

KEY PROGRAMME INFORMATION

Originating institution(s) Bournemouth University	Faculty responsible for the programme Faculty of Health and Social Sciences
Final award(s), title(s) and credit Master of Science (MSc) Sport and Exercise Sciences (180 credits; 90 ECTS credits)	
Intermediate award(s), title(s) and credits Postgraduate Certificate of Higher Education (PGCert) Sport and Exercise Sciences (60 credits; 30 ECTS credits) Postgraduate Diploma of Higher Education (PGDip) Sport and Exercise Sciences (120 credits; 60 ECTS credits)	
UCAS Programme Code(s) (where applicable and if known)	HECoS (Higher Education Classification of Subjects) Code and balanced or major/minor load. 100433 - Sport and Exercise Science 100095 - Sports Coaching 101278 - Employability skills 100963 - Research Skills
External reference points QAA UK Quality Code for Higher Education (2018); Quality Assurance Agency for Higher Education Subject Benchmark Statements for Events, Hospitality, Leisure, Sport and Tourism (2019); Part A: Setting and maintaining academic standards; Chapter A1: UK and European reference points for academic standards (October 2013) - incorporates Framework for Higher Education Qualifications, and subject benchmark statements;	
Professional, Statutory and Regulatory Body (PSRB) links Not applicable	
Places of delivery Bournemouth University, Talbot and Lansdowne Campus	
Mode(s) of delivery Full- time Part- time	Language of delivery English
Typical duration Full- time 12 months, including 150-hour placement Part- time 24 months, including 150-hour placement	
Date of first intake September 2024	Expected start dates September

Programme Specification – Section 1

Maximum student numbers Not applicable	Placements Placement of at least 150 hours is compulsory. The placement will typically be undertaken during semester 2 and 3. Students are required to identify and organise their own placement, but a dedicated placement development coordinator and advisor will be available to assist students where necessary.
Partner(s) Not applicable	Partnership model Not applicable
Date of this Programme Specification March 2024	
Version number 1.0-0924	
Approval, review or modification reference numbers E232422	
Author Dr Andrew Callaway	

PROGRAMME STRUCTURE

Programme Award and Title: MSc Sport and Exercise Science									
Level 7									
Students are required to complete all 4 core units, and 3 option 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			
Advanced Physiological Responses to Exercise	Core	20	50%		50%		36	HSS 1.0	100433 (Major)
Medical and Scientific Issues in Sport and Exercise	Core	20			100%			HSS 1.0	100433 (Major)
Professional Practice and Placement	Core	20			25%	75%	36	HSS 1.0	100433 (Balanced) 101278 (Balanced)
Independent Project	Core	60			100%		36	HSS 1.0	100433 (Balance) 100372 (Balanced) 100963 (Balanced)
Neuromuscular Adaptation	Option	20			100%		36	HSS 1.0	100095 (Balanced) 100433 (Balanced)
Exercise Psychology for Behaviour Change	Option	20			100%		36	HSS 1.0	100499 (Major)
Data Science for Sport	Option	20			100%		36	HSS 1.0	100358 (Major)
Insights through Data Visualisation	Option	20			100%		36	HSS 1.0	100358 (Major)
Applied Performance Analysis Workflows	Option	20			100%		36	HSS 1.0	100433 (Major)
Understanding Safe Sport	Option	20			100%		36	BUBS 1.0	100095 (Major)
Inclusive Practices in Sport	Option	20			100%		36	BUBS 1.0	100095 (Major)
Sport, Ethics and Integrity	Option	20			100%		36	BUBS 1.0	100095 (Major)
Wellbeing and Human Rights in Sport	Option	20			100%		36	BUBS 1.0	100095 (Major)
Nutrition in the prevention and management of disease	Option	20	100%				30	HSS 2.0	100247 (Major)

Programme Specification – Section 1

Nutrition, Health, and Psychology	Option	20			100%		30	HSS 2.0	100247 (Major)
Contemporary Nutrition	Option	20			50%	50%	30	HSS 2.0	100247 (Major)
Nutrition for Brain and Mental Health	Option	20			100%		30	HSS 2.0	100247 (Major)
<p>Exit qualification:</p> <p>Master of Science (MSc) Sport and Exercise Science requires 180 credits at Level 7. Postgraduate Certificate of Higher Education (PGCert) Sport and Exercise Science requires 60 credits at level 7. Postgraduate Diploma of Higher Education (PGDip) Sport and Exercise Science requires 120 credits at level 7.</p>									

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

Sport and Exercise Science involves the application of scientific principles to sport and exercise. The programme celebrates the interdisciplinarity of Sport and Exercise Science offering students the opportunity to create a master's level degree aligned to their interests and career aspirations. The programme aligns to current priorities highlighted by Global authorities in Sport and Exercise including the International Olympic Committee. These priorities include the protection of health and wellbeing of all sport and exercise participants through reducing illness and injury while implementing safeguarding practices. The aim of the programme is to create graduates who can apply advanced principles of sport and exercise science to a variety of participants with the highest standard of professionalism, while being adaptable enough to embrace future changes in the industry.

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

- Act autonomously to critically explore, evaluate, and problem-solve issues in a variety of complex and unpredictable related sport and exercise topics; integrating both traditional, contemporary, and innovative approaches to research, theory, and practice with interdisciplinary application.
- Demonstrate a contemporary understanding of knowledge and critical awareness of current problems to conduct inquiry and communicate appropriate evidence-based interventions or solutions in an independent manner to advance scholarship in the discipline of sport and exercise science.
- Can critically apply a range of established techniques, procedures and methodologies used in sport and exercise science to meet the diverse needs of different populations and be able to communicate these to a range of specialist and non-specialist audiences.
- Possess essential graduate employment skills such as creativity, adaptability and flexibility, independent learning ability, initiative, and personal responsibility, to successfully manage complex professional practice issues as they transition into the sport and exercise industry.
- Contribute to advancing the knowledge of their profession, through detailed independent study relevant their subject of interest, showcasing independence, originality, and a contribution to the field where conclusions and recommendations are effectively communicated to a range of different audiences.

This programme has been aligned to the Quality Assurance Agency for Higher Education Subject Benchmark Statements for Events, Hospitality, Leisure, Sport and Tourism (2019). Examples of unique feature, include:

- Developing professional skills through real world placement experiences, working with different populations in the laboratory, incorporating guest speakers and field trips.
- Theory and knowledge are complemented by practical application using specialist spaces throughout, including computer suites and field settings.
- Research is embedded with the aim of providing the tools for evidence-based practice, develop critical thinking and challenging the traditional methods where appropriate.
- Inter and multidisciplinary team-based learning is embedded within at least one unit, allowing cross-fertilisation of ideas and experiences from other sports and nutrition-based MSc programmes.
- Choice of option units in semester 1 and 2 to tailor the programme to the students desired path.

- BU is proud of its reputation as a leading university in sustainability therefore UNSDGs are strongly embedded throughout the programme (BU is currently ranked in the top 3% of universities across the world in the THE Impact Rankings 2022 for our contribution to the UNSDGs).

ALIGNMENT WITH THE UNIVERSITY'S STRATEGIC PLAN

MSc 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. 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 MSc 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 sub-disciplines within sport and exercise science, but have the skills to apply this knowledge to meet the diverse needs of different populations and individuals within various sport and exercise contexts.

This 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, entrepreneurship, or further study and in addition, all students engage in a placement (minimum 150 Hours) with the opportunity for international study. Crucially, the programme provides clear opportunities for interdisciplinary learning within units of study whilst maintaining a core Sport and Exercise Science focus underpinned by BU2025. The curriculum supports students to develop graduate attributes including collaboration and teamwork, citizenship and societal contribution, global outlook, and innovation.

Through our wider postgraduate graduate community, we aim to drive social and economic growth and advance knowledge by fostering creativity and innovation to positively impact the world and the challenge it faces.

More details of Bournemouth University's Strategic plan can be found here:
<https://www.bournemouth.ac.uk/about/bu2025-our-vision-values-strategic-plan>

Technology Enhanced Learning (TEL)

The programme strategy on Technology Enhanced Learning to enhance the student experience is expressed principally using the current Virtual Learning Environment, 'Brightspace'.

The Sport and Exercise Sciences programme uses 'Panopto' technology to record theory sessions so that students can use/review content at a time of their convenience. This supports the notion of flipped classroom, where students are asked to review material before attending class so that the classroom time can be used interactively. This is important in learning approaches that involve interprofessional units.

Students are exposed to the use of broader social media to support professional learning. Digital healthcare is a research interest within the Faculty and students are able to benefit from extra-curricular workshops and study events which explore its use in modern health provision demonstrating the transferability of core skills developed within the programme.

Employability

Employability skills will be developed through the units of study embedded within the programme, as presented in the unit specifications. All students will develop their professional practice by completing a core placement.

Student placements and sharing of education and research with employers enables staff to benchmark the skills required by employers and integrate them into the programmes. A graduate skills matrix has been mapped across all units.

Entrepreneurship

To introduce students to the possibilities of entrepreneurship, an extra curriculum event will be provided within the academic year.

Globalisation

The MSc Sport and Exercise Sciences programme warmly welcomes international students, offering a global perspective to enhance the learning experience. The flexibility of the programme is demonstrated through the opportunity for student placements abroad, providing valuable international exposure. Moreover, the institution has established student exchange partnerships, with ongoing efforts to develop additional programme exchanges. To further enrich their educational journey, students can also take advantage of the Turing scheme, ensuring access to a diverse range of opportunities and experiences beyond the borders of their home institution.

Sustainability

The MSc Sport and Exercise Sciences programme aligns itself with the UN Sustainable Development Goals. All programme units have at least one UNSDG mapped against them. Where possible, units include online resources and documentation along with online submission for assessments, which will be more environmentally friendly than a paper document.

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 are 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 considers 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. Level 7 Final Projects are distinct from other assessment types.

STAFF DELIVERING THE PROGRAMME

Students will usually 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 – 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 (LEVEL 7) INTENDED PROGRAMME OUTCOMES

<p>A: Subject knowledge and understanding</p> <p>This programme 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. Critically analyse and utilise literature within an applied sport and exercise context.</p> <p>A2. Critical understanding of practical, and scientific methods applied to sport and exercise science.</p> <p>A3. Proficiency in recognising, examining, and thoughtfully contemplating relevant theories and modern issues within the discipline of sport and exercise science.</p> <p>A4. Effectively convey knowledge and expertise to key stakeholders.</p>	<p>Learning and teaching strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> • Lectures (A1, A3) • Seminars (A1, A2, A3, A4) • Directed reading (A1, A2, A3, A4) • Use of the VLE (A1, A2, A3, A4) • Independent study (A1, A2, A3, A4) • Group work (A2, A3, A4) • Independent research (A3, A4) • Placement (A3, A4) 	
	<p>Assessment strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> • Infographic (A1, A2, A5) • Written Essay/Report (A1, A2) • Poster (A1, A2, A3, A4) • Presentation (A1, A3, A4, A5) • Portfolio (A2, A3, A4) • Dissertation / Research Report (A1, A2, A3, A5) 	
<p>B: Intellectual skills</p> <p>This programme 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 outcomes:</p>	
<p>B1. Demonstrate an ability to fully engage in postgraduate level academic inquiry through the application of cognitive skills, including critical thinking, analysis, and synthesis, to systematically address and evaluate complex issues within the field of sport and exercise science.</p> <p>B2. Showcase self-direction and originality by identifying, and formulating creative solutions, while evaluating strategies within the context of sport and exercise science. Develop a capacity for innovative problem-solving and strategic thinking.</p> <p>B3. Critically analyse and appreciate diverse perspectives, values, and strategies of applied practitioners in the field, synthesizing these with theory to address complex issues systematically and</p>	<p>Learning and teaching strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> • Lectures (B1, B3, B4, B5) • Seminars (B1, B2, B4, B5) • Directed reading (B1, B2, B3, B4, B5) • Use of the VLE (B1, B4, B5) • Independent study (B1, B2, B3, B4, B5) • Group work (B1, B2, B4, B5) • Independent research (B1, B2, B4, B5) • Placement (B2, B4, B5) 	
	<p>Assessment strategies and methods (referring to numbered Intended Learning Outcomes):</p>	

<p>creatively with clear communication to both specialist and non-specialist audiences.</p> <p>B4. Design, implement, and evaluate research in a contemporary area of sport and exercise science, demonstrating a critical analysis of the research process, appropriate research methods, and the analysis, interpretation, and dissemination of data.</p> <p>B5. Systematically evaluate information from various sources and synthesize it to arrive at reflective and informed conclusions.</p>	<ul style="list-style-type: none"> • Infographic (B1, B2, B4, B5) • Written Essay/Report (B1, B3, B4) • Poster (B1, B2, B4) • Presentation (B1, B3, B4) • Dissertation / Research Report (B1, B2, B4, B5)
<p>C: Practical skills</p> <p>This programme 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 learning outcomes:</p>
<p>C1. Demonstrate an ability to work independently and responsibly as an advanced practitioner, dealing with unpredictability and complexity in practice. Critically evaluate research and published literature, articulating ideas, protocols, and actions with expertise in the application of theory and advanced research skills.</p> <p>C2. Demonstrate competency in delivering sport and exercise science support, showcasing industry-required practical competencies and critical self-assessment of key skills.</p> <p>C3. Develop critical self-reflection and an independent, autonomous approach to learning for continuing professional and personal development as a reflective practitioner. Apply relevant research protocols to industry-based problems and empirical research.</p> <p>C4. Devise and critically evaluate sport-specific analyses of performance, demonstrating mastery of applied techniques using various software packages. Select and administer appropriate analyses relevant to theoretical principles and within applied contexts, communicating results effectively to peers.</p>	<p>Learning and teaching strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> • Lectures (C2, C3, C4) • Seminars (C2, C3) • Directed reading (C1, C2, C3, C4) • Use of the VLE (C1, C2) • Independent study (C1, C2, C3, C4) • Group work (C3, C4) • Independent research (C1, C2, C4) • Placement (C1, C2, C3, C4) <p>Assessment strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> • Infographic (C1, C2, C4) • Written Essay/Report (C1, C2, C4) • Poster (C1, C2) • Presentation (C1, C2, C3, C4) • Dissertation / Research Report (C1, C4)
<p>D: Transferable skills</p> <p>This programme 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 learning outcomes:</p>
<p>D1. Effectively communicate information, ideas, problems, and solutions to both specialist and non-specialist audiences using various media sources. Develop the ability to make decisions and apply initiative in planning and managing projects, meeting the needs of diverse stakeholders involved.</p> <p>D2. Demonstrate initiative and personal responsibility when working alone or collaboratively on applied</p>	<p>Learning and teaching strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> • Lectures (D1, D3, C4) • Seminars (D1, D3) • Directed reading (D1, D2, D3, D4) • Use of the VLE (D1, D2, D3, D4) • Independent study (D1, D4)

<p>problems or tasks. Use systematic and creative methods to make decisions in complex applied situations and communicate conclusions clearly to relevant audiences.</p>	<ul style="list-style-type: none"> • Group work (D1, D2, D3, D4) • Independent research (C1, C2, C4) • Placement (D1, D2, D3, D4)
<p>D3. Communicate effectively with a wide range of individuals using various means, demonstrating self-awareness and sensitivity to diversity in people and contexts, including sustainability issues. Take personal responsibility for conducting oneself in a professional manner, emphasizing time management, prioritization, and accountability.</p> <p>D4. Take responsibility for personal and professional learning and development, acting autonomously, and considering wellbeing in planning and implementing tasks. Utilise problem-solving skills in a variety of theoretical and practical situations, fostering a holistic approach to learning and personal growth.</p>	<p>Assessment strategies and methods (referring to numbered Intended Learning Outcomes):</p> <ul style="list-style-type: none"> • Infographic (D1, D3) • Written Essay / Report (D1, D2, D3) • Poster (D1, D2, D3) • Presentation (D1, D2, D4) • Portfolio (D2, D3, D4) • Dissertation / Research Report (D2, D3)

Programme Skills Matrix

Units		Programme Intended Learning Outcomes																
		A 1	A 2	A 3	A 4	B 1	B 2	B 3	B 4	B 5	C 1	C 2	C 3	C 4	D 1	D 2	D 3	D 4
L E V E L 7	Advanced Physiological Responses to Exercise	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓		✓	✓	✓		
	Medical and Scientific Issues in Sport and Exercise	✓		✓	✓	✓		✓	✓		✓	✓	✓	✓	✓	✓		✓
	Professional Practice and Placement	✓	✓			✓	✓		✓	✓	✓	✓		✓	✓		✓	
	Independent Project		✓	✓	✓	✓		✓	✓		✓	✓		✓	✓	✓	✓	✓
	Neuromuscular Adaptation	✓	✓	✓		✓	✓		✓	✓	✓			✓		✓	✓	
	Exercise Psychology for Behaviour Change	✓	✓		✓	✓		✓		✓		✓	✓		✓		✓	✓
	Data Science for Sport	✓		✓	✓	✓		✓	✓		✓	✓	✓	✓	✓	✓		✓
	Insights through Data Visualisation	✓	✓			✓	✓		✓	✓	✓	✓		✓	✓		✓	
	Applied Performance Analysis Workflows	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	
	Understanding Safe Sport			✓	✓	✓	✓		✓		✓	✓	✓		✓	✓		
	Inclusive Practices in Sport			✓	✓	✓	✓			✓			✓		✓		✓	
	Sport, Ethics and Integrity			✓	✓	✓	✓		✓	✓		✓	✓		✓			✓
	Welfare and Human Rights in Sport			✓	✓	✓	✓			✓			✓		✓		✓	

Programme Specification - Section 2

Nutrition in the Prevention and Management of disease	✓		✓	✓	✓		✓	✓	✓			✓		✓		✓	✓
Nutrition, Health and Psychology	✓		✓					✓	✓			✓		✓		✓	✓
Contemporary Nutrition	✓		✓			✓		✓				✓			✓		
Nutrition for Brain and Mental Health	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	

ADMISSION REGULATIONS

Admissions regulations for this programme can be found here: [Courses | 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.

ASSESSMENT REGULATIONS

The regulations for this programme are the University's Standard Postgraduate Assessment Regulations. <https://intranet.sp.bournemouth.ac.uk/pandptest/6a-standard-assessment-regulations-postgraduate.pdf>

WORK BASED LEARNING (WBL) AND PLACEMENT ELEMENTS

All students will undertake a short placement of at least 150 hours. Placements sit within the 'Professional Practice and Placement' unit.