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 (Honours) Sport and Exercise Science FT & SW
4.	Normal Duration:	3 years FT; 4 Years SW
5.	UCAS Code:	C600 BSc/SES

6. Overview and general educational aims of the course

Our BSc (H) Sport and Exercise Science degree encapsulates this philosophy and considers the scientific aspects of sport and exercise providing you with a multidisciplinary approach and incorporating 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.

The degree provides you with opportunities to study human response and adaptation to sport and exercise, as well as to monitor and analyse sport and exercise performance. You will also 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 see and 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.

In summary, the course aims to:

- 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.
- Provide an integrated and interdisciplinary degree that offers choice, flexibility and specialisation within the area of Sport and Exercise Science.
- Apply scientific aspects of physiology, sociology, psychology and human movement to sport and exercise;
- 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;
- 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;
- Produce graduates with theoretical knowledge and practical skills relevant to sport and exercise science.
- Prepare students for a wide range of employment within the sport industry, the health and fitness industry, as well as for postgraduate studies.

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 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, 2008).

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, 2008).

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 or biomechanical 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 small group teaching environments, 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 unseen examinations, preparation of case studies, write-up of laboratory and practical work, oral and poster presentations.

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 the 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 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 a 3-year, full time 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 weeks 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 is awarded to a student who successfully completes 120cp at Level 4, 120cp at Level 5 and a minimum of 60cp at Level 6. A Diploma of Higher Education is awarded to a student who exits the course before graduation having successfully completed 120cp at Level 4 and 120cp at Level 5. A Certificate of Higher Education is awarded to students who exit the course having successfully completed 120cp at Level 4.

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 Levels 4 and 5, all modules are compulsory (i.e., "core"). At Level 6, there is an increase in 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).

<u>Level 4.</u>

- Introduction to Sport and Exercise Physiology [C]
- Foundations of Sport and Exercise Psychology [C]
- Principles of Biomechanics [C]
- Sport, Culture and Society: a critical introduction [C]
- Foundation Nutrition [C]
- Introduction to Research [C]

<u>Level 5.</u>

- Research Design and Analysis [C]
- Experimental Biomechanics [C]
- Practical Applications in Sport & Exercise Psychology [C]
- Applied Sport and Exercise Physiology [C]
- Training Principles to Practice [C]

- Observational Analysis for Sport [C]

Level 6.

- Sport Project and Dissertation [C]

Set 1 – Choose 2 from:

- Strength, Power and Endurance for Sport and Exercise [O]
- Advanced Topics in Sport & Exercise Psychology [O]
- Applied Biomechanics [O]

Set 2 – Choose 2 from:

- Exercise Testing and Prescription for Health [O]
- Sport & Exercise Nutrition [O]
- Environmental Sports Physiology [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.

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.

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

Effective management is crucial to the process of ensuring that course standards and quality are achieved and maintained. Management of this course will be effected through two formally constituted committees; the Course Committee and the Board of Examiners.

The Course Committee will oversee the strategic direction, quality assurance and management of the course. The constitution and brief of the Course Committee will be in accordance with the University's policy and practice in the University Handbook.

The Course Committee and Student Forum encourages feedback and discussion each term. Full details will be provided in the Course Handbook.

The Examination Board will operate in accordance with current University policy and procedures as stated in the University's Quality Handbook and agreed in the development and approval of the course.

In addition to the formal committees, further quality assurances are built into the management of the course with course team meetings, module leader reports, student evaluation processes and course annual reporting.

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:	July 2017
	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.	