



Programme Specification

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

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. Furthermore, a key feature of all degree programmes at Bath is the opportunity to follow additional units in Management Studies or Languages during the first two years of the programmes. 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.

- Knowledge & Understanding:

	<p>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.</p> <p>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.</p> <p>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.</p> <p>At the end of the programme, students should be able to:</p> <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
<ul style="list-style-type: none"> • 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
<ul style="list-style-type: none"> • Professional Practical Skills: 	<ul style="list-style-type: none"> • With supervision, design, implement, and evaluate exercise and health, sport science support, or coaching programmes • With supervision, work effectively in a sport and exercise science support laboratory, including testing participants and analysing and communicating results
<ul style="list-style-type: none"> • Transferable/Key Skills: 	<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
<p>Summary of assessment and progression regulations</p>	
<p>NFA - fully compliant</p>	
<p>Progression Regulations and Awards</p>	

BSc (honours): Sport and Exercise Science (full time for 3 years)

BSc (honours): Sport and Exercise Science with Study Year Abroad (full time for 3 years plus one year study abroad)

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)

BSc (honours): Sport and Exercise Science with Professional Placement (full time for 3 years plus one year professional placement)

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>.

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).

Details of Work Placements Requirements / Work Based Learning / Industrial Training 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 Study Abroad Requirements

Details of Professional Accreditation

Admissions Criteria including APL/APEL arrangements

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>

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
- School website: www.bath.ac.uk/health
- University of Bath Undergraduate Prospectus <http://www.bath.ac.uk/study/ug/prospectus/subject/sport-exercise-science>