FdSc Sports Performance Diploma of Higher Education in Sport Studies Certificate of Higher Education in Sport Studies Undergraduate Certificate in Sport Studies Undergraduate Award in Sport Studies		
Teaching Delivery Method	On-site		
Awarding Institution	Hartpury University		
Teaching Institution	Hartpury University		
Delivery Location	Hartpury		
Department Responsible for Programme	Sport		
Unit-E Code	BSHSSFXX		
Entry Criteria Information	Applicants will have achieved entry criteria appropriate for the stage of entry, which can be found through the Hartpury website (www.hartpury.ac.uk).		
Most Recent Validation Date	6 February 2025	Due for Re-validation By	01 September 2030
Amendment Approval Date		Approved With Effect From	V1.0 - 01 September 2025
Professional Accrediting Body Approval Date	None	Date For Re-accreditation	None
Version	1.0		

Part 2: Programme Overview

The BSc (Hons) Sports Performance programme is designed to equip graduates with the knowledge, skills, and hands-on experience needed for a career in the professional performance sport industry. Emphasising experiential and work-based learning, it blends theoretical insights with practical application. This interdisciplinary approach ensures graduates are prepared to excel in the dynamic sports performance sector, addressing the needs of both elite and recreational performers.

Graduates will have completed 190 hours of industry experience, providing awareness of the personal and professional standards that the sports performance industry requires. This ensures that graduates gain direct exposure to professional environments, allowing them to apply their learning in real-world settings and develop the professional skills – such as communication, problem solving and teamwork – that are valued by employers in the sports industry. Graduates emerge prepared to tackle contemporary challenges such as performance enhancement, injury prevention, and professional practice in sport. Graduates are equipped with a critical, evidence-informed approach to practice, fostering a deeper understanding of how to address real-world issues in sports performance.

Whether graduates are pursuing a career as an athlete, coach, strength and conditioning specialist, applied performance analysis, or sports manager, they leave the programme with both the practical and theoretical tools to pursue a career in the performance industry. The programme also offers a strong foundation for those interested in further academic study or research roles in sport.

The BSc (Hons) Sports Performance with integrated placement year programme is designed to equip graduates with the knowledge, skills, and hands-on experience needed for a career in the professional performance sport industry. Central to the programme is its emphasis on experiential and work-based learning, which blends theoretical insights with practical application. This interdisciplinary approach ensures graduates are prepared to excel in the dynamic sports performance sector, addressing the needs of both elite and recreational performers.

During the integrated placement year, graduates have gained hands-on experience in real-world industry sports performance settings, in turn enhancing employability opportunities. This allows graduates to apply theoretical knowledge from their studies and develop a deeper practical understanding of the sports performance industry.

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Whether graduates are pursuing a career as an athlete, coach, strength and conditioning specialist, applied performance analysis, or sports manager, they utilise the integrated placement year to leave the programme with both the practical and theoretical tools to pursue a career in the performance industry. The programme also offers a strong foundation for those interested in further academic study or research roles in sport.

Part 3: Programme Structure

This structure diagram demonstrates the student journey from enrolment through to graduation for a typical **full time student on the primary programme**, including:

- level and credit requirements
- award requirements that are in addition to those described in the Hartpury University Academic Regulations
- module diet, including core and optional modules.

Please note:

*PAB these modules are subject to additional and variant regulations as part of an accreditation by a professional accrediting body

+ core modules marked + are not eligible for compensation

¹ these modules are accredited by a professional awarding body, but are not subject to variant regulations

^{AV} these modules are subject to additional and variant regulations but are not accredited by a professional awarding body

^{EX} these modules are offered by exception

	Core Modules	Optional Modules	Target and Interim Awards
Stage 1	HSPVSU-15-4 Academic Skills for Sport and Exercise Scientists HSPXL7-15-4 Introduction to Exercise Physiology HSPVSY-45-4 + Introduction to Professional Practice in Sport HSPXLE-15-4 Introduction to Sport and Exercise Psychology HSPVTA-15-4 Research and Data Skills in Sport HSPXM3-15-4 + Principles of Strength and Conditioning	None	<u>Undergraduate Award in Sport Studies</u> <u>Undergraduate Certificate in Sport Studies</u> <u>Certificate of Higher Education in Sport Studies</u>
	To progress to stage 2 you must achieve at least 90 credits.		
Stage 2	HSPVC5-15-5 Applied Performance Analysis HSPVUX-15-5 Injuries in Sport and Exercise	HSPVSP-15-5 Independent Report ^{EX}	<u>Diploma of Higher Education in Sport Studies</u> <u>FdSc Sports Performance</u> This must include: Introduction to Professional Practice in Sport and Applied Professional Practice in Sport

	<p>HSPVTE-45-5 + Professional Practice in Sports Performance Environments</p> <p>HSPXS9-15-5 Sport and Exercise Nutrition</p> <p>HSPVTB-15-5 The Sport and Exercise Researcher</p> <p>HSPVSV-15-5 The Sport and Exercise Scientist</p>		
Optional	HANVK6-15-5 Integrated Placement Year		
To progress to stage 3 you must achieve at least 210 credits.			
Stage 3	<p>HSPVTS-30-6 + Advanced Professional Practice in Sport</p> <p>HSPVA7-15-6 High Performing Teams</p> <p>HSPVQA-45-6 + Sport Research Project</p>	<p>HSPVV6-15-6 Developing the Youth Athlete</p> <p>HSPVA9-15-6 Performance Analysis in Practice</p> <p>HSPVU4-15-6 Performance Nutrition</p> <p>HSPV43-15-6 Sport and Social Media</p> <p>HSPV53-15-6 Sport Sponsorship and Brand Development</p>	<p><u>BSc Sport Studies</u></p> <p><u>BSc (Hons) Sport Studies with integrated placement year</u> Must include the Integrated Placement Year module</p> <p><u>BSc Sports Performance</u> Must include Introduction to Professional Practice in Sport, Applied Professional Practice in Sport and Advanced Professional Practice in Sport</p> <p><u>BSc Sports Performance with integrated placement year</u> Must include Introduction to Professional Practice in Sport, Applied Professional Practice in Sport and Advanced Professional Practice in Sport, and the Integrated Placement Year module</p> <p><u>BSc (Hons) Sports Performance</u> Must include Introduction to Professional Practice in Sport, Applied Professional Practice in Sport and Advanced Professional Practice in Sport</p> <p><u>BSc (Hons) Sports Performance with integrated placement year</u></p>

			Must include Introduction to Professional Practice in Sport, Applied Professional Practice in Sport and Advanced Professional Practice in Sport, and the Integrated Placement Year module
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Part time:

The part time student journey from entry through to graduation is individually negotiated with the student.

Part 4: Programme Learning Outcomes	
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Modules in bold are core modules and modules not emboldened are optional modules.
A denotes a module that assesses a learning outcome, and B denotes a module aligned with a learning outcome.

A denotes a module that assesses a learning outcome, and B denotes a module aligned with a learning outcome.

Learning Outcomes:	Introduction to Professional Practice in Sport									
	Academic Skills for Sport and Exercise Scientists									
	Research and Data Skills in Sport									
	Introduction to Exercise Physiology									
	Introduction to Sport and Exercise Psychology									
	Principles of Strength and Conditioning									
	Professional Practice in Sports Performance Environments									
	The Sport and Exercise Scientist									
	The Sport and Exercise Researcher									
	Applied Performance Analysis									
	Sport and Exercise Nutrition									
	Injuries in Sport and Exercise									
	Integrated Placement Year									
	Advanced Professional Practice in Sport									
	Sport Research Project									
	High Performing Teams									
	Performance Analysis in Practice									
Performance Nutrition										
Sport and Social Media										
Sport Sponsorship and Brand Development										
Developing the Youth Athlete										

A) Knowledge and understanding of:																			
1. The key principles of sport psychology and physiology that underpin sports performance, and their application to enhancing athlete outcomes, and the role of sports performance culture in	B			A	A	B	B				B	A	B	A		B	B		A

shaping athlete development and success.																						
2. strength and conditioning principles to enhance performance and minimise the risk of injury.						A						B	B									A
3. Research methods, including quantitative and qualitative approaches, data collection, and analysis techniques, to address complex challenges in the sports performance industry.		B	B	B				B	B	B	B		B		A	B	B	B				
B) Intellectual Skills																						
1. Analyse datasets and systems, such as video analysis, to evaluate their application and effectiveness in enhancing sports performance.			B	B				A		A	B		B		B		A					B
2. Critically evaluate academic and industry literature to adopt evidence-informed approaches.		B						B		B			B		A	A		A	A	B	B	B
3. Justify well-reasoned decisions, and address challenges to advance practices in the sports performance industry.	B	B			B	B		B	B	B		B	B		A	A	A	A	B	B	B	B
4. Evaluate how current developments in sustainable and practitioner practice in the sports industry can enhance performance across diverse athlete populations.	B		B					A	B				B		A	B				B		B
C) Performance and Practice																						
1. Reflect on, and develop, key personal attributes including flexibility, creativity, self-reliance, resilience, adaptability, interpersonal communication, leadership, and wellbeing.	B							B					B		A	A					B	
2. Devise a personal learning plan that aligns with professional development goals recognising the value of vocationally-relevant qualifications.	B							B					B		A							
3. Demonstrate readiness for professional entry into the sports	B		B			B		B	B		B	B	B		A	A		B		B	B	B

industry by showcasing appropriate delivery skills aligned with industry standards through work-based learning.																						
4. Adapt to the evolving demands of the sports performance industry by developing problem-solving skills in complex and unpredictable circumstances.	B			B		B	B		B					B	A	B						B
5. Adhere to ethical professional and equality frameworks whilst engaging in work-based learning.	B						A							B	A	B						B
6. Conduct an action research project to address complex issues and enhance sports performance practice.			B					B	B	B				B		A						
D) Setting, Personal and Enabling Skills																						
1. Identify and prioritise learning and professional development goals, effectively managing time, well-being of self and others, and personal growth to enhance professional readiness.	B						B							B	A						B	
2. Exhibit and develop industry-aligned digital skills.			B			B		B	B	B				B	B	A		B				B
3. Communicate effectively and appropriately through a range of mediums across diverse professional and cultural performance settings.	B	B	B	B			B	B		B				B	A	A		A			B	B
4. Effectively utilise feedback to develop professional skills and adaptability across a range of academic and professional settings.	B						B							B	A			B			B	

Part 5: Learning, Teaching and Assessment

Learning, Teaching and Assessment Journey:

The BSc (Hons) Sports Performance programme offers students a rich and engaging learning experience that combines theoretical knowledge with sports performance industry experiences. Students will benefit from scheduled contact time that includes a mix of lectures, practical workshops, industry experience, and interactive seminars, all designed to equip them with the personal and professional skills and insights necessary for a career in the dynamic sports performance industry. Scheduled learning is enhanced further through independent activities such as academic reading, research, and assessment preparation.

At each stage of the programme, students are guided by an academic personal tutor to support them through their journey through the programme, facilitating the skills essential to academic study and professional development. Given the diverse backgrounds and experiences of students, the programme includes a variety of assessment strategies to accommodate and reflect these differences.

A defining feature of this programme is the emphasis on real-world industry experience, which is embedded throughout all three stages of study. Students will engage in sports industry environments through core modules focused on professional practice, enabling them to develop and refine the skills required for their chosen career path. Industry-linked opportunities include:

- Collaborating with guest speakers from professional sport, who will share insights into current industry trends and best practices.
- Participating in work-based learning and action research projects that allow students to apply their skills in live, industry-specific scenarios.

These experiences are designed to develop students' confidence and readiness for professional entry into the sports industry.

The programme places a strong emphasis on research and innovation, preparing students to contribute to advancements in sports performance. Throughout the programme, students will acquire core research skills and will have the opportunity to design and implement action research projects tailored to their interests and career aspirations. They will also further specialise their interests in nutrition, performance analysis, strength and conditioning or business-related topics as they progress through the programme which, in combination with industry experience, will enhance employability and postgraduate options for students. By collaborating with professionals in their chosen field, students will establish connections that strengthen their career prospects whilst contributing to their personal and academic development.

To ensure every student reaches their potential, the programme uses a variety of assessment strategies. These may include written examinations, oral presentations, and practical applications, delivered through both formative and summative assessments. The variety of assessment methods ensures that students can demonstrate their learning outcomes while being challenged at the appropriate academic level.

Students also benefit from a robust system of academic support. Hartpur University's Achievement and Success Centre (ASC) offers academic skills sessions that complement the programme's tutorials, ensuring students have access to guidance on research, writing, and study skills. The University Library provides extensive resources tailored to the needs of sports performance students, including a wealth of textbooks, e-books, and journals. These resources are reviewed annually to ensure alignment with the programme's curriculum and the evolving needs of the professional sports industry.

The support systems in place at Hartpur University — combined with the programme's focus on industry engagement, professional skill development, and academic excellence — ensure that

Part 5: Learning, Teaching and Assessment

students graduate with the knowledge, experience, and confidence to excel in the sports performance industry or to pursue further study.

This programme will be assessed according to the approved Academic Regulations.

Students registered on this programme will have access to the Hartpury University support services.

The distinctive module used by the Programme Examination Board to inform recommending differential awards for students when considering borderline performance profiles will be:
Advanced Professional Practice in Sport

Professional Accrediting Body documents to which this programme is mapped and or aligned:
None

Assessment Map

Assessment Map									
		Type of Assessment*							
		Coursework	Report	Portfolio	Written Examination	Written Test	Practical Skills Examination	Practical Skills Assessment	Oral Assessment
Core Modules Stage 1	Introduction to Professional Practice in Sport	A (40) Essay Based on a Case Study							B (60) Oral Presentation with Questions
	Academic Skills for Sport and Exercise Scientists	A (30) Coursework							B (70) Oral Presentation
	Research and Data Skills in Sport							A (100) Practical Skills Logbook	
	Introduction to Sport and Exercise Psychology	A (100) Essay							
	Introduction to Exercise Physiology							A (100) Practical Skills Logbook	
	Principles of Strength and Conditioning				A (100) Open-Material Written Examination				
Core Modules Stage 2	Professional Practice in Sports Performance Environments			B (50) Coursework Portfolio					A (50) Oral Presentation with Questions
	The Sport and Exercise Scientist							A (100) Practical Skills Logbook	
	Sport and Exercise Researcher		B (100) Report						

	Applied Performance Analysis							A (100) Practical Skills Assessment	
	Sports and Exercise Nutrition		A (100) Case Study Report						
	Injuries in Sport and Exercise					A (100) Unseen Closed-Material In-Class Test			
Optional Year	Integrated Placement Year			A (100) Industry Experience Portfolio					
Core Modules Stage 3	Advanced Professional Practice in Sport	A (30) Coursework							B (70) Oral Assessment
	Sport Research Project		A (75) Project Report						B (25) Oral Assessment
	High Performing Teams					A (100) Case Study Test			
Optional Modules Stage 3	Performance Analysis in Practice								A (100) Poster Defence
	Performance Nutrition		A (100) Case Study Report						
	Sport and Social Media		A (100) Project Report						
	Sport Sponsorship and Brand Development								A (100) Group Oral Presentation with Questions
	Developing the Youth Athlete			A (100) Coursework Portfolio					

*Indicative assessment types for new students enrolling on this programme after the date this specification takes effect (Part 1) are shown in terms of either **Coursework**, **Written Examination**, or **Practical Examination** as indicated by the colour coding above.

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 they take 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 through Hartpury's website (www.hartpury.ac.uk).

Approved Programme Amendment Log

Primary Programme Title:	BSc (Hons) Sports Performance
Programme Code:	BSHSSFXX
Initial Approval Date:	6 February 2025

Changes: *Most recent at the top of the page*

Outline Change Details: New programme.	
Approval Committee and Date:	CVC Chair's action (SD) 2025 02 06 (from CVC 2025 01 22)
Change approved with effect from:	01 September 2025
Resulting new version number:	1.0