



Programme Specification

GENERAL INFORMATION	
Programme title	BSc Health and Exercise Science (ECTS Vanguard)
Awarding Institution//Body	University of Bath
Teaching Institution	University of Bath
Programme accredited by (including date of accreditation)	
Subject Benchmark Statement*Subject Benchmark Statement:	Hospitality, Leisure, Sport, and Tourism http://www.qaa.ac.uk/Publications/InformationAndGuidance/Documents/HLST08.pdf Health Studies http://www.qaa.ac.uk/Publications/InformationAndGuidance/Documents/Healthstudies08.pdf
Date of Specification preparation/revision	
Applicable to cohorts	
Programme Approved by	

Synopsis and academic coherence of programme

Course summary

Studying this course will help you to understand the role of physical activity and exercise in health and wellbeing at the individual and population level. You will develop your understanding of health determinants and investigate the impact of physical activity, diet and other lifestyle behaviours on health. The course combines Science, Social Science and Public Health and has three core themes: Exercise Science, Behavioural Medicine and Public Health.

- *Exercise Science* provides a fundamental interdisciplinary understanding of human function.
- *Behavioural Medicine* explores how we can help to promote health or treat and prevent disease through helping people to change their health behaviours (such as physical activity and diet).
- *Public Health* investigates the determinants of population health, focusing particularly on the role of physical activity and lifestyle in the health of a population.

Through these core themes you will apply your knowledge to health and exercise settings and understand their relevance in current practice. Within the core themes of Exercise Science, Behavioural Medicine and Public Health, some of the topics you will cover include: physiology, psychology, techniques to measure people's health status and their physical and psychological functioning, epidemiology, exercise prescription, health technologies, nutrition, social health inequalities, sport and exercise medicine, and research methods.

What you will get out of studying this course

Graduates of the BSc Health and Exercise Science course at the University of Bath will be able to demonstrate a systematic understanding of Exercise Science, Behavioural Medicine and Public Health. You will also develop the practical and intellectual skills required to tackle contemporary challenges in health and exercise science settings. You will develop a broad understanding of health and exercise through research-informed teaching, delivered by experts in a diverse range of disciplines that extend beyond mainstream Sport and Exercise Science. The course is distinctive in incorporating contributions from our alumni and colleagues working in industry who are likely to be future employers to our graduates. This ensures our teaching remains relevant, up-to-date, and helps you to start to engage with your future professional networks from an early stage. We start this process in the first week of the first semester, by inviting external experts to engage with our incoming students to frame some of the 'grand challenges' in health and exercise science that we hope our graduates will contribute to solving over their future careers; these sessions help you to develop a firm understanding of how each of the different disciplines and study units fit together to provide the knowledge and skills you will need.

In addition to developing an advanced theoretical knowledge of issues in health and exercise science, the course provides extensive

opportunities to develop practical skills. You will take part in practical classes in small groups during each year of the course to develop a wide range of skills. These include; lab classes to learn basic techniques in physiology and biomechanics, workshops to develop clinical skills useful when working with patients or clients, and training on how to run interviews and focus groups. We also incorporate intensive professional development blocks in the first year of the course to put students on the front-foot in seeking and securing work experience. A highlight of the course for many students is the opportunity to take a year-long professional placement to provide experience of working in their chosen field and to start to develop their networks. In the final year of study, you will also have the opportunity to take part in a conference for fellow students, alumni and potential employers, providing further opportunities to develop and demonstrate your professional skills. Towards the end of the course, you will be able to specialise in the disciplines or topics that interest you most; this is both through the selection of optional units of study, and through conducting a research project allowing you to focus in-depth on an area of your choice with the potential to develop new knowledge.

Our course is designed so that you learn the practical skills you need alongside an increasing understanding of the subject area. You will develop a strong understanding of research methods, integrating this knowledge into all disciplines, including developing statistical and analytical skills. We incorporate activities that are undertaken (and sometimes partly assessed), as part of a group, to enable graduates to demonstrate to employers their ability to work effectively in teams. Similarly, in each year of the course we make sure you get feedback on your ability to communicate both in written form and through presentations so that these skills are developed to an advanced level by the end of your studies. Throughout the course we provide opportunities for you to develop – and have the opportunity to demonstrate – the skills that employers tell us they are looking for in graduates. By the end of the final year, you should have the ability to work independently, to solve problems, to think on your feet, and to be open to new ideas and learning. With this in mind we include assessments that encourage creativity and are relevant to future careers, such as a project viva (defending your findings in a professional setting), designing infographics, and involving employers in the challenges that students address through assessment reports and presentations.

Graduates of the BSc Health and Exercise Science course at the University of Bath stand out as well-informed, highly skilled individuals in touch with the priorities and demands of employers, ready to take a proactive approach to applying theory and research to the complex challenges they are likely to face in their chosen careers. The course will prepare you for a range of careers in the health sector, whether promoting health at an individual or population level, including work in health policy, work in sport and exercise settings or a career in the NHS (e.g. in rehabilitation or as a physician's assistant).

How the course is organised

The BSc Health and Exercise course is delivered over three years, with each year taught over two semesters, with an optional placement year before the final year of study. You will be able to transfer between the 3-year full-time and 4-year placement courses. Each year builds on what has been learnt in the previous year; growing increasingly applied in Year 2, and providing increasing opportunities for specialisation in the final year. You can expect to study to an advanced level within each of the core disciplines of the course, as well as learning to draw together information from across disciplines to tackle complex issues in physical activity, health and wellbeing.

The course follows a semester-based structure with 1200 hours of study each year. Units taken in the first two years (Stage 1 and 2) are compulsory to ensure that all students have the necessary multidisciplinary foundation for embarking on the placement route and/or the last year of study (Stages 3 and 4). However, within units you have many options to choose your focus for assignments and applied tasks according to your particular interests (for example, topics for presentations or case studies).

In Year 1 of the course, we place an emphasis on inspiring students to learn about both the scientific principles of the subject and the opportunities for sport and exercise scientists in tackling some of the key challenges of our time. With this in mind there are very limited assessments at the end of the first semester but we use this time to provide professional development activities including those that could lead to full or partial fulfilment of externally recognised accreditation. The timing of these allows you to enhance your CV before applying for work experience opportunities or the year-long placement.

As the course progresses, emphasis is shifted from basic and theoretical foundations to advanced-level issues and practical applications in a variety of contexts. In Year 2, you will build on the core disciplines introduced in Year 1 to develop a more in-depth understanding of each discipline, 'building bridges' between theory and practice, and understanding how the disciplines fit together. In addition, you will begin to undertake more clinically focused units and extend your technical understanding of how knowledge is generated (e.g., through learning about epidemiology and health-intervention research techniques).

The course has a sandwich placement variant (professional placement) that you can choose to take after Year 2. You are able to transfer between the 3-year full-time and 4-year sandwich courses until the end of their first year of study, and we create numerous opportunities for you to meet and hear from students returning from placement before you need to apply yourself.

In the final year, you will have an opportunity to conduct a research project drawing together the theoretical and practical knowledge and skills you have learned across the course. You also have an opportunity to follow particular directions of interest through selecting four specialist units across the year.

Educational aims of the programme

The overall aim of the BSc Health and Exercise Science course is to inspire students to develop their expertise and forge a career related to the promotion of health and wellbeing. The course takes an applied focus, aiming to attract students with an interest in understanding both the basic science underpinning exercise and health, and how this understanding can be used to promote exercise, health and wellbeing at both the individual and population levels. To achieve this, we aim to:

- Offer students an education in the inter-disciplinary approach to health and exercise science in a supportive and stimulating environment that encourages them to reach their full academic potential.
- Enable students to develop a coherent, systematic understanding of the relevance of physical activity, exercise and health to contemporary problems and practices.
- Provide students insight to health determinants, health behaviour, health policy, critical social aspects and exercise based treatments relevant to health and exercise science challenges.
- Offer constructive appraisals of students' individual personal performances with respect to required learning outcomes.
- Integrate research into teaching, and provide students with practical experience in well-equipped laboratories and (if applicable) relevant placement opportunities.
- Equip graduates with the appropriate knowledge and skills to support them in their chosen professional careers or to pursue further academic study.

The course will appeal to students interested in a range of careers, including public health, the promotion of health and exercise, work with patients in rehabilitation and exercise prescription settings, as well as those interested in the subject but yet to decide which career to follow.

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<p>BSc (honours): Health and Exercise Science (full time for 3 years)</p> <p>BSc (honours): Health and Exercise Science with Professional Placement (full time for 3 years plus one year professional placement)</p> <p>The BSc Health and Exercise Science courses 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 Health 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.</p> <p>Students who do not fulfil the requirements for successful completion of a placement year (programme UHHL-AKB18) are transferred to the three-year BSc programme (UHHL-AFB18).</p>																	
Details of Work Placements Requirements / Work Based Learning / Industrial Training Requirements																	

The placement year is an opportunity to improve your skills and try out different careers. It enables you to leave university with a strong CV, setting you apart from other graduates entering the job market. The University and the department have a strong tradition of providing excellent placement opportunities both in the UK and overseas. We have established links and partnership with many organisations, and often work with student to develop new relationships when students have a particular area of interest. Students on the BSc Health and Exercise Science and other similar courses have previously taken placements at places such as; NHS England, BUPA, BeLife Care Netherlands, Children's Hospital Research Institute of Manitoba (Canada), Nuffield Health, Harbour Sport New Zealand, GlaxoSmithKline, Army Research Training Division, Professional Sports Clubs, and many others. Overall, we have 200 to 300 placement providers. Staff and students report visible benefits to students who go on placement, both in their final year of study, and in their future careers. Students who go on placement tell us they find it easier to structure their time to manage their workload and research project in the final year, and to have increased confidence in relating to their lecturers and research participants. While a small number of students return to work with their placement provider and many others find value in the mentorship and support they receive from placement providers in finding work in that field, for others the placement is an enjoyable experience but serves to show students what they do not wish to do after graduating. Both can be equally useful in helping you to decide what career to follow, bolster your CV with skills you have demonstrated in a work setting, and provide a work-based reference for future job applications.

Students who want to study the 4-year full-time professional placement course must be registered in this course by the end of Year 1, and are supported by a placements tutor (a member of the lecturing team) and a Placement Officer to find and apply for suitable placements. While every effort is made to facilitate all students in the placement course to get a placement, this is not guaranteed. It is ultimately for the placement provider to decide to whom they offer the placement and for the student to decide whether they accept it or not. If a student has not secured a placement during Stage 2, they will be transferred to the 3-year full-time course. The professional placement year does not count towards the final degree classification. We try hard to secure placements for which students are paid, at least to cover their living expenses, but this is not always possible. We make it very clear at the point of application when placements are, or are not paid, so that students can make an informed choice.

If you go on placement you will be supported by a Placement Supervisor at your host site and by your Bath-based personal tutor by email or telephone/teleconference contact during the placement, and are visited (typically in-person, if UK based, or via telephone/teleconference if overseas) by your personal tutor during the placement to find out how you are getting on. You must submit the University's Personal Objectives & Learning Outcomes (POLO) forms during the placement year and a portfolio of work on your experiences upon returning to the final year of study, which helps you to reflect on the experience in relation to your study choices in the final year, and your future career. The on-site supervisor writes an assessment of your performance on completion of the placement. In the October following your placement, you will be invited to present your experience through a poster-conference to which staff, students from earlier years of the course, and some placement providers are invited.

Details of Study Abroad Requirements

N/A

Details of Professional Accreditation

N/A

Admissions Criteria including APL/APEL arrangements

A typical offer for admission consists of passes in three subjects at A2 level with grades of AAB or A*BB or A*AC in three A levels (grades at AS Level are considered but will not form part of any offer). Our alternative A2 level offer is ABB in three A levels plus one of the following: grade A in an EPQ; grade B in the Welsh Baccalaureate Skills Challenge Certificate; grade M1 in Cambridge Pre-U Global Perspectives. A typical offer for students with BTEC background consist Level 3 BTEC Extended Diploma in a related discipline with a Distinction profile (D*DD). In addition prospective students should have passed at least 5 GCSE (or equivalent) grade C or above and must include English Language, Mathematics, and at least one science subject (all at 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:

<https://www.bath.ac.uk/courses/undergraduate-2020/sport-exercise-and-health/bsc-health-and-exercise-science/#entry-requirements>

Details of Support Available to Students

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.

Department and Programme Specific Support Information

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
- Department website: www.bath.ac.uk/health