MSci(Hons) Sport and Exercise Science (UHHL-AFM22)

Course and Award Details

Course title	MSci(Hons) Sport and Exercise Science
Route(s)	MSci(Hons) Sport and Exercise Science
Awarding body	University of Bath
Award	Integrated taught masters - under/postgraduate
Award name	Masters with Honours
Course mode of delivery	Full time
Course length	4 years
Entry point	September 2024
Main location of study	University of Bath, Main Campus, Claverton Down
Course-owning school/department	Health

Course Description

Course Summary

Develop your knowledge of biomechanics, physiology and psychology. You will understand how humans function in sport, physical activity and health environments.

Course Description

This degree has three core strands:

- __Biomechanics__ will explore how humans create and control movement including athletes' technique
- __Physiology__ will cover the structure, function, regulation and performance of bodily systems
- __Psychology__ will examine the role of thoughts, feelings and behaviours in sport and exercise settings

Through these core strands, you'll apply your knowledge to sports performance and exercise participation to develop an understanding of the relevance of sport and exercise science to current practice.

Along with the core study of biomechanics, physiology and psychology, examples of other topics you will cover include:

- biochemistry
- motor control
- nutrition and metabolism
- research methods
- sports medicine
- strength and conditioning

In Year 1, you'll develop your functional anatomy knowledge and link it to basic concepts of biomechanics. You'll build on your knowledge of human physiology and psychology and their application to sport and exercise. You will also develop your skills in research design and statistics.

Through Year 2, you'll advance your knowledge of biomechanics and explore interdisciplinary studies in connection with nutrition and psychology in sport. You'll

apply your biomechanics, physiology and psychology knowledge to sport and exercise medicine, and develop practical skills that relate to sport and exercise science data collection and interpretation.

BSc route

In your final year, you'll design and carry out a year-long research project and study in-depth issues in sport and exercise science. You'll also be able to tailor your profile towards specific disciplines and choose an area of interdisciplinary study.

MSci route

In your final two years, you will design and carry out an extended, independent research project and study advanced units covering key topics in sport and exercise science at master's level. You'll also be able to tailor your profile towards specific disciplines and choose an area of interdisciplinary study.

Use specialist facilities

You'll have access to facilities that support your learning. These contain specialist equipment and the latest technology, including:

- Applied Biomechanics Suite
- Applied Physiology Laboratory
- Biochemistry Laboratory
- Metabolic Research Laboratory

Develop your professional skills

We work to provide you with the skills and support to prepare you for employment and further study, such as:

- communication and interview skills
- CV and cover letter writing
- networking
- career planning

Informed teaching to advance your learning

You'll learn from experts in sports performance and sports science. Their passion, knowledge and research shape their teaching to enhance your learning experience.

Staff across our Department for Health(/departments/department-for-health) have specialisms in areas such as:

- sport and exercise science
- nutrition and metabolism
- sport management, marketing and media
- coaching and sport performance
- sport policy and international development
- health and physical activity
- research methods

Prepare for your future

Many of our sport, exercise and health graduates have gone on to work in sport science, public health, exercise medicine and rehabilitation, sports management and sports coaching.

They've worked for organisations such as:

- BUPA
- Cambridge Medical Robotics
- Coaches Voice
- Hawk-Eye Innovations

- MoveGB
- Department of Health & Social Care
- professional rugby union and football clubs

Find out what our graduates go on to do(/guides/what-do-first-degree-bath-graduates-do)

Learning and teaching

You are expected to spend, on average, around 10 hours per week studying. This will be made up of structured and interactive online content, with a self-directed focus. You will have access to support from Bath academics throughout your studies.

During Residential Weeks, you will experience face-to-face teaching to complement your distance learning study.

Contact hours

Contact hours

Timetabled contact hours, which may be made up of laboratory sessions, lectures, practical sessions, seminars, tutorials and workshops, vary throughout your course and between courses but are typically around 15 and 17 hours a week in your first year.

Our teaching for this course is delivered through in-person learning on campus, supported by high quality online provision. A small proportion of these contact hours may be delivered online, with the significant majority taught on campus. This may be supplemented by additional activities such as a small number of online learning sessions (not live), skills development sessions, and personal tutorials.

The amount of timetabled sessions on campus in later years may vary based on the options you choose, with a greater emphasis on independent learning. Project and dissertation units will generally have fewer scheduled sessions to allow you time for your independent work - this may also mean the number of hours of timetabled sessions each week will vary within a year.

Independent learning

In addition to timetabled contact hours, you are expected to undertake independent learning and assessment activities. Typically, this might be around 18 to 25 hours per week in your first year, and include individual research, reading journal articles and books, working on individual and group projects, preparing coursework assignments, presentations, or revising for exams. After your first year, the emphasis on independent learning becomes greater, for example, you may do a final year project in the final year. You'll be expected to work both on your own and as part of a group.

Delivery methods

Laboratory sessions
Lectures
Practical sessions
Seminars
Tutorials
Workshops

Assessment summary

You will be assessed in a range of methods designed to develop and test your skills and knowledge.

30% to 40% of your course will be assessed through examinations.

60% to 70% will be assessed through coursework, reports, and presentations.

The balance of assessment methods may vary throughout your degree.

The final degree classification is determined by your second, third and final year marks and each contributes 16%, 34% and 50% respectively.

You will primarily be assessed as an individual, but may also be assessed as part of a group.

We can make reasonable adjustments to assessment procedures for students with disabilities, take a look at our Disability Service's pages(/professional-services/disability-service/) for information.

Assessment methods	Report Examinations Presentations Coursework
Additional Costs	Certificates and qualifications You need to source and pay for appropriate pitch-side medical training before progressing onto the research phase of the course in Year 3. Bath staff can advise on suitable pitch-side training opportunities.
Placement/Study Year Abroad details	We also offer this course with a professional placement or study abroad(https://www.bath.ac.uk/courses/undergraduate-2024/sport-exercise-and-health/msci-sport-and-exercise-science-with-professional-placement-or-study-abroad/) option in Year 3. This allows you to take advantage of our links with a range of organisations in different sectors, experience a new culture, or even combine the two. A professional placement (https://www.bath.ac.uk/campaigns/enhance-your-employability-with-a-humanities-and-social-sciences-placement/) is a great way to get insights into the career path you want; contribute to projects and services; have fun, make friends and build your professional network; and even earn a salary. If you decide to study abroad (https://www.bath.ac.uk/campaigns/studying-abroad-as-part-of-your-undergraduate-degree/), you will spend time at one of our partner institutions across the globe. During this time, you will study a course that complements your existing learning while experiencing a new culture.

Course Assessment Regulations

Applicable Assessment Regulations	Undergraduate assessment regulations - https://www.bath.ac.uk/publications/undergraduate-assessment-regulations/
Exemptions from Regulations	N
Weighting of each Study Year	Stage 1: 0% Stage 2: 16% Stage 3: 34% Final Stage: 50%
Is this Course Standalone or Co-Existent?	CE

Course Structure

Year 1

Period of study	Module code	Module title	Module status	Level	Credits	Option choice rules
AY	HL00000	Academic integrity training & test	Extra	Foundation (FHEQ level 3)	0	
AY	HL10521	Human physiology	Part 1 Stage 1 Designated Essential Unit	Certificate (FHEQ level 4)	10	
AY	HL10522	Functional anatomy and biomechanics	Part 1 Stage 1 Designated Essential Unit	Certificate (FHEQ level 4)	10	
AY	HL10523	Applied practice in sport and exercise	Part 1 Stage 1 Designated Essential Unit	Certificate (FHEQ level 4)	15	
AY	HL10524	Research and study skills for sport, health and exercise scientists	Part 1 Stage 1 Designated Essential Unit	Certificate (FHEQ level 4)	10	
AY	HL10525	Sport and exercise psychology	Part 1 Stage 1 Designated Essential Unit	Certificate (FHEQ level 4)	10	
S2	SL10207	Human biochemistry	Part 1 Stage 1 Designated Essential Unit	Certificate (FHEQ level 4)	5	

Year 2

Period of study	Module code	Module title	Module status	Level	Credits	Option choice rules
AY	HL20533	Biomechanics and motor control	Part 2 Stage 2 Designated Essential Unit	Intermediate (FHEQ level 5)	15	
AY	HL20534	The psychology of sport and exercise participation	Part 2 Stage 2 Designated Essential Unit	Intermediate (FHEQ level 5)	15	
AY	HL20535	Research skills and statistics for sport, exercise and health scientists	Part 2 Stage 2 Designated Essential Unit	Intermediate (FHEQ level 5)	5	
AY	HL20536	Sport and exercise medicine	Part 2 Stage 2 Designated Essential Unit	Intermediate (FHEQ level 5)	10	
AY	HL20537	Physiology of health, exercise and nutrition (SES)	Part 2 Stage 2 Designated Essential Unit	Intermediate (FHEQ level 5)	15	

Year 3

Period of study	Module code	Module title	Module status	Level	Credits	Option choice rules
AY	HL30567	Research project design and preparation	Part 2 Stage 3 Designated Essential Unit	Honours (FHEQ level 6)	10	
S1	HL30553	Tackling interdisciplinary challenges	Part 2 Stage 3 Designated Essential Unit	Honours (FHEQ level 6)	5	
S2	HL30568	Advanced quantitative and qualitative data analyses	Part 2 Stage 3 Designated Essential Unit	Honours (FHEQ level 6)	7.5	

Title Penultimate Year Options

Total credits in this study yr 37.5

Overview of options in this study yr

You will study 37.5 credits of optional units.

This flexibility and choice will give you the opportunity to study topics that interest you and prepare you for your potential future career.

Optional units will cover areas such as physiology, psychology, and biomechanics. They may include topics like:

- applied sports and clinical biomechanics
- behavioural science in the context of health and sport
- environmental and occupational physiology
- nutrition, metabolism and general health
- the physiology of exercise, health and disease
- psychology in sport

Year 4

Period of study	Module code	Module title	Module status	Level	Credits	Option choice rules
AY	HL40577	Research project (MSci)	Part 3 Stage 4 Designated Essential Unit	Masters UG & PG (FHEQ level 7)	30	

Title Final Year Options

Total credits in this study yr 30

Overview of options in this study yr

You will study 30 credits of optional units.

This flexibility and choice will give you the opportunity to study topics that interest you and prepare you for your potential future career.

Optional units will allow you to specialise your knowledge in key areas across physiology, psychology, and biomechanics. They may cover topics like:

- advanced analysis of human movement
- disability sport and exercise

- integrative exercise physiology
- musculoskeletal modelling of human motion
- psychology in the context of elite sport
- the advanced study of physical activity and motivation
- the science of strength and power

Learning Outcomes

By the end of the course, you will be able to

	Knowledge and Understanding	Intellectual Skills	Professional and Transferable Skills	Placement	Study Year Abroad
K1 Demonstrate knowledge and critical understanding of concepts within sport and exercise science sub-disciplines K2 Demonstrate an understanding of relevant research techniques in sport and exercise science sub-disciplines K3 Apply knowledge and practical understanding to sport and exercise science challenges K4 Demonstrate an understanding of the need for an interdisciplinary approach to address complex issues in sport and exercise science K5 Use research to create and synthesise knowledge K6 Demonstrate a systematic understanding of knowledge and critically evaluate scientific research K7* Demonstrate a systematic understanding of knowledge and critical awareness of current problems and new insight of research at the forefront of sport and exercise science *= Course-level Learning Outcome (CLO) specific to the MSci course in Sport and Exercise Science.	✔				
I1 Apply principles of sport and exercise science to solve familiar and unfamiliar problems I2 Assess sport and exercise		✔			

Assess sport and exercise science challenges, and synthesise and interpret information in a professional or vocational context I3 Develop coherent arguments and challenge assumptions I4 With supervision, design, analyse and interpret a research project I5* Demonstrate originality and creativity to systematically deal with complex issues at the forefront of sport and exercise science *= Course-level Learning Outcome (CLO) specific to the MSci course in Sport and Exercise Science.	
E1With supervision, design, implement, and evaluate exercise and health interventions, sport science support, or coaching programmes E2Use information and health technologies appropriate for sport and exercise science and for a modern graduate careerE3Work effectively both independently and as a part of a team E4Demonstrate proficient numeracy and good written and spoken communication skills appropriate to a variety of audiencesE5Plan, manage and reflect on their own learning and practice E6Demonstrate ethical and respectful working practices with clients, participants and peersE7*Demonstrate an ability to proactively solve complex problems independently*= Course-level Learning Outcome (CLO) specific to the MSci course in Sport and Exercise Science.	✔
Incorporated above, except for the learning outcomes associated with professional placement (PL) and/or study abroad (SA)	✔

and/or study abroad (SA) variants of the course.PL1Apply knowledge and skills in a particular area of sport and exercise science or a related activityPL2Explain the structure and significance of the employing organisation and the role of the placement project in the organisation's overall strategyPL3Utilise the experiences gained during the placement to enhance individual contributions to work within the final yearSA1Demonstrate their ability to study effectively alongside students with a different cultural backgroundSA2(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

Alternative Courses and Exit Awards

Designated Alternative Courses (DAC) and exit awards	UHHL-AFB22: BSc(Hons) Sport and Exercise Science is the designated alternative course (DAC). Transfer to DAC is possible in years 1 or 2 if co-existent master's progression threshold is not met. Exit awards: BSc(Hons) Sport and Exercise Science Studies. Overall course average: weighted stage 1 0%, stage 2 32%, final stage 68% Diploma of Higher Education Certificate of Higher Education

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