

**KEY PROGRAMME INFORMATION**

<b>Originating institution(s)</b> Bournemouth University	<b>Faculty responsible for the programme</b> Faculty of Health and Social Sciences
<b>Final award(s), title(s) and credits</b> Bachelor of Science with Honours (BSc Hons) Sport and Exercise Science (360 credits; 180 ETCS credits)	
<b>Intermediate award(s), title(s) and credits</b> Certificate of Higher Education (Cert HE) Sport and Exercise Science (120 credits; 60 ECTS credits) Diploma of Higher Education (Dip HE) Sport and Exercise Science (240 credits; 120 ETCS credits)	
<b>UCAS Programme Code(s) (where applicable and if known)</b> <a href="#">Click here to enter text.</a>	<b>HECoS (Higher Education Classification of Subjects) Code and balanced or major/minor load.</b> 100433 (100%)
<b>External reference points</b> QAA UK Quality Code for Higher Education (2018) Quality Assurance Agency for Higher Education Subject Benchmark Statements for Events, Hospitality, Leisure, Sport and Tourism (2016); British Association of Sport and Exercise Sciences Undergraduate Endorsement Scheme	
<b>Professional, Statutory and Regulatory Body (PSRB) links</b> Not applicable	
<b>Places of delivery</b> Bournemouth University, Talbot Campus	
<b>Mode(s) of delivery</b> Full- time Full- time sandwich	<b>Language of delivery</b> English
<b>Typical duration</b> Full- time 36 months Full- time sandwich 48 months	
<b>Date of first intake</b> September 2020	<b>Expected start dates</b> September
<b>Maximum student numbers</b> Not applicable	<b>Placements</b> Placements are compulsory but the length of the placement is optional with a minimum of 6 weeks taken as part of a 3 year degree or a minimum of 30 weeks taken as part of a 4 year degree. The placement will be undertaken following progression from Level 4 and prior to progression to Level 6.  Students will have to find their own placements but a dedicated placement development coordinator and advisor will assist students in finding a placement.

## Programme Specification – Section 1

<b>Partner(s)</b> Not applicable	<b>Partnership model</b> Not applicable
<b>Date of this Programme Specification</b> February 2024	
<b>Version number</b> 1.5-0924	
<b>Approval, review or modification reference numbers</b> E20181924 EC 1920 22, approved 15/01/2020 FHSS 1920 10, approved 11/03/2020. Previously version 1.0-0920 FHSS 2021 12, approved 10/03/2021. Previously version 1.1-0920 FHSS 2122 10, approved 23/03/2022. Previously version 1.2-0921 EC 2122 41 approved 09/05/2022. No change to version number EC 2122 80, approved 05/08/2022. No change to version number EC 2122 84, approved 30/08/2022. No change to version number EC 2223 02 no change to version number FHSS 2223 24, approved 03/05/2023. Previously version 1.3-0923 FHSS 2324 11, approved 08/02/2024, previously version 1.4	
<b>Author</b> Dr Susan Dewhurst	

## Programme Specification – Section 1

### PROGRAMME STRUCTURE

Programme Award and Title: BSc (Hons) Sport and Exercise Science									
Year 1/Level 4									
Students are required to complete all 6 core units									
Unit Name	Core/ Option	No of credits	Assessment Element Weightings				Expected contact hours per unit	Unit version no.	HECoS Code (plus balanced or major /minor load)
			Exam 1	Exam 2	Cwk 1	Cwk 2			
Beginning Research	Core	20	100%				36	1.0	100433 100%
Principles of Sport and Exercise Physiology	Core	20	50%		50%		36	HSS 1.1	100433 100%
Principles of Sport and Exercise Biomechanics	Core	20	50%	50%			36	HSS 1.1	100433 100%
Principles of Sport and Exercise Psychology	Core	20	50%		50%		36	HSS 1.1	100433 100%
Fitness Assessments for Sport, Exercise and Health	Core	20			50%	50%	36	HSS 1.0	100433 100%
Principles of Food and Nutrition	Core	20	50%		50%		40	HSS V1.0	100247 100%
Progression requirements: Requires 120 credits at Level 4									
Exit qualification: Cert HE Sport and Exercise Science (requires 120 credits at Level 4)									

## Programme Specification – Section 1

<b>Year 2/Level 5</b> Students are required to complete 4 core units plus 2 optional units								
Unit Name	Core/ Option	No of credits	Assessment Element Weightings			Expected contact hours per unit	Unit version no.	HECoS Code (plus balanced or major /minor load)
			Exam 1	Cwk 1	Cwk 2			
Conducting Research	Core	20		50%	50%	36	HSS 1.0	100433 100%
Advances in Sport and Exercise Physiology	Core	20		70%	30%	36	HSS 1.0	100433 100%
Advances in Sport and Exercise Biomechanics	Core	20		50%	50%	36	HSS 1.0	100433 100%
Advances in Sport and Exercise Psychology	Core	20		50%	50%	36	HSS 1.0	100433 100%
Principles of Training	Option	20		50%	50%	36	HSS 1.0	100433 100%
Nutrition in Health and Disease	Option	20	60%	40%		30	HSS V1.0	100247 100%
Performance Analysis	Option	20		100%		36	FM 1.0	101379 100%
Sport Management and Leadership	Option	20		50%	50%	36	FM 1.0	100097 100%
Issues and Controversies in Sport, Culture and Society	Option	20		50%	50%	36	FM 1.0	100098 100%
Placement - Short	Option (Group P)	0				0	HSS 1.0	10433 100%
<b>Progression requirements:</b> Requires 120 credits at Level 5								
<b>Exit qualification:</b> Dip HE Sport and Exercise Science (requires 120 credits at Level 4 and 120 credits at Level 5)								
<b>Year 3/Level P - Optional placement year in industry/business (Option Group P)</b> Option (Group A) 0 credits								
<b>Progression requirements:</b> A minimum of 120 credits at Level 5 and satisfactory completion of either a short placement (minimum of 6 weeks) as part of a 3-year degree award or a year-long placement (minimum of 30 weeks) as part of a 4-year degree in a relevant industry/business/organisation is needed to progress to level 6. Short placements may be completed during level 5.								

## Programme Specification – Section 1

<b>Year 3/4/Level 6</b>								
There are no core units at Level 6. Students must pick 1 option from Group A; 2 options from Group B and 2 further options from Group B or C								
Unit Name	Core/ Option	No of credits	Assessment Element Weightings			Expected contact hours per unit	Unit version no.	HECoS Code (plus balanced or major/ minor load)
			Exam 1	Cwk 1	Cwk 2			
Dissertation	Option (Group A)	40		100%		36	HSS 1.0	100433 100%
Research Expedition	Option (Group A)	40		100%		36	HSS 1.0	100433 100%
Applied Sport and Exercise Physiology	Option (Group B)	20		100%		36	HSS 1.0	100433 100%
Applied Sport and Exercise Biomechanics	Option (Group B)	20		100%		36	HSS 1.0	100433 100%
Applied Sport and Exercise Psychology	Option (Group B)	20		100%		36	HSS 1.0	100433 100%
Advances in Applied Nutrition	Option (Group C)	20		60%	40%	30	HSS V1.0	100247 100%
Nutrition Requirements Throughout Life	Option (Group C)	20	40%	60%		30	HSS V1.0	100247 100%
Advanced Performance Analysis (completion of Performance analysis at level 5 is a pre- requisite for students undertaking this unit)	Option (Group C)	20		100%		36	HSS 1.0	101379 100%
Sport and Physical Culture	Option (Group C)	20		50%	50%	36	FM 1.0	100098 100%
Talent Development in Sport	Option (Group C)	20		100%		36	FM 1.0	100433 100%
Strategy and Leadership	Option (Group C)	20		50%	50%	39	FM 1.1	100097 100%
<b>Exit qualification:</b> BSc (Hons) Sport and Exercise Science <b>Sandwich UG award:</b> Requires 120 credits at Level 4, 120 credits at Level 5, 120 credits at Level 6 and successful completion of a placement year. <b>Full-time UG award:</b> Requires 120 credits at Level 4, 120 credits at Level 5 and 120 credits at Level 6 and successful completion of a 6 week placement.								

### AIMS OF THE DOCUMENT

The aims of this document are to:

- Define the structure of the programme
- Specify the programme award titles
- Identify programme and level learning outcomes
- Articulate the regulations governing the awards defined within the document.

### AIMS OF THE PROGRAMME

This programme aims to develop critically informed, agile and resourceful graduates, who:

- Possess a coherent, current and detailed knowledge of the theory and application of the key disciplines underpinning sport and exercise science, with sound conceptual understanding of interdisciplinary application.
- Systematically approach problems and apply knowledge to conduct research and communicate appropriate evidence-based interventions or solutions in an independent manner.
- Accurately deploy established techniques, procedures and methodologies used in sport and exercise science to meet the diverse needs of different populations in a range of contexts.
- Possess key qualities such as initiative, personal responsibility, learning ability and decision making to successfully transition into the workplace or into further study related to sport and exercise.

This programme has been aligned to the Quality Assurance Agency for Higher Education Subject Benchmark Statements for Events, Hospitality, Leisure, Sport and Tourism (2016) and The British Association of Sport and Exercise Science Undergraduate Endorsement Scheme.

### ALIGNMENT WITH THE UNIVERSITY'S STRATEGIC PLAN

BSc (Hons) Sport and Exercise Science is aligned with Bournemouth University's 2025 (BU2025) strategic vision to be recognised world-wide as a leading university for inspiring learning, advancing knowledge and enriching society through the fusion of education, research and practice. Whilst all BU2025 themes can be reflected in aspects of this Sport and Exercise Science degree programme, it most strongly reflected is the theme of *Health and Well-being* with opportunities for students to opt for elements aligned more with *Business and Economic Sustainability*. The BU2025 core values of excellence, inclusivity, creativity and responsibility in order to impact society are explicitly reflected in the aims and outcomes of the Sport and Exercise Science degree which seeks to develop graduates who, not only have the detailed knowledge and understanding of the theory unpinning the various disciplines of Sport and Exercise Science, but have the skills to apply this knowledge to meet the diverse needs of different populations within various sport and exercise contexts.

This Sport and Exercise Science programme embeds a distinctive Fusion learning approach into content delivery and assessment. The curriculum is both research-led and practice based. It contains opportunities for students to co-create and engage with guest industry speakers, local community stakeholders and elite sport clubs through learning and assessment. There is a comprehensive range of co-curricular learning opportunities for students to enhance their experience and develop transferable skills for employment or further study and further all students have the opportunity to engage in a placement (minimum 6 weeks) and international study. Crucially the Sport and Exercise Science degree provides clear opportunities for interdisciplinary learning within programme units of study and across units offered from BSc (Hons) Nutrition, BSc (Hons) Sport Coaching and BSc (Hons) Sport Management whilst maintaining a core Sport and Exercise Science focus underpinned by BU2025 values and guided by British Association of Sport and Exercise Science (BASES). The Sport and Exercise Science curriculum supports students to develop graduate attributes including collaboration and teamwork, citizenship and societal contribution, global outlook and innovation and entrepreneurship.

More details of Bournemouth University's Strategic plan can be found here:

<https://www.bournemouth.ac.uk/about/bu2025-our-vision-values-strategic-plan>

BSc (Hons) Sport and Exercise Science  
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## **LEARNING HOURS AND ASSESSMENT**

Bournemouth University taught programmes are composed of units of study, which are assigned a credit value indicating the amount of learning undertaken. The minimum credit value of a unit is normally 20 credits, above which credit values normally increase at 20-point intervals. 20 credits is the equivalent of 200 study hours required of the student, including lectures, seminars, assessment and independent study. 20 University credits are equivalent to 10 European Credit Transfer System (ECTS) credits.

The assessment workload for a unit should consider the total time devoted to study, including the assessment workload (i.e. formative and summative assessment) and the taught elements and independent study workload (i.e. lectures, seminars, preparatory work, practical activities, reading, critical reflection).

Assessment per 20 credit unit should normally consist of 3,000 words or equivalent. Dissertations and Level 6 and 7 Final Projects are distinct from other assessment types. The word count for these assignments is 5,000 words per 20 credits, recognising that undertaking an in-depth piece of original research as the capstone to a degree is pedagogically sound.

## **STAFF DELIVERING THE PROGRAMME**

Students will be taught by a combination of senior academic staff with others who have relevant expertise including – where appropriate according to the content of the unit – academic staff, qualified professional practitioners, demonstrators/technicians and research students.

**INTENDED LEARNING OUTCOMES – AND HOW THE PROGRAMME ENABLES STUDENTS TO ACHIEVE AND DEMONSTRATE THE INTENDED LEARNING OUTCOMES**

**PROGRAMME AND LEVEL 6 INTENDED PROGRAMME OUTCOMES**

<p><b>A: Subject knowledge and understanding</b></p> <p>This programme and level provides opportunities for students to develop and demonstrate knowledge and understanding of:</p>	<p>The following learning and teaching and assessment strategies and methods enable students to achieve and to demonstrate the programme learning outcomes:</p>
<p>A1. Detailed theoretical underpinnings of Physiology, Biomechanics or Psychology in a sport or exercise context.</p> <p>A2. Systematic application of current evidence-based practice in an area of Physiology, Biomechanics or Psychology in a sport or exercise context and within the students chosen interdisciplinary specialism.</p> <p>A3. Systematic understand the diverse needs of all stakeholders within the area of sport and exercise science including society, employers and clients.</p> <p>A4. Deployment of established methodologies and techniques to lead, coordinate, execute and communicate an independent research project within the students chosen area of specialism in sport and exercise science.</p>	<p>Learning and teaching strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> <li>• Lectures (A1, A2, A3)</li> <li>• Seminars (A1, A2, A3, A4)</li> <li>• Directed reading (A1, A2, A3, A4)</li> <li>• Use of the VLE (A1, A2, A3, A4)</li> <li>• Independent study (A1, A2, A3, A4)</li> <li>• Group work (A2, A3)</li> <li>• Laboratory experiments (A2, A3, A4)</li> <li>• Fieldwork (A4)</li> <li>• Independent research (A4).</li> </ul> <p>Assessment strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> <li>• Written examinations (A2, A3)</li> <li>• Practical examinations (A2, A3)</li> <li>• Coursework essays (A1, A2, A3)</li> <li>• Laboratory report (A1, A2, A4)</li> <li>• Client report (A2, A3)</li> <li>• Presentation (A2, A3)</li> <li>• Dissertation/ Research Report (A1, A2, A4)</li> </ul>
<p><b>B: Intellectual skills</b></p> <p>This programme and level provides opportunities for students to:</p>	<p>The following learning and teaching and assessment strategies and methods enable students to achieve and to demonstrate the programme and level outcomes:</p>
<p>B1. Systematically evaluate material from a variety of sources and concepts to arrive at a reflective and informed conclusion.</p> <p>B2. Synthesise information from a variety of sources to present coherent and logical arguments.</p>	<p>Learning and teaching strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> <li>• Seminars (B1, B2, B3, B4)</li> <li>• Directed reading (B1, B2)</li> <li>• Independent study (B1, B2, B3, B4)</li> <li>• Group work (B1, B2, B3, B4)</li> <li>• Laboratory experiments (B1, B2, B3, B4)</li> </ul>



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<p>B3. Effectively communicate information, ideas, problems and solutions which are informed by current research to a variety of audiences.</p> <p>B4. Apply logical, yet creative solutions to solve problems including exercising initiative and personal responsibility to address unpredictable challenges.</p>	<ul style="list-style-type: none"> <li>• Fieldwork (B4)</li> <li>• Independent research (B1, B2, B3, B4).</li> </ul> <p>Assessment strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> <li>• Practical examinations (B3, B4)</li> <li>• Coursework essays (B1, B2, B3)</li> <li>• Laboratory report (B1, B2, B3, B4)</li> <li>• Client report (B1, B3, B4)</li> <li>• Presentation (B1, B2, B3)</li> <li>• Dissertation/ Research Report (B1, B2, B3, B4)</li> </ul>
<p><b>C: Practical skills</b></p> <p>This programme and level provide opportunities for students to:</p>	<p>The following learning and teaching and assessment strategies and methods enable students to achieve and to demonstrate the programme and level learning outcomes:</p>
<p>C1. Independently undertake practical tasks and make sound judgements to meet the ethical, moral, health and safety needs of all people involved.</p> <p>C2. Apply established techniques, procedures and methodologies used in sport and exercise science to a diverse range of human participants and groups of people.</p> <p>C3. Accurately and systematically assess, interpret and offer solutions to enhance sports performance or health related fitness.</p> <p>C4. Independently utilise IT software to source current research, accurately collect and analyse data and communicate results to academic standards.</p>	<p>Learning and teaching strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> <li>• Seminars (C1, C2, C3, C4)</li> <li>• Directed reading (C1, C2, C3, C4)</li> <li>• Use of the VLE (C4)</li> <li>• Independent study (C1, C2, C3, C4)</li> <li>• Group work (C1, C3)</li> <li>• Laboratory experiments (C1, C2, C3, C4)</li> <li>• Fieldwork (C1, C2)</li> <li>• Independent research (C1, C2, C3, C4).</li> </ul> <p>Assessment strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> <li>• Practical examinations (C1, C2, C3, C4)</li> <li>• Coursework essays (C3, C4)</li> <li>• Laboratory report (C1, C2, C3, C4)</li> <li>• Client report (C1, C2, C3, C4)</li> <li>• Presentation (C3, C4)</li> <li>• Dissertation/ Research Report (C1, C2, C3, C4)</li> </ul>

## Programme Specification - Section 2

<p><b>D: Transferable skills</b></p> <p>This programme and level provides opportunities for students to:</p>	<p>The following learning and teaching and assessment strategies and methods enable students to achieve and to demonstrate the programme and level learning outcomes:</p>
<p>D1. Effectively communicate information, ideas, problems and solutions, using a variety of media sources, to both specialist and non-specialist audiences.</p> <p>D2. Exercise initiative and personal responsibility to effectively work both independently and as part of a team.</p> <p>D3. Take personal responsibility to conduct one's self in a professional manner including time management, prioritisation and accountability.</p> <p>D4. Make decisions and apply initiative to successfully plan and manage projects and the needs of various stakeholders involved.</p>	<p>Learning and teaching strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> <li>• Lectures (D3)</li> <li>• Seminars (D1, D2, D3, D4)</li> <li>• Independent study (D2, D3, D4)</li> <li>• Group work (D1, D2, D3, D4)</li> <li>• Laboratory experiments (D1, D2, D3, D4)</li> <li>• Fieldwork (D1, D2, D3, D4)</li> <li>• Independent research (D1, D2, D3, D4).</li> </ul>
	<p>Assessment strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> <li>• Written examinations (D2, D3)</li> <li>• Practical examinations (D1, D2, D3, D4)</li> <li>• Coursework essays (D1, D2)</li> <li>• Laboratory report (D1, D2, D3, D4)</li> <li>• Client report (D1, D2, D4)</li> <li>• Presentation (D1, D2, D3)</li> <li>• Dissertation/ Research Report (D1, D2, D3, D4)</li> </ul>

**LEVEL 5/DipHE INTENDED LEVEL OUTCOMES**

<p><b>A: Knowledge and understanding</b></p> <p>This level provides opportunities for students to develop and demonstrate knowledge and understanding of:</p>	<p>The following learning and teaching and assessment strategies and methods enable students to achieve and to demonstrate the level learning outcomes:</p>
<p>A1. The theoretical underpinnings of Physiology, Biomechanics and Psychology in a sport and exercise context.</p> <p>A2. Critically understand the application of current evidence-based practice in Physiology, Biomechanics and Psychology and within the students chosen interdisciplinary specialism.</p> <p>A3. Critically understand of the diverse needs of individuals' in sport and exercise.</p> <p>A4. The main methods of enquiry needed to solve problems in sport and exercise.</p>	<p>Learning and teaching strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> <li>• Lectures (A1, A2, A3)</li> <li>• Seminars (A1, A2, A3, A4)</li> <li>• Directed reading (A1, A2, A3, A4)</li> <li>• Use of the VLE (A1, A2, A3, A4)</li> <li>• Independent study (A1, A2, A3, A4)</li> <li>• Group work (A2, A3, A4)</li> <li>• Laboratory experiments (A2, A3, A4)</li> </ul> <p>Assessment strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> <li>• Practical examinations (A2, A3, A4)</li> <li>• Written examinations (A1, A2)</li> <li>• Coursework essays (A2, A3, A4)</li> <li>• Laboratory report (A1, A2, A4)</li> <li>• Client report (A2, A3, A4)</li> <li>• Presentation (A1, A2, A4)</li> </ul>
<p><b>B: Intellectual skills</b></p> <p>This level provides opportunities for students to:</p>	<p>The following learning and teaching and assessment strategies and methods enable students to achieve and to demonstrate the level learning outcomes:</p>
<p>B1. Critically evaluate material from a variety of sources and concepts to arrive at scientifically informed conclusions.</p> <p>B2. Critically analyse and interpret information to present coherent and logical arguments.</p> <p>B3. Effectively communicate information, ideas, problems and solutions to a variety of audiences.</p> <p>B4. Propose solutions to address issues and solve problems.</p>	<p>Learning and teaching strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> <li>• Seminars (B1, B2, B3, B4)</li> <li>• Directed reading (B1, B2)</li> <li>• Independent study (B1, B2, B3, B4)</li> <li>• Group work (B1, B2, B3, B4)</li> <li>• Laboratory experiments (B1, B2, B3, B4)</li> </ul> <p>Assessment strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> <li>• Practical examinations (B2, B3, B4)</li> <li>• Coursework essays (B1, B2, B3)</li> <li>• Laboratory report (B1, B2, B3, B4)</li> <li>• Client report (B1, B2, B3, B4)</li> <li>• Presentation (B1, B2, B3, B4)</li> </ul>

## Programme Specification - Section 2

<p><b>C: Practical skills</b></p> <p>This level provides opportunities for students to:</p>	<p>The following learning and teaching and assessment strategies and methods enable students to achieve and to demonstrate the level learning outcomes:</p>
<p>C1. Undertake practical tasks making sound judgements to meet the ethical, moral, health and safety needs of all involved.</p> <p>C2. Effectively apply established practical techniques, procedures and methodologies used in sport and exercise science.</p> <p>C3. Critically assess, interpret and offer solutions to enhance sports performance or health related fitness.</p> <p>C4. Effectively utilise IT software to source information, accurately collect and analyse data and communicate results to academic standards.</p>	<p>Learning and teaching strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> <li>• Seminars (C1, C2, C3, C4)</li> <li>• Directed reading (C1, C2, C3, C4)</li> <li>• Use of the VLE (C4)</li> <li>• Independent study (C1, C2, C3, C4)</li> <li>• Group work (C1, C2, C3, C4)</li> <li>• Laboratory experiments (C1, C2, C3, C4)</li> </ul> <p>Assessment strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> <li>• Practical examinations (C1, C2, C3)</li> <li>• Coursework essays (C2, C3, C4)</li> <li>• Laboratory report (C1, C2, C3, C4)</li> <li>• Client report (C1, C2, C3, C4)</li> </ul>
<p><b>D: Transferable skills</b></p> <p>This level provides opportunities for students to:</p>	<p>The following learning and teaching and assessment strategies and methods enable students to achieve and to demonstrate the level learning outcomes:</p>
<p>D1. Effectively communicate information, arguments and analysis, using a variety of media sources, to both specialist and non-specialist audiences.</p> <p>D2. Exercise personal responsibility to effectively work both independently and as part of a team.</p> <p>D3. Take personal responsibility to present one's self to a professional standard.</p> <p>D4. Make decisions to successfully complete projects with consideration of each component and the needs of various stakeholders involved.</p>	<p>Learning and teaching strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> <li>• Lectures (D3)</li> <li>• Seminars (D1, D2, D3, D4)</li> <li>• Independent study (D2, D4)</li> <li>• Group work (D1, D2, D3, D4)</li> <li>• Laboratory experiments (D1, D2, D3, D4)</li> </ul> <p>Assessment strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> <li>• Practical examinations (D1, D2, D3)</li> <li>• Written examinations (D2, D3)</li> <li>• Coursework essays (D1, D2, D3, D4)</li> <li>• Laboratory report (D1, D2, D3, D4)</li> <li>• Client report (D1, D2, D3, D4)</li> <li>• Presentation (D1, D2, D3)</li> </ul>

**LEVEL 4/Cert HE INTENDED LEVEL OUTCOMES**

<p><b>A: Knowledge and understanding</b></p> <p>This level provides opportunities for students to develop and demonstrate knowledge and understanding of:</p>	<p>The following learning and teaching and assessment strategies and methods enable students to achieve and to demonstrate the level learning outcomes:</p>
<p>A1. Knowledge of the principle theoretical underpinnings of Physiology, Biomechanics and Psychology in a sport and exercise context.</p> <p>A2. The application of underlying concepts in Physiology, Biomechanics and Psychology and within the interdisciplinary topics of Nutrition and Fitness Assessment.</p> <p>A3. The principle needs of individuals in both sport and health domains.</p> <p>A4. The appropriateness of utilising different methodologies and techniques to address problems in sport and exercise.</p>	<p>Learning and teaching strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> <li>• Lectures (A1, A2, A3)</li> <li>• Seminars (A1, A2, A3, A4)</li> <li>• Directed reading (A1, A2, A3, A4)</li> <li>• Use of the VLE (A1, A2, A3, A4)</li> <li>• Independent study (A1, A2, A3, A4)</li> <li>• Group work (A2, A3, A4)</li> <li>• Laboratory experiments (A2, A3, A4)</li> </ul> <p>Assessment strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> <li>• Written examinations (A1, A2, A3)</li> <li>• Practical examinations (A2, A3, A4)</li> <li>• Coursework essays (A2, A3)</li> <li>• Laboratory report (A1, A2, A3, A4)</li> <li>• Client report (A2, A3, A3)</li> </ul>
<p><b>B: Intellectual skills</b></p> <p>This level provides opportunities for students to:</p>	<p>The following learning and teaching and assessment strategies and methods enable students to achieve and to demonstrate the level learning outcomes:</p>
<p>B1. Evaluate concepts and principles to arrive at scientifically informed conclusions.</p> <p>B2. Interpret information to develop structures and coherent arguments.</p> <p>B3. Accurately communicate information to a variety of audiences.</p> <p>B4. Take different approaches to address issues and solve problems.</p>	<p>Learning and teaching strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> <li>• Seminars (B1, B2, B3, B4)</li> <li>• Directed reading (B1, B2)</li> <li>• Independent study (B1, B2, B3, B4)</li> <li>• Group work (B1, B2, B3, B4)</li> <li>• Laboratory experiments (B1, B2, B3, B4)</li> </ul> <p>Assessment strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> <li>• Practical examinations (B3, B4)</li> <li>• Coursework essays (B1, B2, B3)</li> <li>• Laboratory report (B1, B2, B3, B4)</li> <li>• Client report (B1, B2, B3, B4)</li> </ul>

## Programme Specification - Section 2

<p><b>C: Practical skills</b></p> <p>This level provides opportunities for students to:</p>	<p>The following learning and teaching and assessment strategies and methods enable students to achieve and to demonstrate the level learning outcomes:</p>
<p>C1. Apply the ethical, moral, health and safety needs, of all involved, to practical tasks</p> <p>C2. Utilise practical techniques, procedures and methodologies in sport and exercise science.</p> <p>C3. Assess, interpret and offer appropriate solutions to enhance sports performance or health related fitness.</p> <p>C4. Utilise IT software to source information, collect and analyse data and communicate results to academic standards.</p>	<p>Learning and teaching strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> <li>• Seminars (C1, C2, C3, C4)</li> <li>• Directed reading (C1, C2, C3, C4)</li> <li>• Use of the VLE (C4)</li> <li>• Independent study (C1, C2, C3, C4)</li> <li>• Group work (C1, C2, C3, C4)</li> <li>• Laboratory experiments (C1, C2, C3, C4)</li> </ul> <p>Assessment strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> <li>• Written examinations (C4)</li> <li>• Practical examinations (C1, C2, C3, C4)</li> <li>• Coursework essays (C4)</li> <li>• Laboratory report (C1, C2, C3, C4)</li> <li>• Client report (C1, C2, C3, C4)</li> </ul>
<p><b>D: Transferable skills</b></p> <p>This level provides opportunities for students to:</p>	<p>The following learning and teaching and assessment strategies and methods enable students to achieve and to demonstrate the level learning outcomes:</p>
<p>D1. Communicate information accurately with structured and coherent arguments.</p> <p>D2. Exercise some personal responsibility to effectively work both independently and as part of a team.</p> <p>D3. Take some personal responsibility to present one's self to a professional standard.</p> <p>D4. Consideration of each component of project work and the needs of various stakeholders involved.</p>	<p>Learning and teaching strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> <li>• Lectures (D3)</li> <li>• Seminars (D1, D2, D3, D4)</li> <li>• Independent study (D2, D4)</li> <li>• Group work (D1, D2, D3, D4)</li> <li>• Laboratory experiments (D1, D2, D3, D4)</li> </ul> <p>Assessment strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> <li>• Written examinations (D2, D3)</li> <li>• Practical examinations (D1, D2, D3, D4)</li> <li>• Coursework essays (D1, D2, D3)</li> <li>• Laboratory report (D1, D2, D3, D4)</li> <li>• Client report (S1, D2, D3, D4)</li> </ul>

## ADMISSION REGULATIONS

Please refer to the course website for further information regarding admission regulations for this programme: [BSc \(Hons\) Sport Exercise Science | Bournemouth University](#)

## PROGRESSION ROUTES

Recognition arrangements provide formally approved entry or progression routes through which students are eligible to apply for a place on a programme leading to a BU award. Recognition does not guarantee entry onto the BU receiving programme only eligibility to apply. In some cases, additional entry criteria such as a Merit classification from the feeder programme may also apply. Please see the [Recognition Register](#) for a full list of approved Recognition arrangements and agreed entry criteria.

In order to take advantage of exciting new approaches to learning and teaching, as well as developments in industry, the current, approved Articulation/Recognition/Progression route(s) for this programme may be subject to change. Where this happens students will be informed and supported by the Faculty as early as possible.

## ASSESSMENT REGULATIONS

The regulations for this programme are the University's Standard Undergraduate Assessment Regulations.

<https://www.bournemouth.ac.uk/students/help-advice/important-information>

## WORK BASED LEARNING (WBL) AND PLACEMENT ELEMENTS

All undergraduate students will undertake a form of placement as it is recognised that placement is a key driver of employability. The length of placement is optional. Students can complete a one-year (minimum 30 week) placement as part of a four year degree programme or a summer (minimum 6 week) placement as part of a three year degree. Placements are not defined as a unit. Placements will occur on progression from level 5 and are required for progression to level 6.

## Programme Skills Matrix

	Units	Programme Intended Learning Outcomes															
		A 1	A 2	A 3	A 4	B 1	B 2	B 3	B 4	C 1	C 2	C 3	C 4	D 1	D 2	D 3	D 4
L E V E L 6	Dissertation	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
	Research Expedition	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
	Applied Sport and Exercise Physiology	√	√	√		√	√	√	√	√	√	√	√	√	√	√	√
	Applied Sport and Exercise Biomechanics	√	√	√		√	√	√	√	√	√	√	√	√	√	√	√
	Applied Sport and Exercise Psychology	√	√	√		√	√	√	√	√	√	√	√	√	√	√	√
	Advanced Fitness Testing and Exercise Prescription		√	√		√	√	√	√	√	√	√	√	√	√	√	√
	Advances in Applied Nutrition		√	√		√	√	√	√		√	√	√	√	√	√	√
	Nutrition Requirements Throughout Life		√	√		√	√	√	√		√	√	√	√	√	√	√
	Advanced Performance Analysis		√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
	Physical Education and Teaching Practice		√	√		√	√	√	√	√	√		√	√	√	√	√
	Sport and Physical Culture		√	√		√	√	√				√	√	√	√	√	√
	Talent Development in Sport	√	√	√		√	√	√			√	√	√	√	√	√	√
Strategy and Leadership for Sport		√	√		√	√	√	√			√	√	√	√	√	√	



L E V E L 5	Conducting Research		√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
	Advances in Sport and Exercise Physiology	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
	Advances in Sport and Exercise Biomechanics	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
	Advances in Sport and Exercise Psychology	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
	Principles of Training		√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
	Nutrition in Health and Disease		√	√	√	√	√	√	√		√	√	√	√	√	√	√
	Performance Analysis		√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
	Sport Management and Leadership			√		√	√	√	√			√	√	√	√	√	√
	Issues and Controversies in Sport		√	√		√	√	√	√			√	√	√	√	√	√
L E V E L 4	Beginning Research			√	√	√	√	√	√	√	√	√	√		√	√	
	Principles of Sport and Exercise Physiology	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
	Principles of Sport and Exercise Biomechanics	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
	Principles of Sport and Exercise Psychology	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
	Fitness Assessments for Sport, Exercise and Health		√	√	√	√	√	√	√	√	√	√	√	√	√	√	√
	Principle of Food and Nutrition		√	√		√	√	√	√	√	√	√	√	√	√	√	√

<p><b>A – Subject Knowledge and Understanding</b>  This programme provides opportunities for students to develop and demonstrate knowledge and understanding of:</p> <p>A1. Detailed theoretical underpinnings of Physiology, Biomechanics or Psychology in a sport or exercise context.</p> <p>A2. Systematic application of current evidence-based practice in an area of Physiology, Biomechanics or Psychology in a sport or exercise context and within the students chosen interdisciplinary specialism.</p> <p>A3. Systematic understand the diverse needs of all stakeholders within the area of sport and exercise science including society, employers and clients.</p> <p>A4. Deployment of established methodologies and techniques to lead, coordinate, execute and communicate an independent research project within the students chosen area of specialism in sport and exercise science.</p>	<p><b>C – Subject-specific/Practical Skills</b>  This programme provides opportunities for students to:</p> <p>C1. Independently undertake practical tasks and make sound judgements to meet the ethical, moral, health and safety needs of all people involved.</p> <p>C2. Apply established techniques, procedures and methodologies used in sport and exercise science to a diverse range of human participants and groups of people.</p> <p>C3. Accurately and systematically assess, interpret and offer solutions to enhance sports performance or health related fitness.</p> <p>C4. Independently utilise IT software to source current research, accurately collect and analyse data and communicate results to academic standards.</p>
<p><b>B – Intellectual Skills</b>  This programme provides opportunities for students to:</p> <p>B1. Systematically evaluate material from a variety of sources and concepts to arrive at a reflective and informed conclusion.</p> <p>B2. Synthesise information from a variety of sources to present coherent and logical arguments.</p> <p>B3. Effectively communicate information, ideas, problems and solutions which are informed by current research to a variety of audiences.</p> <p>B4. Apply logical, yet creative solutions to solve problems including exercising initiative and personal responsibility to address unpredictable challenges.</p>	<p><b>D – Transferable Skills</b>  This programme provides opportunities for students to:</p> <p>D1. Effectively communicate information, ideas, problems and solutions, using a variety of media sources, to both specialist and non-specialist audiences.</p> <p>D2. Exercise initiative and personal responsibility to effectively work both independently and as part of a team.</p> <p>D3. Take personal responsibility to conduct one's self in a professional manner including time management, prioritisation and accountability.</p> <p>D4. Make decisions and apply initiative to successfully plan and manage projects and the needs of various stakeholders involved.</p>