



Programme Specification

(please see the notes at the end of this document for a summary of uses of programme specifications)

Fields marked with * must be completed for the initial submission for Stage One approval to the Board of Studies and to the Academic Programmes Committee

GENERAL INFORMATION	
<i>Awarding Institution//Body</i>	University of Bath
<i>Teaching Institution*</i>	University of Bath
<i>Validated/Franchised/Licensed (if appropriate)</i>	
<i>Programme accredited by (including date of accreditation)*</i>	
<i>Programme approved by (including date & minute number of Senate)</i>	<p>Approval of the establishment of BSc in Sport and Exercise by Academic Studies Committee 14.5.1996 and Senate in June 1996.</p> <p>Approval of BSc in Sport and Exercise Science with a Year Combined Placement and Study Abroad by Board of Studies 31.5.2000 and by the Vice-Chancellor under vacation powers.</p> <p>Approval of changing two programmes titles to: BSc Sport and Exercise Science with Combined Professional Placement and Study Abroad, and BSc Sport and Exercise Science with Professional Placement by the Quality Assurance Committee 18.3.2008 / 819.</p>
<i>Final award</i>	<p>BSc (honours): Sport and Exercise Science</p> <p>Students leaving an undergraduate programme prematurely may be eligible for a Certificate of Higher Education (www.bath.ac.uk/quality/documents/certhe.pdf) or a Diploma of Higher Education (www.bath.ac.uk/quality/documents/diplhe.pdf)</p>
<i>Programme title*</i>	<p>BSc (honours): Sport and Exercise Science (full time for 3 years)</p> <p>BSc (honours): Sport and Exercise Science with Study Year Abroad (full time for 3 years plus one year study abroad)</p> <p>BSc (honours): Sport and Exercise Science with Combined Professional Placement and Study Abroad (full time for 3 years plus 6 months professional placement and 6 months study abroad)</p> <p>BSc (honours): Sport and Exercise Science with Professional Placement (full time for 3</p>

	years plus one year professional placement)
<i>UCAS code (if applicable)</i>	3 year - BC17 4 year programmes - BCC7
<i>Subject Benchmark Statement*</i>	Hospitality, Leisure, Sport, and Tourism http://www.gaa.ac.uk/Publications/InformationAndGuidance/Documents/HLST08.pdf
<i>Intended level of completed programme (in line with FHEQ eg 5, 6, 7,)*</i>	Level 6, formerly H level
<i>Duration of programme & mode of study*</i>	3 year full time 4 year with placement
<i>Date of Specification preparation/revision*</i>	August 2010 / March 2012 / February 2013 / December 2013 / February 2016 / July 2016/8 February 2017 / August 2017
<i>Applicable to cohorts (eg. for students commencing in September 2013 or 2013/14-2014/15)*</i>	For students commencing from 2018/19

Synopsis and academic coherence of programme*

Sport and Exercise Science is an interdisciplinary subject area with core disciplines of biomechanics, psychology, and physiology. These are studied in a social context and are applied within a broad range of sport and exercise themes. Four undergraduate degree programmes are offered which focus on the scientific study of sport and exercise. Students may be able to transfer between 3-year full-time and 4-year sandwich programmes. Those students opting for a sandwich programme may select a professional placement, a period of study abroad, or a combination of work experience and study abroad. The curriculum is informed by both research and professional practice, and offers generic and specific knowledge and skills whilst allowing for depth and specialism in the final year.

All programmes follow a semester-based structure with 60 credits of study in each year. The majority of units taken in the first two years (Stage 1 and 2) are compulsory. This is designed to ensure that all students have the necessary multidisciplinary foundation for embarking on the sandwich route or final year study (Stage 3/4). Optional units allow students to broaden their focus to include some technological or sociological issues in sport and exercise. As the programmes progress, emphasis is shifted from scientific and theoretical foundation to practical applications in a variety of contexts. Thus, a distinctive feature of this educational experience is the 'bridge-building' between theory and practice in the Sport and Exercise subject area. The final year is common to all programmes, and is undertaken either immediately following the first two years, or on completion of the placement or study abroad experience. A major component of the final year of study is a research project.

Educational aims of the programme*

In support of the University's Mission, the general aims of the Degree programmes in Sport and Exercise Science are:

- * To offer students an education in the inter-disciplinary approach to sport & exercise science in a supportive and stimulating environment that encourages them to reach their full academic potential
- * To enable students to develop a coherent, critical understanding of the relevance of sport & exercise science to contemporary problems and practices
- * To offer constructive appraisals of students' individual personal performances with respect to required learning outcomes

- * To integrate research into teaching, and provide students with practical experience using sophisticated equipment in well-equipped laboratories
- * To equip graduates with the appropriate knowledge and skills to support them in their chosen professional careers or to pursue further academic study.

Intended learning outcomes * (including teaching, learning and assessment methods, specifying those applicable for interim awards where appropriate)

Teaching in the programmes is research-led but also informed by professional practice with more prescriptive guidance given at Part 1. This is transformed into more independent learning in Parts 2 and 3. The programmes offer generic and specific knowledge and skills whilst allowing for depth and selective focus in the final year. As the students progress through the programmes practical applications are added to the scientific and theoretical foundation. Thus, a distinctive feature of this educational experience is the 'bridge-building' between theory and practice in sport and exercise science in accordance with the Subject Benchmark Statement.

At Part 1, learning and teaching are mostly tutor-led with lectures, practicals, and academic workshops providing the students with a foundation of core knowledge, understanding, and intellectual skills that are required to progress to Part 2. Students become increasingly independent at Part 2 with seminars, group learning, practical sessions, and student-led activities supplementing the information provided in lectures. At Part 3, the learning environment is one in which autonomous learning is facilitated via problem based learning, virtual learning environment, independent reading and independent research.

A wide variety of assessment methods are employed throughout the programmes, including: essays, laboratory reports, activity logs, group and individual oral presentations, small group activities, seminar discussions, tests and tutorial sheets, computer based problem solving tasks, ICT/web based projects, research project and examinations.

At the end of the programme, students should be able to:

➤ Knowledge & Understanding:	<ul style="list-style-type: none"> * Demonstrate a level of knowledge and critical understanding of sport and exercise science sufficient to gain employment or follow postgraduate programmes * Demonstrate an understanding of the need for an interdisciplinary approach to the study of sport and exercise science
➤ Intellectual Skills:	<ul style="list-style-type: none"> * With supervision, design and implement a research project, including data collection, analysis, and interpretation, plus effective communication of the results * Demonstrate experimental, practical, and critical and analytical skills in sport and exercise science, and apply the relevant principles of physiology, psychology, and biomechanics to solve familiar and unfamiliar problems * Develop coherent arguments and challenge assumptions
➤ Professional Practical Skills:	<ul style="list-style-type: none"> * With supervision, design, implement, and evaluate exercise and health, sport science support, or coaching programmes

	<ul style="list-style-type: none"> * With supervision, work effectively in a sport and exercise science support laboratory, including testing participants and analysing and communicating results
<p>➤ Transferable/Key Skills:</p>	<ul style="list-style-type: none"> * Demonstrate good written and spoken communication, numeracy, leadership, problem-solving skills, and the ability to work independently and as part of a group * Use Communication and Information Technology for word processing, electronic communication, information retrieval, experimental design, interactive experimental control, and data collection, handling, and analysis * Plan and manage their own learning * Self-appraise and reflect on practice <p>ADDITIONAL LEARNING OUTCOMES:</p> <p>Professional Placements</p> <ul style="list-style-type: none"> * Apply their knowledge and skills in a particular area of sport and exercise science or a related activity * Explain the structure and significance of the employing organisation and the role of the placement project in the organisation's overall strategy * Utilise the experiences gained during the placement to enhance individual contributions to work within the final year <p>Study Abroad</p> <ul style="list-style-type: none"> * Demonstrate their ability to study effectively alongside students with a different cultural background * (In the case of students attending lectures in a language other than English) demonstrate the ability to operate at an academic level in the language of the country concerned

Structure and content of the programme (including potential stopping off points)

(Append the relevant programme description (PD) form(s) and cross reference below)

At each level of full-time study students study units to the value of 60 credits. Detailed descriptions of the units within the programme may be found in the Programme Unit Catalogue at <http://www.bath.ac.uk/catalogues/other.html>. An overview of the programme structure is provided in Appendix 1.

The structures of the programmes showing the titles and weighting of mandatory and optional units available to students are also given in the programme descriptions (see Appendix 2).

Details of work placements / work-based learning / industrial training / study abroad requirements

Students may have the opportunity to choose between the 3 years full-time programme and one of the sandwich programmes at the end of the first year. Study abroad and placement opportunities are arranged through a Placement Officer. Sites have included Renault Formula 1 Racing, Australian Institute of Sport, British Olympic Medical Centre, QinetiQ (Farnborough), Centre for Locomotion Studies (USA), Universities of Western Australia, Sydney, and Saskatchewan, and ERASMUS links with France, Spain, and Belgium. Neither the study abroad year nor the professional placement (or combination) counts towards the final degree classification.

Students following a sandwich programme are invited to give a presentation on their experiences at the Placement Conference held in October. Those students who study abroad follow an academic programme intended to complement the home-based study. The specific units to be followed are agreed following negotiation with the Director of Studies. Students must maintain a satisfactory grade profile during the year of study. Those students who follow a professional placement programme must submit a portfolio of work on their experiences upon returning to the final year of study. In addition, students are assigned a Placement Supervisor at their host site and a Placement Tutor from within the School. The on-site supervisor writes an assessment of the student's performance on completion of the placement. The Placement Tutor liaises with the employer, the student, and the Placement Supervisor. Students are supported by email or telephone contact and are visited at least once during the year by the Placement Tutor.

Details of support available to students (e.g. induction programmes, programme information, resources)

University of Bath students attending programmes of study at the Claverton Campus are usually encouraged to stay in University halls of residence during their first year and will be supported in their transition into University life and study by Resident Tutors. These are postgraduate students or staff who live in the halls of residence and are responsible for the general welfare, health and safety and discipline of student residents.

All students will be allocated a Personal Tutor, who is responsible for monitoring and supporting the academic progress and general welfare of their students.

Staff in these roles will be able to respond to many of the questions and concerns raised by their students. However, there is also a range of specialist student support services that will offer both information and advice to support these staff working with their students, as well as take referrals to work more directly with the students. Students can also self-refer to these services.

These services can provide information, advice and support in relation to accommodation, emotional difficulties, assessment of needs and provision of support relating to disability, student funding, general welfare, academic problems, student discipline and complaints, careers, international students, spiritual matters, part time work, security and personal safety. The Students' Union can also provide advocacy for students. More information about these services can be accessed via: <http://www.bath.ac.uk/students/support/> .

There are also Medical and Dental Centres, and a Chaplaincy on campus that are very experienced in meeting the needs of a student population, as well as a University nursery and vacation sports schemes are sometimes available for older children during the school holidays.

Additional support available to students:

- * University and Department Induction Programme
- * Programme Student Handbook
- * Unit descriptors
- * Study Skills Support
- * Excellent Library and IT facilities
- * Sports and Arts facilities
- * Proactive Students' Union
- * Careers Advisory Service
- * Learning Support Service
- * International Office
- * English Language Tuition
- * Nursery facilities
- * Placement visits and support
- * Staff/Student Liaison Committee
- * Research Project Handbook

Admissions criteria (including arrangements for APL/APEL)

A typical offer for admission consists of passes in three subjects at A2 level with grades of AAA, including at least one science (mathematics, physics, chemistry, or biological sciences). Psychology combined with a sports related A2 level (e.g. PE or Sport Studies) can be accepted as an alternative to a basic science subjects). Grades at AS Level are considered but will not form part of any offer. In addition prospective students should have passed English Language, Mathematics, and at least one science subject at GCSE (Grade B or above). Alternative equivalent qualifications are welcomed. Overseas and mature applicants will be considered on an individual basis.

Further information is given in the online prospectus at
<http://www.bath.ac.uk/study/ug/prospectus/subject/sport-exercise-science/entry-requirements>

Summary of assessment and progression regulations

The BSc Sport and Exercise Science programmes are fully compliant with the University's New Framework for Assessment: Assessment Regulations (NFAAR). The NFAAR describes the rules for progression from one stage of the programme to the next (including supplementary assessment, and the extent of failure that can be condoned) as well as for the award of degrees. Students taking the BSc Sport and Exercise Science programmes will be assessed according to these rules; further information about the NFAAR is available at <http://www.bath.ac.uk/registry/nfa/index.htm> .

The tables in the appendix describe how the BSc Sport and Exercise Science programmes are structured in terms of the NFAAR. Information about Designated Essential Units (DEUs) and the definitions for parts and stages of programmes are also available in the NFAAR (see Appendix 2: Definitions).

Students who do not fulfil the requirements for successful completion of a placement/study abroad year (programmes UHHL-ACB04, UHHL-AKB04, UHHL-AAB02) are transferred to the three-year BSc programme (UHHL-AFB01).

Indicators of quality and standards (e.g. professional accreditation)

Indicators of Quality and Standards

(For more general information on each part of the framework, click on the link)

To assure continuing excellence in its quality and standards, the University of Bath has a quality management framework including:

1. A Quality Assurance Code of Practice, and associated regulations and policies :
<http://www.bath.ac.uk/quality/cop/statements.html>
2. A learning, teaching and quality committee structure which monitors quality and standards and instigates action for enhancement. For further information:
Governance:
<http://www.bath.ac.uk/quality/documents/QA03PSGuidQSGov.doc>
Review and Monitoring:
<http://www.bath.ac.uk/quality/documents/QA03PSGuidQSRevMon.doc>
3. Staff development arrangements that assist staff in enhancing their own performance as educators, as researchers or as professional support services staff. Further information:
<http://www.bath.ac.uk/quality/documents/QA03PSGuidQSASD.doc>

Students are involved in many of these processes. The emphasis here is upon the *informed* student voice - engaging with students as academic citizens to ensure they have opportunities to take an active part in shaping their own learning.

<http://www.bath.ac.uk/quality/documents/QA03PSGuidQSStuVoice.doc>

A more detailed overview of the University's Quality Management framework is set out in this summary document: <http://www.bath.ac.uk/quality/documents/approach-to-quality-management.pdf>

The University's management of its academic standards and quality is subject to external institutional review by the [Quality Assurance Agency](#) on a six year cycle. In its 2013 Institutional Review, the QAA confirmed that the University met its expectations for the management of standards, the quality of learning opportunities, and the enhancement of learning opportunities. The University was commended on its provision of information.

Professional bodies require particular standards and content in our programmes so that students exit able to claim professional registration or recognition, enabling them to progress successfully in their subsequent careers. Current professional accreditations are reviewed periodically by the bodies concerned. They are shown against each relevant programme in the prospectus. The full list can be seen here: [QA8 RegisterofAccreditationsCurrent.pdf](#) .

Professional or industrial placements for a year or a semester are particularly supported at Bath by specialised staff and these arrangements are demonstrably effective for improving degree grade and employability within six months of graduation.

Sources of other information

- * A wealth of useful information and links may be found on the University of Bath website: www.bath.ac.uk, and the School website: www.bath.ac.uk/health
- * University of Bath Undergraduate Prospectus
<http://www.bath.ac.uk/study/ug/prospectus/subject/sport-exercise-science>
- * Sport and Exercise Science Degree Programmes Handbook
- * Sport and Exercise Science Programme/ Unit Catalogue

..... Dean/Head LPO

..... Date

The programme specification, and revised versions must be signed by the Dean of Faculty/School/Head of Learning Partnerships

BSc (Hons) Sport & Exercise Science Programme Descriptions

Programme code:	UHHL-AFB01
Programme title:	BSc (hons) Sport and Exercise Science
Award type:	Bachelor of Science with Honours
Award title:	
Mode of Attendance:	Full time
Length:	3 Years
State if coexistent M-level programme:	
State any designated alternative programme(s):	If you leave your programme early you may be eligible for an exit award, either a Certificate of Higher Education (CertHE) or a Diploma of Higher Education (DipHE). Further information on these awards can be found at www.bath.ac.uk/quality/documents/certhe.pdf (for the CertHE) and www.bath.ac.uk/quality/documents/diplhe.pdf (for the DipHE).
Approving body and date of approval:	School for Health Teaching and Quality Committee (20th Feb 2008); Revision approved by the School for Health Teaching and Quality Committee (16/12/2009); Revisions approved by Faculty of Humanities and Social Sciences Learning, Teaching and Quality Committee (20/02/2013)

Year 1 (for implementation with effect from 2013-14)									
Part	Stage	Normal period of study for this Mode	Unit code	Unit title	Unit status	Credits	DEU status	Placement or Study Abroad status	Notes
1	1	S1	HL10182	Human Physiology	Compulsory	12	√		
		S1	HL10040	Introduction to Research Design and Statistics	Compulsory	6	√		
		S1	HL10034	Functional Anatomy	Compulsory	6	√		
		S1	HL10036	Introduction to sport & exercise psychology	Compulsory	6	√		
		S1	MA10103	Foundation Mathematics 1	Optional: Select 1 Unit: <i>Students without A-level Mathematics must choose MA10103.</i>	6	-		
		S1	HL10035	The coaching environment		6	-		
		S1	MN10545	Organisational behaviour		6	-		
		S1	MN20072	Managing human resources		6	-		
		S1	MN20074	Digital Business Innovation		6	-		
		S1		Director of Studies Approved 6 credit unit		6	-		
		S2	HL10183	Professional Development		Compulsory	6	√	
		S2	HL10038	Introduction to human biomechanics	Compulsory	6	√		
		S2	BB10089	Biochemistry	Compulsory	6	√		
		S2	HL10037	Coaching in the high performance environment	Optional: Select 1 Unit:	6	-		
		S2	HL10184	Introduction to Strength and Conditioning		6	-		
		S2	MN10248	Introduction to accounting		6	-		
		S2	MN20073	Marketing		6	-		
S2		Director of Studies Approved 6 credit unit	6	-					

Year 2 (for implementation with effect from 2013-14)

Part	Stage	Normal period of study for this Mode	Unit code	Unit title	Unit status	Credits	DEU status	Placement or Study Abroad status	Notes
2	2	AY	HL20107	Advancing Research Design and Statistics	Compulsory	12	√		
		AY	HL20185	Exercise physiology	Compulsory	12	√		
		S1	HL20042	Psychological dynamics of sport	Compulsory	6	√		
		S1	HL20104	Introduction to sport medicine	Compulsory	6	√		
		S1	HL20503	Biomechanics of Human Movement	Compulsory	6	√		
		S2	HL20045	Psychology of exercise and health	Compulsory	6	√		
		S2	HL20050	Performance assessment	Compulsory	6	√		
		S2	HL20504	Motor Control and Learning	Compulsory	6	√		

Year 3 (for implementation with effect from 2015-16)

Part	Stage	Normal period of study for this Mode	Unit code	Unit title	Unit status	Credits	DEU status	Placement or Study Abroad status	Notes
2	3	AY	HL30110	Research project	Compulsory	24	√		
		S1	HL30109	Contemporary research issues	Compulsory	6	√		
		S1	HL30054	Physiology of exercise and health	Optional: Select 2 units	6	√		
		S1	HL30054	Nutrition and metabolism		6	√		
		S1	HL30155	Applying psychology to physical activity and health		6	√		
		S1	HL30056	Biomechanical analysis of human movement		6	√		
		S2	HL30062	Interdisciplinary study	Compulsory	6	√		
		S2	HL30188	Environmental and occupational physiology	Optional: Select 2 units	6	√		
		S2	HL30055	Applied sport psychology		6	√		
		S2	HL30187	Clinical biomechanics		6	√		
		S2	HL30186	Applied Sport Biomechanics		6	√		

**Assessment weightings and decision references
3 year programme**

Stage	Weighting within programme %	NFAAR decisions reference See: http://www.bath.ac.uk/registry/nfa/index.htm
Stage 1	0%	Main assessment: Appendix 11 Supplementary assessment: Appendix 12
Stage 2	32%	Main assessment: Appendix 19 Supplementary assessment: Appendix 20
Stage 3	68%	Main assessment: Appendix 27 Supplementary assessment: Appendix 28

In four year programmes, the following respective additional unit to UHHL-AFB01 BSc (Hons) Sport and Exercise Science programme is required.

Programme code:	UHHL-AAB02
Programme title:	BSc (hons) Sport and Exercise Science with Study Year Abroad
Award type:	Bachelor of Science with Honours
Award title:	
Mode of Attendance:	Full time
Length:	4 Years
State if coexistent M-level programme:	
State any designated alternative programme(s):	UHHL-AFB01 BSc(Hons) Sport & Exercise Science (full time) If you leave your programme early you may be eligible for an exit award, either a Certificate of Higher Education (CertHE) or a Diploma of Higher Education (DipHE). Further information on these awards can be found at www.bath.ac.uk/quality/documents/certhe.pdf (for the CertHE) and www.bath.ac.uk/quality/documents/diplhe.pdf (for the DipHE).
Approving body and date of approval:	School for Health Teaching and Quality Committee (20th Feb 2008); Revision approved by the School for Health Teaching and Quality Committee (16/12/2009); Revisions approved by Faculty of Humanities and Social Sciences Learning, Teaching and Quality Committee (20/02/2013)

Year 3 (for implementation with effect from 2013-14)

Part	Stage	Normal period of study for this Mode	Unit code	Unit title	Unit status	Credits	DEU status	Placement or Study Abroad status	Notes
2	3	AY	HL20046	One year study abroad	Compulsory	60	√	Standard	

Programme code:	UHHL-ACB04
Programme title:	BSc (hons) Sport and Exercise Science with Combined Professional Placement & Study Abroad
Award type:	Bachelor of Science with Honours
Award title:	
Mode of Attendance:	Full time
Length:	4 Years
State if coexistent M-level programme:	
State any designated alternative programme(s):	UHHL-AFB01 BSc(Hons) Sport & Exercise Science (full time) If you leave your programme early you may be eligible for an exit award, either a Certificate of Higher Education (CertHE) or a Diploma of Higher Education (DipHE). Further information on these awards can be found at www.bath.ac.uk/quality/documents/certhe.pdf (for the CertHE) and www.bath.ac.uk/quality/documents/diplhe.pdf (for the DipHE).
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Year 3 (for implementation with effect from 2013-14)									
Part	Stage	Normal period of study for this Mode	Unit code	Unit title	Unit status	Credits	DEU status	Placement or Study Abroad status	Notes
2	3	AY	HL20051	One year combined professional placement and study abroad	Compulsory	60	√	Standard	

Programme code:	UHHL-AKB04
Programme title:	BSc (hons) Sport and Exercise Science with Professional Placement
Award type:	Bachelor of Science with Honours
Award title:	
Mode of Attendance:	Thick sandwich (Full-time on campus)
Length:	4 Years
State if coexistent M-level programme:	
State any designated alternative programme(s):	<p>UHHL-AFB01 BSc(Hons) Sport & Exercise Science (full time)</p> <p>If you leave your programme early you may be eligible for an exit award, either a Certificate of Higher Education (Certhe) or a Diploma of Higher Education (DiplHE). Further information on these awards can be found at www.bath.ac.uk/quality/documents/certhe.pdf (for the Certhe) and www.bath.ac.uk/quality/documents/diplhe.pdf (for the DipHE).</p>
Approving body and date of approval:	School for Health Teaching and Quality Committee (20th Feb 2008); Revision approved by the School for Health Teaching and Quality Committee (16/12/2009); Revisions approved by Faculty of Humanities and Social Sciences Learning, Teaching and Quality Committee (20/02/2013)

Year 3 (for implementation with effect from 2013-14)									
Part	Stage	Normal period of study for this Mode	Unit code	Unit title	Unit status	Credits	DEU status	Placement or Study Abroad status	Notes
2	3	AY	HL20047	One year professional placement	Compulsory	60	√	Standard	

Assessment weightings and decision references For 4 year programmes		
Stage	Weighting within programme %	NFAAR decisions reference See: http://www.bath.ac.uk/registry/nfa/index.htm

Stage 1	0%	Main assessment: Appendix 11 Supplementary assessment: Appendix 12
Stage 2	32%	Main assessment: Appendix 19 Supplementary assessment: Appendix 20
Stage 3	0%	Main assessment : Appendix 19 Supplementary assessment : not available
Stage 4	68%	Main assessment: Appendix 27 Supplementary assessment: Appendix 28