



**AECC**  
**University College**  
*Transforming lives  
through Health Sciences*

# Sport, Exercise and Health Science Course Specification

Version 1.0

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# BSc (Hons) Sport, Exercise and Health Science Course Specification

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### Record of Modifications

Description of Modification	Date approved	Cohort(s) to which modification applies

Logo amended 20.11.2018

Title of course: BSc (Hons) Sport, Exercise and Health Science

This specification provides a concise summary of the main features of the course and the learning outcomes that a typical student might reasonably be expected to achieve and demonstrate if s/he takes full advantage of the learning opportunities that are provided.

Courses, major changes to courses and modifications to courses are approved following consideration through the University College's Course Approval and Review processes or Course and Unit Modification procedure, as appropriate. It is, however, expected that courses change over time, for example as a result of changes to professional accreditation requirements, in response to feedback from academic staff and students, and through annual review processes. Any such changes will be discussed with and communicated to students in an appropriate and timely manner.

### Basic Course Information

Awarding Institution	AECC University College
Final award, title and credits	BSc (Hons) Sport, Exercise and Health Science (360 CATS)
Interim exit awards, titles and credits	Cert HE Sport, Exercise and Health Science (120 CATS) Dip HE Sport, Exercise and Health Science (240 CATS)
FHEQ level of final award	6
Mode of study	Full-time Blended
Accreditation details	
Standard length of course	3 years
Minimum and maximum periods of study	3 years to 6 years
Language of delivery	English
Place of delivery	AECC University College
UCAS code (where applicable)	C607
HESA JACS (Joint Academic Coding System) Code(s) per course/pathway	C600
Date Framework /Course initially validated	9 <sup>th</sup> July 2018
Date of first intake	September 2019
Version number of this Framework/Course Specification	1
Date this version approved/intake to which this applies	9 <sup>th</sup> July 2018 / September 2019
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## Course Overview

### 1. Admissions regulations and entry requirements

The regulations for this course are the University College's Standard Admission Regulations Section 4 which may be found from the [Latest Policies webpage](#). These regulations include the entry requirements and specific requirements regarding English language.

#### Recognition of Prior Learning (RPL)

AECC University College has a Recognition of Prior Learning Policy which can be found from the [Latest Policies webpage](#)

### 2. Aims of the course

The aims of the course are to:

- Bring together knowledge from complementary subject areas, most notably the sport, exercise and health science disciplines of physiology, biomechanics, and psychology.
- Equip students with knowledge and understanding of the core domains of sport, exercise and health science, the different theoretical and methodological perspectives associated with these domains, as well as some areas of applied sport and exercise science.
- Engage in the practical application of sport, exercise and health science theory and knowledge.
- Utilise appropriate research design, methodologies and performance analyses to facilitate and sustain critical scholarly investigation of sport, exercise and health science disciplines their effects an impact.
- Engage in effective forms of communication through the appropriate use of written, interpersonal and presentational methods.
- Embed the key skills of active learning expected from graduates, such as: debating and questioning, independent and collaborative planning, interpersonal skills, goal-setting, self-management, self-reflection and evaluation, and those skills related to communication and information technology.

### 3. Intended Learning Outcomes

On successful completion of the **BSc (Hons) Sport, Exercise and Health Science** course, students will be able to demonstrate the following.

#### Subject Knowledge and Understanding

Having successfully completed this course students will be able to demonstrate knowledge and understanding of:

- A1 Sport, exercise and health science theory from an informed, critical, reflexive and multidisciplinary perspective.
- A2 Reflective practice to identify and critically, ethically, accurately and efficiently reflect on issues and problems related to sport, exercise and health science.
- A3 Major theoretical perspectives, debates, empirical research, methods, fundamental assumptions and conceptual issues within a number of advanced topics in sport, exercise and health science.
- A4 Sport, exercise and health science employment options, focussing not just on those which traditionally require higher vocational training at Masters or Doctoral level.

#### Intellectual Skills

Having successfully completed this course students will be able to:

- B1 Reflect critically on the central themes within the course units.
- B2 Critically relate theory to practice in the context of sport, exercise and health science.

### 3. Intended Learning Outcomes

B3 Apply knowledge to solve problems in both laboratory and 'real-world' settings.

#### Practical Skills

Having successfully completed this course students will be able to:

- C1 Plan, design and execute a piece of independent research
- C2 Monitor and critically evaluate human performance in laboratory and field settings
- C3 Plan, prepare and critically present appropriate techniques and skills to develop applied practice.

#### Transferable skills

Having successfully completed this course students will be able to:

- D1 Communicate effectively
- D2 Problem solve
- D3 Work effectively as part of a team
- D4 Manage their own learning
- D5 Utilise technology in discipline-specific contexts

On successful completion of the **Diploma of Higher Education Sport, Exercise and Health Science** course, students will be able to demonstrate the following.

#### Subject Knowledge and Understanding

Having successfully completed this course students will be able to demonstrate knowledge and understanding of:

- A1 Sport, exercise and health science theory from an informed and reflexive perspective.
- A2 Reflective practice to identify accurately and efficiently reflect on issues and problems related to sport, exercise and health science.
- A3 Major theoretical perspectives, debates, empirical research, methods, fundamental assumptions and conceptual issues within a number of advanced topics in sport, exercise and health science.
- A4 Sport, exercise and health science employment options, focussing not just on those which traditionally require higher vocational training at Masters or Doctoral level.

#### Intellectual Skills

Having successfully completed this course students will be able to:

- B1 Reflect on the central themes within the course units.
- B2 Relate theory to practice in the context of sport, exercise and health science.
- B3 Develop knowledge that can be used to solve problems in both laboratory and 'real-world' settings.

#### Practical Skills

Having successfully completed this course students will be able to:

- C1 Plan and design a piece of independent research
- C2 Monitor and evaluate human performance in laboratory and field settings
- C3 Plan, prepare and present appropriate techniques and skills to develop applied practice.

#### Transferable skills

Having successfully completed this course students will be able to:

- D1 Communicate effectively
- D2 Problem solve
- D3 Work effectively as part of a team
- D4 Manage their own learning
- D5 Utilise technology in discipline-specific contexts

### 3. Intended Learning Outcomes

On successful completion of the **Certificate of Higher Education Sport, Exercise and Health Science** course, students will be able to demonstrate the following.

#### Subject Knowledge and Understanding

Having successfully completed this course students will be able to demonstrate knowledge and understanding of:

- A1 Sport, exercise and health science theory from an informed and reflexive perspective.
- A2 Reflective practice to identify and reflect on issues and problems related to sport, exercise and health science.
- A3 Major theoretical perspectives, debates, empirical research, methods, fundamental assumptions and conceptual issues within a number of advanced topics in sport, exercise and health science.
- A4 Sport, exercise and health science employment options, focussing not just on those which traditionally require higher vocational training at Masters or Doctoral level.

#### Intellectual Skills

Having successfully completed this course students will be able to:

- B1 Discuss the central themes within the course units.
- B2 Understand theory and practice in the context of sport, exercise and health science.
- B3 Understand problems that might exist in both laboratory and 'real-world' settings.

#### Practical Skills

Having successfully completed this course students will be able to:

- C1 Plan a piece of independent research
- C2 Monitor human performance in laboratory and field settings
- C3 Plan appropriate techniques and skills to develop applied practice.

#### Transferable skills

Having successfully completed this course students will be able to:

- D1 Communicate effectively
- D2 Problem solve
- D3 Work effectively as part of a team
- D4 Manage their own learning
- D5 Utilise technology in discipline-specific contexts

### Course Structure

#### 4. Outline of course content

This course is part of a 'Sport, Exercise and Health Science' cluster of courses that share a number of key units across each level of the course. The BSc (Hons) Exercise, Health and Sport Science shares 100 credits of units at level four (Anatomy; Exercise Physiology; Psychology of Exercise, Health and Sport; Motor Learning and Biomechanics; and Introduction to Research Methods). The final 20-credit unit at level four (Interdisciplinary Approaches in Sport, Exercise and Health Science) is specific to the BSc (Hons) Sport, Exercise and Health Science.

At level five there are 20 credits shared with the other courses in the cluster (Research Methods). The course also shares a further 60 credits (Sport and Performance Psychology; Physiology of Sports Performance; and Sports Biomechanics) with the BSc (Hons) Sport Science Course. The BSc (Hons) Exercise, Health and Sport Science also shares 20 credits (Promoting Health and Wellbeing) with the BSc (Hons) Health and Exercise Science course. There is also 20 credits (Injury and rehabilitation) that are exclusive to the BSc (Hons) Sport, Exercise and Health Science.

#### 4. Outline of course content

At level six the BSc (Hons) Exercise, Health and Sport Science shares a 40-credit dissertation unit with the other three courses in the cluster. There is also a further 40 credits (Physical Activity Prescription and Promotion; Paediatric Exercise and Health) that are exclusive to the BSc (Hons) Sport, Exercise and Health Science. Finally, the course shares a number of option units (Applied Sport Psychology; Advanced Physiology; Advanced Biomechanics) with the BSc (Hons) Sport Science.

The proposed structure for these courses offers a contemporary and industry relevant curriculum while at the same time being underpinned by an efficient model that can maximise the cost effectiveness of the courses in a way that can also seek to maximise the quality of the student experience.

#### 5. Placements, work-based learning or other special features of the course

Students will have the opportunity to volunteer to gain experience working in the AECC University College Physical Activity Referral Centre, and Sport Performance Centre. These opportunities will enable students to gain hands on experience working with external clients and members of the public.

#### 6. Course structure, levels, units credit and award

The level of study, units and credits required for the course and for final and exit awards are set out in is set out in the **course diagram** provided as [Appendix 1](#).

The **learning outcomes mapping document** at [Appendix 2](#) shows the relationship between ILOs for units and the overarching ILOs of the course.

### Learning, Teaching and Assessment

#### 7. Learning and teaching strategies and methods

The courses within the cluster will aim to deliver an excellent student experience by providing learning opportunities designed to build independent, critical and aspirational learners. This high quality learning experience for our students will be supported by informed, motivated, and well-qualified academic staff, adopting creative and imaginative approaches. This staffing base will ensure an active engagement with research informed teaching, where tutors will exchange knowledge with students to build an active community of learners. A key aim of this environment will be to empower students as learners and to inspire them to both contribute and to achieve.

Formal teaching methods will vary depending on the relevant learning outcomes, but may include (KIS category in brackets):

- Lectures (*Scheduled*)
- Seminars (*Scheduled*)
- Tutorials (*Scheduled*)
- Project Supervision (*Scheduled*)
- Practical Classes and Workshops (*Scheduled*)
- Guided Independent Study (*Independent*)

In addition, a variety of other teaching and learning methods will also be employed. These may include:

- Guest Speakers
- Small Group Learning Activities and Projects
- Individual and Group Presentations
- Role-Play Activities
- Case-Study Analyses

Overall, students' employability skills are developed throughout the course with individual and group-based exercises that require design, planning, analysis and evaluation within a theoretical and practical context.

## 8. Assessment strategies and methods

A variety of innovative, formative and summative assessment methods will be employed in across units in the sport, exercise and health science cluster. The aim here will be to balance the formative (developmental) and summative (judgemental) aspects of assessment to promote deeper learning among students and to give students a greater opportunity to maximise their potential.

With regards to feedback, students will receive both explanatory and diagnostic feedback, as well as grades. All assessments will also be anchored in clearly articulated learning outcomes and assessment criteria; with specific assessment criteria for each summative mode of assessment published on the Virtual Learning Environment (VLE) at the outset of each unit.

The following assessment types (KIS category in brackets) will be employed in the Sport, Exercise and Health Science course:

- Written Exam (*Written*)
- Written Assignment, including Essay (*Coursework*)
- Report (*Coursework*)
- Dissertation (*Coursework*)
- Portfolio (*Coursework*)
- Project Output (other than Dissertation) (*Coursework*)
- Oral Assessment and Presentation (*Practical*)
- Practical Skills Assessment (*Practical*)

The interests of students with protected characteristics will be taken into consideration and reasonable adjustments will be made provided that these do not compromise academic standards as expressed through the learning outcomes.

## 9. Learning hours

AECC University College courses 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, but half-units are permitted. 20 credits is the equivalent of 200 student study hours, including lectures, seminars, assessment and independent study. 20 University credits are equivalent to 10 European Credit Transfer System (ECTS) credits.

## 10. Staff delivering the course

Students will be taught by AECC University College academic staff and qualified professional practitioners with relevant expertise.

## 11. Progression and assessment regulations

The regulations for this course are the University College's Standard Assessment Regulations which may be found from the [Latest Policies webpage](#). Please refer to section 21.

## 12. Additional costs

Additional costs are mandatory or optional costs which students will need to meet in order to fully participate in and complete their course. Students will need to budget for these costs separately as they are not included in the overall tuition fee they are charged. Information about additional costs applying to students on this course can be found in the document **Important information to take into account when choosing your course** available from the [Latest Policies webpage](#)

There will be an expectation for students to invest in AECC University College-branded clothing for use in practical/laboratory sessions, and for representing the Institution off campus (E.g., on placement). This clothing will cost in the region of £50-£75.



### 13. Methods for evaluating the quality of learning and teaching

Students have the opportunity to engage in the quality assurance and enhancement of their courses in a number of ways, which may include:

- Completing student surveys annually to give feedback on individual units and on the course as a whole
- Completing the National Student Survey in the final year of the course
- Taking part in focus groups as arranged
- Seeking nomination as a Student Union representative OR engaging with these elected student representatives
- Serving as a student representative on Evaluation panels for course approval/review
- Taking part in course approval or professional body meetings by joining a group of students to meet with the panel
- Taking part in meetings with the external examiner(s) for the course (such meetings may take place virtually where courses are part-time)

The ways in which the quality of the University College's courses are monitored and assured checked, both inside and outside the institution, are:

- Annual monitoring of units and courses
- Periodic Course review, at least every six years.
- External examiners, who produce an annual report
- Oversight by Academic Development and Quality Committee (which includes student representation), reporting to Academic Board
- Professional body accreditation
- External Quality Assurance Reviews and annual monitoring

### 14. Inclusivity statement

AECC University College is committed to being an institution where students and staff from all backgrounds can flourish. AECC University College recognises the importance of equality of opportunity and promoting diversity, in accordance with our Dignity Diversity and Equality Policy. We are committed to a working and learning environment that is free from physical, verbal and non-verbal harassment and bullying of individuals on any grounds, and where everyone is treated with dignity and respect, within a positive and satisfying learning and working environment.

AECC University College seeks to ensure that all students admitted to our courses have the opportunity to fulfil their educational potential. The interests of students with protected characteristics will be taken into consideration and reasonable adjustments will be made provided that these do not compromise academic or professional standards as expressed through the learning outcomes.

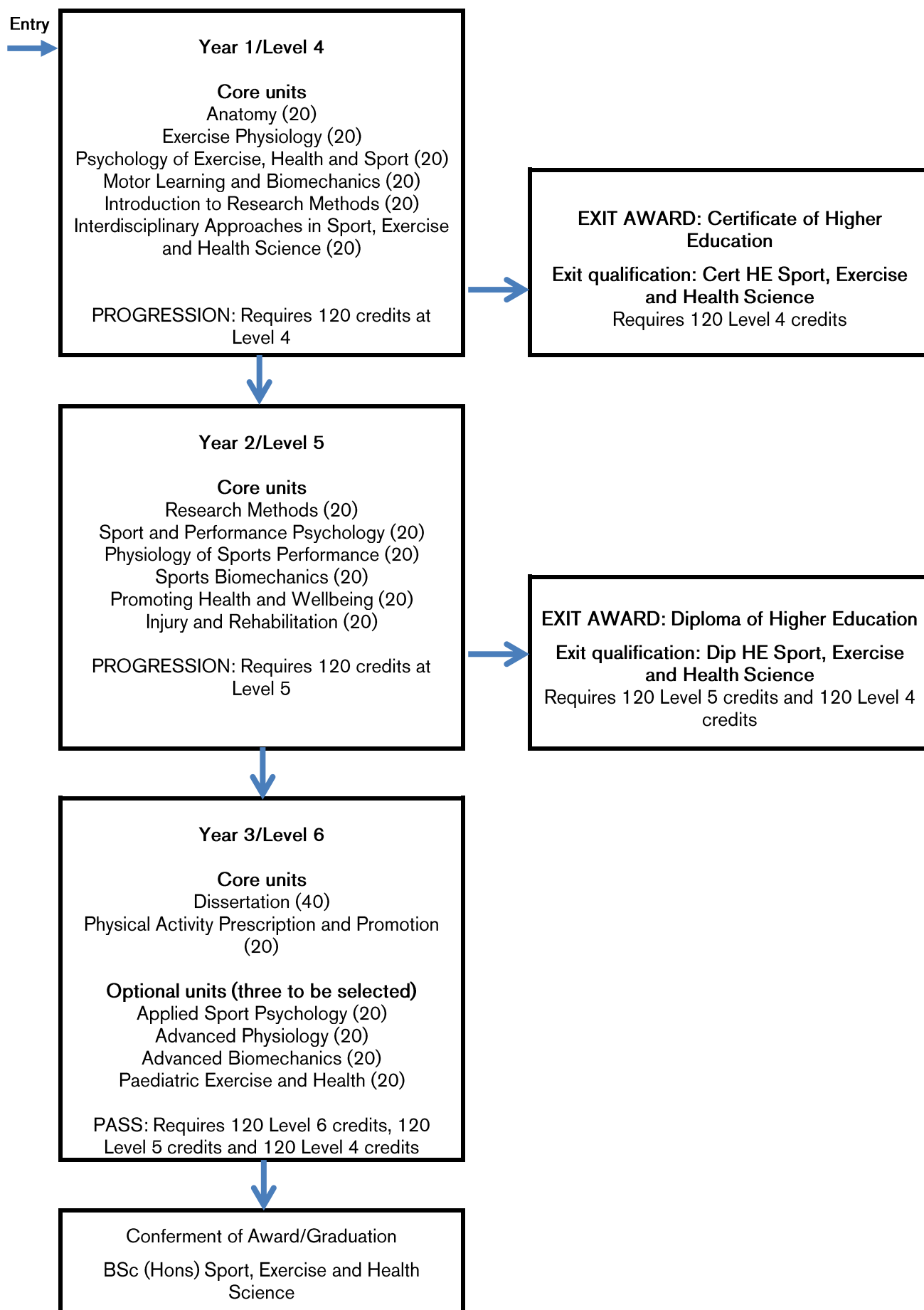
### 15. Reference points including QAA Benchmark statements

- UK Quality Code for Higher Education Chapter A1: The National Level incorporating the Framework for Higher Education Qualifications
- QAA subject benchmark statements for sport and exercise science
- British Association of Sport and Exercise Sciences (BASES) undergraduate endorsement scheme guidelines

### 16. Regulatory & policy framework

The course conforms fully with the University College's Academic Regulations and Policies for Taught Courses.

## Appendix 1: Course Diagram BSc (Hons) Sport Exercise and Health Science



## Appendix 2: Learning outcomes mapping document template

This table shows where a learning outcome referenced in the course specification may be demonstrated by successful completion of a unit.

Unit	Subject Knowledge and Understanding				Intellectual Skills			Practical Skills			Transferable skills				
	A1	A2	A3	A4	B1	B2	B3	C1	C2	C3	D1	D2	D3	D4	D5
Anatomy			X		X									X	X
Exercise Physiology			X		X		X		X		X		X	X	
Psychology of Exercise, Health and Sport			X		X		X				X			X	
Motor Learning and Biomechanics			X		X		X		X					X	X
Introduction to Research Methods			X		X			X			X	X	X	X	
Interdisciplinary Approaches to SE & HS	X	X	X	X	X	X							X	X	
Research Methods			X		X			X			X	X		X	
Promoting Health and Wellbeing		X	X	X	X	X						X		X	X
Sport and Performance Psychology		X	X		X	X	X							X	
Physiology of Sports Performance		X	X		X	X	X		X					X	X
Sports Biomechanics		X	X		X	X	X		X					X	X
Injury and Rehabilitation	X	X	X		X	X	X			X		X	X	X	
Dissertation			X		X			X				X		X	
Contemporary Issue in Sport Science	X	X	X	X	X	X					X	X	X	X	X
Applied Industry Skills			X		X	X	X			X	X	X	X	X	X
Applied Sport Psychology		X	X		X	X	X		X	X		X		X	X
Advanced Physiology		X	X		X	X	X		X	X		X		X	X
Advanced Biomechanics		X	X		X	X	X		X	X		X		X	X