

## Nottingham Trent University Course Specification

<b>Basic Course Information</b>		
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 (Honours) Sport and Exercise Science FT & SW
4.	Normal Duration:	3 years FT; 4 Years SW
5.	UCAS Code:	C600 350Q

<b>6.</b>	<b>Overview and general educational aims of the course</b>	<p>The Quality Assurance Agency defines "sport" to mean <i>all forms of physical activity, which, through casual or organised participation, aim at expressing or improving physical fitness and mental well-being, forming social relationships or obtaining results in competition at all levels</i>. Our BSc (H) Sport and Exercise Science degree encapsulates this philosophy and considers, using a multidisciplinary approach, the scientific aspects of sport, exercise and physical activity for health. The course offers a high level of practical application of theoretical knowledge leading to the attainment of skills and attributes expected by employers or for postgraduate studies.</p> <p>The degree provides opportunities to study human responses and adaptation to sport and exercise, as well as to monitor and analyse sport and exercise performance. You will be given opportunities to examine human performance from a psychological, sociological, biomechanical and physiological perspective. We offer outstanding facilities such as the Sports Science Environmental Chamber, which is British Olympic Association Approved, and 3-dimensional imaging equipment used to digitally capture human motion for technique analysis. Extensive practical work underpins theory such that concepts come alive and you can experience the response(s) of the human body to physical activity. Furthermore, you will experience exciting and innovative laboratory measurement techniques that are informed by the sport department's extensive and successful research experience.</p> <p>In summary, the course aims to:</p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• Provide an integrated and interdisciplinary degree that offers choice, flexibility and specialisation within the area of Sport and Exercise Science.</li> <li>• Apply scientific aspects of physiology, sociology, psychology and human movement to sport and exercise.</li> <li>• Create students who can apply their knowledge and skills, operate effectively in the fitness industry, devise and deliver training, assessment and monitoring programmes and who can advise on sport, exercise and health training.</li> <li>• Develop graduates who can apply scientific principles to training. There are opportunities to include high-performance sport issues appropriately tensioned against applied aspects of sport science.</li> <li>• Produce graduates with theoretical knowledge and practical skills relevant to sport and exercise science.</li> <li>• Prepare students for a wide range of employment within the sport industry, the health and fitness industry, as well as for postgraduate studies.</li> </ul>
<b>7.</b>	<b>Course outcomes</b>	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.
<b>Knowledge and understanding</b>		

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

- CLO1 Contextualise fundamental scientific concepts of sport and exercise science.
- CLO2 Analyse human response and adaptation to physical activity **(B)**.
- CLO3 Apply physiological, sociological, psychological and/or biomechanical principles for the assessment of human performance **(B)**.
- CLO4 Interpret and analyse data, information and theories through planning and research.
- CLO5 Critically evaluate a particular aspect of physiology, sociology, psychology or biomechanics **(B)**.

(B) Indicates benchmark-informed outcome (Quality Assurance Agency benchmark statements for Hospitality, Leisure, Sport and Tourism, 2016).

### **Skills, qualities and attributes**

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

- CLO6 Demonstrate competence in scientific methods of enquiry, interpretation and analysis of relevant data and appropriate technologies **(B)**.
- CLO7 Use laboratory and field based equipment for the assessment and monitoring of human performance safely and competently.
- CLO8 Demonstrate an understanding of the philosophical basis of scientific investigation **(B)**.
- CLO9 Communicate confidently and proficiently in written and oral formats.
- CLO10 Devise and sustain arguments, as well as develop strategies for problem-solving relevant to sport and exercise science, using ideas and techniques, some of which are at the forefront of the discipline **(B)**.
- CLO11 Work effectively as part of a team or independently.

(B) Indicates benchmark-informed outcome (Quality Assurance Agency benchmark statements for Hospitality, Leisure, Sport and Tourism, 2016).

## **8. Teaching and learning methods**

In the majority of modules, your teaching and learning is centred on lectures supported by small group practical classes. Theory taught in lectures is normally underpinned by laboratory sessions. Delivery of the course is enhanced through external guest speakers from National Governing Bodies, other Universities, and Research Teams. 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 module and course.

Practical classes emphasise acquisition of competence in the application of fundamental principles associated to sports science, whether physiology, psychology, sociology or biomechanics based. Practical sessions involve problem solving and working with people to measure, assess and monitor performance. Time is allocated to the analysis, interpretation and evaluation of data collected in practical sessions. You are strongly encouraged 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 small group teaching environments, typically led by the student's needs, to review, discuss and consider aspects of taught material from either lecture or practical 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 necessary to consolidate taught material.

## **9. Assessment methods**

The course uses 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 unseen examinations, preparation of case studies, write-up of laboratory and practical work, oral and poster presentations.

Practical 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 practical reports, posters and presentations.

Your written and oral communication skills are assessed at numerous points throughout the course. Practical reports, the final year thesis, poster presentations, essays and examinations provide you with an opportunity to demonstrate your writing skills. Oral presentations and verbal defences of posters, offer a means for you to demonstrate your verbal communication skills.

## 10. **Course structure and curriculum**

The BSc (H) Sport and Exercise Science degree is delivered as either a 3-year, full time course or as a 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 and Exercise Science 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 and Exercise Science 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 and Exercise Science is awarded to students who exit the course having successfully completed 120cp at Level 4.

Throughout the course there are several opportunities to gain work-like experiences. As an example, the core Level 6 module "Applied Sport and Exercise Science" requires students to bring together the knowledge and skills that they have acquired across all modules and this will be assessed via a synoptic assessment. During this module students gain experience of applying these knowledge and skills to a client, developing effective practitioner skills as well as contextualising and practicing sport and exercise science support. Throughout this process students are encouraged to reflect on their own personal and professional development throughout the degree course. Furthermore, the core Level 5 modules "Applied Sport and Exercise Physiology" and "Practical Applications in Sport Psychology" use case studies designed to encourage students to apply their learning to real-life scenarios.

The BSc (H) Sport and Exercise Science degree is modular based and addresses key aspects of sport and exercise science. The modules selected on the degree are designed to meet the course learning outcomes. Modules are classified either as "core" or "option". At Level 4 all modules are compulsory (i.e., "core"). At Levels 5 and 6, there is increased choice of modules through "option" selections. This provides flexibility within the curriculum for you to specialise in a specific aspect or maintain a broader base of study. 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 Sport and Exercise Physiology <sup>C</sup>
- Foundations of Sport and Exercise Psychology <sup>C</sup>

- Principles of Biomechanics <sup>C</sup>
- Sport, Culture and Society: a critical introduction <sup>C</sup>
- Foundation Nutrition <sup>C</sup>
- Introduction to Research <sup>C</sup>

Level 5.

- Research Design and Analysis <sup>C</sup>
- Experimental Biomechanics <sup>C</sup>
- Practical Applications in Sport Psychology <sup>C</sup>
- Applied Sport and Exercise Physiology <sup>C</sup>

Set 1 – Choose 1 from:

- Sport and Exercise Nutrition <sup>O</sup>
- Observational Analysis for Sport <sup>O</sup>

Set 2 – Choose 1 from:

- Sociology of Sport, Health and the Body <sup>O</sup>
- Behaviour Change, Physical Activity & Health <sup>O</sup>
- Exercise and Health Physiology <sup>O</sup>

Level 6.

- Sport Project and Dissertation <sup>C</sup>
- Applied Sport and Exercise Science <sup>C</sup>

Set 1 – Choose 1 or 2 from:

- Advanced Topics in Sport & Exercise Psychology <sup>O</sup>
- Contemporary Issues in the Sociology of Sport: Cross Cultural Perspectives <sup>O</sup>
- Motor Control and Skill Acquisition <sup>O</sup>
- Applied Biomechanics <sup>O</sup>

Set 2 – Choose 0 or 1 from:

- Strength, Power and Endurance for Sport and Exercise <sup>O</sup>
- Exercise Testing and Prescription for Health <sup>O</sup>
- Child and Adolescent Growth, Health and Performance <sup>O</sup>

Set 3 – Choose 0 or 1 from:

- Environmental Sports Physiology <sup>O</sup>
- Current Topics in Sport & Exercise Nutrition <sup>O</sup>

Between Level 5 and Level 6 of the course you may 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. This is assessed by 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**

##### **Entry requirements.**

For current information regarding all entry requirements for this course, please see the 'Applying' tab on the NTU course information web page.

#### 12. **Support for learning**

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 Manager, Course Leader(s), Module Leader(s), and personal tutor, takes responsibility for student support and guidance. The personal tutor has responsibility for a specific small group of students and operates as the students' first point of contact. The Module Leader will offer guidance and support to students taking each specific module.

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:

- 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.

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](http://www.ntu.ac.uk).

#### 13. **Graduate destinations/employability**

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 and facilities for sport and exercise provision; private

health and fitness sector; health consultancy; sports development agencies; and coaching, to name a few.  
 Examples of graduate destinations include:  
 Biomechanist at the English Institute of Sport  
 Performance Analyst at Professional Football Clubs  
 Clinical Respiratory Physiologist within the NHS  
 Officer Training within the Army  
 Clinical Exercise Physiologists in the private sector  
 F.E. College Lecturer  
 Secondary School Teacher

**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.