

Nottingham Trent University Course Specification

Basic Course Information

1.	Awarding Institution:	Nottingham Trent University.
2.	School/Campus:	School Science and Technology / Clifton campus
3.	Final Award, Course Title and Modes of Study:	BSc (H) Sport Science and Management, FT & SW
4.	Normal Duration:	3 years FT; 4 Years SW
5.	UCAS Code:	CN62, 3N20

6. Overview and general educational aims of the course

BSc (H) Sports Science and Management is designed to provide you with a multidisciplinary approach to sports science and sport and leisure management. The curriculum has been designed to enable you to develop your knowledge and applied skills across all areas, with the ability to specialise in your favoured area in your final year of study.

You will study the key aspects of sport and leisure management in addition to fundamental concepts of sports science. Integration of material with a focus on practical application of theoretical knowledge is a central focus of this course. It ensures that you acquire the skills and attributes expected by employers or for postgraduate studies and will provide you with the opportunity to add to and enhance your CV with real world practical experience across all three years of study, equipping you with the capabilities to get the job you desire.

The Sports Science aspect of the course provides you with opportunities to study human response and adaptation to sport and exercise, as well as monitor and analyse sport and exercise performance. The course provides opportunities to examine human performance from a psychological, sociological and physiological perspective. We offer outstanding facilities such as the Sports Science Environmental Chamber, which is British Olympic Association Approved. Practical work underpins theory such that concepts come alive and you can see and experience the response(s) of the human body to physical activity.

The sport and leisure management aspect of the course provides you with the opportunity to acquire vocationally relevant managerial skills and knowledge through exposure to professional practice. Through the course you will gain experiences of sports marketing, human resource management, strategic, operational and resource management, financial aspects of sport and leisure, as well as planning, management and delivery of sporting opportunities. There are opportunities to interface with sector specific business groups both within the curriculum and also through extracurricular consultancy opportunities; in past years these have involved local, regional and international projects. You will gain experience of business analysis and have opportunities to take part in business meetings and deliver presentations to our business partners concerning a particular aspect of the sport and leisure industry. Experience has shown that this provides you with valuable opportunities to gain real world business experience, enhance your CV through evidence of applied work and has also been the foundation upon which a number of our students have gone on to gain work experience and postgraduate employment with the organisations involved.

You have the option to study this course full time across 3 consecutive years, or if you choose, there is the opportunity for you to take a placement (sandwich) year between levels 5 and 6 of the course. The placement option provides an excellent opportunity to gain valuable industry / business / applied experience within a work-environment related to your studies. On successful completion of the placement (sandwich) year you will receive a Diploma in Professional Practice.

The course will:

- Recruit students from a variety of academic backgrounds and to encourage and assist them to realise their academic potential and enhance their employment and career opportunities
- Deliver a coherent course.
- Provide an integrated and interdisciplinary course that offers choice, flexibility and specialisation within the area of Sports Science and Management.
- Equip students to work predominantly in sport and leisure management and industry;
- Develop subject specific skills and professional/ transferable skills in students;
- Expose students to a variety of businesses and roles;
- Draw tangible links across and between course, i.e. sport science and management;
- Develop graduates who have knowledge to be able to advise and understand aspects of Sport Science;
- Prepare students for a wide range of employment within the sport and leisure industry or the health and fitness industry as well as for postgraduate studies.
- Produce graduates with theoretical knowledge and practical skills relevant to sport and leisure management and sports science.
- Produce graduates who have skills to be able to manage others;
- Support students toward M-level study or teaching.

7. Course outcomes

Course outcomes describe what you should know and be able to do by the end of your course if you take advantage of the opportunities for learning that we provide.

Knowledge and understanding

By the end of the course you should be able to:

CLO1 - Contextualise fundamental scientific concepts of sport science.

CLO2 – Understand and Apply physiological and/or psychological principles for the assessment of human performance.

CLO3 - Interpret and analyse data, information and theories through strategy, planning and research ^(QAA1).

CLO4 - Analyse and critically evaluate the management processes of sport and leisure organisations by examining theories and methods associated with operational and strategic management of financial, human and physical resources ^(QAA1, QAA2).

CLO5 - Describe the operational duties and responsibilities in leisure management and primary management functions.

CLO6 - Formulate ideas and material from different perspectives and themes through creative management and innovation.

QAA1: Indicates outcomes having specific reference to Quality Assurance Agency benchmark statements for Hospitality, Leisure, Sport and Tourism.

QAA2: Indicates outcomes having specific reference to Quality Assurance Agency benchmark statements for General Business and Management.

Skills, qualities and attributes

By the end of the course you should be able to:

CLO7 - Demonstrate vocationally relevant managerial skills ^(QAA1, QAA2).

CLO8 - Use safely and competently laboratory and field based equipment for the assessment of human performance.

CLO9 – Demonstrate an understanding of the philosophical basis of scientific investigation (QAA1).

CLO10 – Recognise and Demonstrate the skills necessary to prepare, analyse and present a comprehensive, independent, piece of research within a focussed area of study relevant to the course.

CLO11 - Communicate confidently and proficiently in written and oral formats (QAA2).

CLO12 - Devise and sustain arguments, as well as develop strategies for problem-solving relevant to sport and leisure management or sports science using ideas and techniques, some of which are at the forefront of the discipline (QAA1).

CLO13 - Work effectively as part of a team or independently.

QAA1: Indicates outcomes having specific reference to Quality Assurance Agency benchmark statements for Hospitality, Leisure, Sport and Tourism.

QAA2: Indicates outcomes having specific reference to Quality Assurance Agency benchmark statements for General Business and Management.

8. Teaching and learning methods

In the majority of modules, your teaching and learning is centred on lectures supported by small group practical classes. Scientific theory taught in lectures is normally underpinned by laboratory sessions. Lecture material is supported through e-resources. The University Virtual Learning Environment (NOW) is widely used to post summary slides of lectures, resources such as relevant research papers, and additional information about the modules and course.

Delivery of the BSc (H) Sports Science and Management course is enhanced through external guest speakers. Further interaction with external agencies, which to date have included The Football Association, Notts County Cricket Club, Nottingham Forest FC, Alton Towers Resort, Gedling Leisure Service, Broxtowe Borough Council, Southwell Racecourse and Lakeside Health and Leisure, on the sport and leisure management aspect of the course offers you superb opportunities to experience vocationally relevant teaching. Case studies, business proposals, marketing strategies and issues of operational management and implementation of change are used to offer you experience of “real-life” sport and leisure management. Opportunities will also exist for you to deliver oral presentations to directors, marketing managers, operation managers and stakeholders on particular aspects of sport and leisure management. In the past, some of the ideas of students have been developed further and implemented by our partner organisations.

Specific examples of work-like learning or employer-led projects include:

- SPOR20102 students work with the marketing team of an external partner (such as Nottingham Forest Football Club) on a live consultancy brief, conducting business meetings and concluding with a presentation
- SPOR20092 and SPOR30092 are linked modules. Students work with the same external business partner from the public, private or non-profit sector to analyse the organisation (Level 5) then propose a strategic intervention to address one of its business challenges (Level 6)
- SPOR30112 students work with an external partner e.g. Decathlon Ltd. to develop a proposal and plan for a promotional event

Practical classes emphasise acquisition of competence in the application of fundamental principles associated to sports science, whether physiology or psychology based. Laboratory sessions involve problem solving and working with your subject to measure, assess and monitor their performance. Further time is allocated to the analysis, interpretation and evaluation of the results. You are expected to engage fully in practical sessions and utilise the opportunities to apply knowledge to development of an individual’s performance. Seminars are used to offer a small group teaching environment, typically led by the student’s needs, to

review, discuss and consider aspects of taught material from either lecture or laboratory classes.

The course emphasises and encourages independent learning and is structured to improve your ability to undertake self-directed learning. Supplementary reading, research and information gathering is expected to consolidate taught material.

9. **Assessment methods**

The course utilises a variety of assessment methods to ensure that you can demonstrate your achievement of the learning outcomes. Subject knowledge and understanding is mainly tested through coursework in the form of essays, preparation of case studies, write-up of laboratory and practical work, oral and poster presentations or through unseen examinations.

Laboratory experiments and investigations are used to assess a range of practical skills. Your ability to formulate research questions, assess human performance, collate, present, interpret and evaluate findings of an investigation are assessed through the preparation of laboratory reports.

Your communication skills, in written and oral formats, are assessed at numerous points throughout the course. Laboratory reports, poster presentations, essays and examinations provide you an opportunity to demonstrate your writing skills. Oral presentations and verbal defences of posters, offers a means for you to demonstrate your verbal communication skills.

The assessment strategies used within a particular module are chosen to be the most appropriate for that aspect of study.

Student assessments will be supported through formative feedback on written work, peer-to-peer and tutor led in-class discussions, as well as through tutor-student interactions in practical class activities and tutor settings.

10. **Course structure and curriculum**

The BSc (H) Sports Science and Management degree is a 3-year, full time course or 4-year "sandwich" course. The academic year comprises 30 weeks divided into 3 terms. The final 4 weeks of each year are set aside for examinations. This provides 26 teaching weeks. Theory-led material is delivered in lecture based environments and is supplemented by practical based work and/or small group teaching. An honours degree is awarded to students who successfully complete 120 credit points (cp) at each level thereby totalling 360cp. An Ordinary Degree in Sport Science and Management is awarded to a student who successfully completes 120cp at Level 4, and at least 180cp at Levels 5 and 6. A Diploma of Higher Education in Sport Science and Management is awarded to a student who exits the course before graduation having successfully completed 120cp at Level 4 and 120cp at Levels 5 and 6. A Certificate of Higher Education in Sport Science and Management is awarded to students who exit the course having successfully completed 120cp at Level 4.

The BSc (H) Sports Science and Management course is modular and addresses key aspects of sport and leisure management and sports science. The modules selected on the degree are designed to meet the course learning outcomes. Modules are classified either as "core" or "option". At Levels 4 all modules are compulsory (i.e., "core"). At Levels 5 and 6, there is a choice of modules through "option" selections. This provides flexibility within the curriculum for you to specialise in a specific aspect or maintain a broad basis of subject area. The structure of the curriculum is outlined below with an indication of the module status (i.e., "C" = core; "O" = option).

Level 4

- Introduction to Research ^C
- Introduction to Sport & Exercise Physiology ^C
- Foundations of Sport and Exercise Psychology ^C
- Sport, Culture and Society: a critical introduction ^C
- The External Business Environment ^C
- The Internal Business Environment ^C

Level 5

- Research Design and Analysis ^C
- Strategic Business Analysis and Management ^C
- Sport Marketing ^C

Set 1: Choose 2 from:

- Sociology of Sport, Health and the Body ^o
- Applied Sport & Exercise Physiology ^o
- Practical Applications in Sport Psychology ^o

Set 2: Choose 1 from:

- Professional Practice ^o
- Behaviour Change, Physical Activity & Health ^o

Level 6

- Sport Project & Dissertation ^C
- Event Management ^C
- Strategic Implementation ^C

Set 1 – Choose 1 or 2 from:

- Advanced Topics in Sport & Exercise Psychology ^o
- Contemporary Issues in the Sociology of Sport: Cross Cultural Perspectives ^o
- Entrepreneurship ^o
- Exercise Testing and Prescription for Health ^o

Set 2 – Choose 0 or 1 from:

- Strength, Power and Endurance for Sport and Exercise ^o
- Exercise Testing and Prescription for Health ^o
- Child and Adolescent Growth, Health and Performance ^o

Between Level 5 and Level 6 of the course, the option is available to undertake a placement (sandwich) year. This is an excellent opportunity to gain industry/ business/ or applied experience within a work-environment related to your studies. On successful completion of the placement (sandwich) year you will receive a Diploma in Professional Practice; assessment for which involves completion of a placement report evaluating your experiences and learning journey as well as developments in subject knowledge and understanding, in addition to skills, qualities and attributes gained over the 9-12 months of your placement. During the course you also have the opportunity to gain vocational and professional qualifications such as Register of Exercise Professionals (REPS) Level 2 (Gym Instructor) and Level 3 (Personal Trainer or Exercise Referral). Achieving these qualifications is an excellent way to enhance your CV and improve your employability. These qualifications can be attained through optional, non-credit bearing modules (that do not contribute to your degree). These modules are assessed via theory and practical assessments.

11. Admission to the course
<p>Entry requirements.</p> <p>For current information regarding all entry requirements for this course, please see the 'Applying' tab on the NTU course information web page.</p>
12. Support for learning
<p>All students at Nottingham Trent University have full access to Student Support Services. In addition, School based pastoral support networks are in place to offer students support, guidance and advice on academic and personal issues. Within the course, students experience the full support of the Sports Science Department. The Head of Department, with support from the Course Leader(s), Personal Tutor and Module Leader(s), takes responsibility for student support and guidance. The Personal Tutor has responsibility for a specific sub-group within the Sport cluster degree course and most often will operate as the students' first point of contact. The Module Leader will offer guidance and support to students taking each specific module.</p> <p>New entrants will experience a minimum of a 3-day induction period at the commencement of their first academic year. Induction will inform students of:</p> <ul style="list-style-type: none"> • Student Support Services at University, School and Course level; • University policies and procedures on academic systems; • Personal development planning; • Timetable issues, room allocations and location; • University, School and Course Handbooks; • Enrolment procedures; • Computing, IT and Library services; • Health and Safety procedures. <p>University Accommodation Officers will provide you with information, guidance and continuing support about accommodation issues, for example hall of residence, private rented accommodation, and the Landlord Approval Scheme. The Accommodation Services can be accessed through www.ntu.ac.uk.</p>
13. Graduate destinations/employability
<p>There are a wide range of career opportunities in the sport and leisure industry, health and fitness industry, or postgraduate studies, which our students enter on completion of the course. The sport, exercise, health and leisure industry is an expanding area of employment. Opportunities exist with local, regional and national authorities to develop services, facilities and provision; private health and fitness provision; health consultancy; sports development agencies; marketing and promotions; and coaching, to name a few. The attainment of this degree has resulted in some students embarking on the very prestigious Masters in Business Administration (MBA) programmes.</p> <p>Most of our graduates are employed by the time we collect data on their destinations, approx. 6-8 months after graduation whilst other students embark on postgraduate courses, such as teacher training, physiotherapy courses, or other related masters or PhD positions.</p>
14. Course standards and quality

All aspects of quality management within the School are in accordance with the University's Academic Standards and Quality Handbook. The Course Management Team, which includes the Course Manager and Module Leaders, oversees the operational arrangements for the Course. In addition, the Course Committee, central to which are the student representatives, meets regularly throughout the year to review, evaluate and develop the Course. Towards the end of each module and academic year, questionnaires are administered to capture the student voice, offering closed and open ended questions, which is in addition to informal feedback received from students throughout the year. Formal course monitoring takes place at the end of each module through the use of Module Leader reports and Interim Course Reports (ICRs), where the student voice, student achievement and progression statistics and staff reflections are reviewed and acted upon.

Overarching responsibility for quality control lies with the School Academic Standards and Quality Committee whose remit is to provide guidance and support to academic Courses. External Examiners offer further quality control through monitoring academic standards, moderation of assessment tasks and processes. Feedback from the Course Committee and student evaluation at module and course level inform the ICR, which reviews and evaluates the student experience at course level. In turn the ICR informs the School Quality and Enhancement Report (SQEP), which is presented to the University as part of the institutions quality assurance and enhancement cycle. The ICR also informs a Periodic Course Review every three years to ensure that the course remains current and that standards have been maintained.

15. Assessment regulations

This course is subject to the University's Common Assessment Regulations (located in Section 16 of the Quality Handbook). Any course specific assessment features are described below:

n/a

16. Additional Information

Collaborative partner(s):	None
Course referenced to Quality Assurance Agency for Higher Education (QAA) Benchmark Statements:	Hospitality, Leisure, Sport and Tourism.
Course recognised by:	None
Date this course specification approved:	Jan 2019

Any additional information:

In addition to the experience gained on the course, you also have the chance to engage in coaching opportunities and to undertake additional voluntary activities through Volunteering in Sport or Initi8. Ultimately, the skills and attributes you develop will make you more employable in the sport and leisure industry. The Sport and Lifestyle Department can provide you with an up-to-date list of opportunities offered when you attend University. There will also be opportunities to undertake voluntary work in the health, sport or leisure arena.