



Programme Specification

GENERAL INFORMATION	
Programme title	BSc Sport and Exercise Science (ECTS Vanguard)
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:	Events, Hospitality, Leisure, Sport and Tourism https://www.qaa.ac.uk/docs/qaa/subject-benchmark-statements/sbs-events-hospitality-leisure-sport-tourism-16.pdf?sfvrsn=159df781_10
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 develop your knowledge of biomechanics, physiology and psychology. You will understand how humans function in sport, physical activity and health environments. This course has three core strands running throughout it: Biomechanics, Physiology and Psychology.

- *Biomechanics* explores how humans create and control movement including athletes' technique.
- *Physiology* covers the structure, function, regulation and performance of bodily systems.
- *Psychology* examines the role of thoughts, feelings and behaviours in sport and exercise settings.

Through these core disciplines you will apply your knowledge to sports performance and exercise participation, and understand 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 and strength and conditioning.

What you will get out of studying this course

Graduates of the Sport and Exercise Science course at the University of Bath will be able to demonstrate a systematic understanding of all three disciplines central to the field, and the practical and intellectual skills to tackle contemporary challenges in the field. You will develop a broad understanding of sport and exercise through research-informed teaching, delivered by experts in the three core disciplines of biomechanics, physiology and psychology. These are studied in a social context and are applied within a broad range of sport and exercise themes. The course is distinctive in incorporating regular 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 sport 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 sport 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, including basic techniques in physiology and biomechanics, and performance assessments on human participants. We also incorporate intensive professional development blocks in the first year of the course to put you 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 or study abroad 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 to help you to learn the practical skills you need alongside and 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 later years of the course you should have developed 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 Sport 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.

How the course is organised

The BSc Sport and Exercise Science course is delivered over three years, with each year taught over two semesters, with an optional placement year before the final year of study. Students 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 sport, health and exercise science.

The course follows a semester-based structure with 1200 hours of study in 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 will 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 and the value of an interdisciplinary approach.

The course has a sandwich placement variant (professional placement, study abroad year, or a combination of the two) that you can choose to take after Year 2. You are able to transfer from the 3-year full-time to the 4-year sandwich courses until the end of your 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 will also have an opportunity to follow particular directions of interest through selecting specialist units across the year.

Educational aims of the programme

The aims of the BSc courses in Sport and Exercise Science are to inspire students to develop their expertise and forge careers related to the sport, exercise and health. The course takes an applied focus, aiming to attract students with an interest in understanding both the basic science underpinning sport and exercise, and how this understanding can be applied to promote health, wellbeing and performance. To achieve this, we aim to:

- offer students an education in the inter-disciplinary approach to sport and exercise science in a supportive and stimulating environment that encourages them to reach their full academic potential;
- enable students to develop a coherent, critical understanding of the relevance of sport and exercise science to contemporary problems and practices;
- 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 appeals to students interested in a range of careers, ranging from the promotion of sport, exercise and health within communities, to those interested in working in elite sport settings.

<ul style="list-style-type: none"> • Knowledge & Understanding: 	<table border="1"> <tr> <td data-bbox="553 667 613 724">K1</td> <td data-bbox="613 667 1453 724">Demonstrate knowledge and critical understanding of concepts within sport and exercise science sub-disciplines</td> </tr> <tr> <td data-bbox="553 724 613 781">K2</td> <td data-bbox="613 724 1453 781">Demonstrate an understanding of relevant research techniques in sport and exercise science sub-disciplines</td> </tr> <tr> <td data-bbox="553 781 613 837">K3</td> <td data-bbox="613 781 1453 837">Apply knowledge and practical understanding to sport and exercise science challenges</td> </tr> <tr> <td data-bbox="553 837 613 894">K4</td> <td data-bbox="613 837 1453 894">Demonstrate an understanding of the need for an interdisciplinary approach to address complex issues in sport and exercise science</td> </tr> <tr> <td data-bbox="553 894 613 951">K5</td> <td data-bbox="613 894 1453 951">Use research to create and synthesise knowledge</td> </tr> <tr> <td data-bbox="553 951 613 1008">K6</td> <td data-bbox="613 951 1453 1008">Demonstrate a systematic understanding of knowledge and critically evaluate scientific research</td> </tr> </table>	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
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<ul style="list-style-type: none"> • Transferable/Key Skills: 													

Incorporated above, except for the learning outcomes associated with professional placement (PL) and/or study abroad (SA) variants of the course.

PL1	Apply knowledge and skills in a particular area of sport and exercise science or a related activity
PL2	Explain the structure and significance of the employing organisation and the role of the placement project in the organisation's overall strategy
PL3	Utilise the experiences gained during the placement to enhance individual contributions to work within the final year
SA1	Demonstrate their ability to study effectively alongside students with a different cultural background
SA2	(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

Summary of assessment and progression regulations

NFA - fully compliant

Progression Regulations and Awards

BSc (honours): Sport and Exercise Science (full time for 3 years) UHHL-AFB01

BSc (honours): Sport and Exercise Science with Study Year Abroad (full time for 3 years plus one year study abroad) UHHL-AAB02

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) UHHL-ACB04

BSc (honours): Sport and Exercise Science with Professional Placement (full time for 3 years plus one year professional placement) UHHL-AKB04

The BSc Sport 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 course 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 courses 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 (courses UHHL-ACB04, UHHL-AKB04, UHHL-AAB02) are transferred to the three-year BSc course (UHHL-AFB01).

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 Sport and Exercise Science and related courses have previously taken placements at places such as; UK premier league football clubs, UK premieriership Rugby union clubs, McLaren Human Performance, Australian States Sports Institutes, Hawk-eye innovations, Lane 4 management, BUPA, BeLife Care Netherlands, Harbour Sport New Zealand, Peak Centre for Human Performance Ottawa, GlaxoSmithKline, Army Research Training Division, and many others. Overall, we have 200 to 300 placement providers. Staff and students alike 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

The aims of the study abroad option are to provide you with the experience of living and studying alongside students with a different cultural background, and to extend the range of topics within sport and exercise science that you have studied. You will need to agree the units you will take at the host organisation with your Director of Studies, to help ensure that these are complementary to your Bath-based study. Arrangements for study and assessment will differ between institutions, and we will support you to establish what these are before you travel. The grades achieved study-abroad year do not contribute to the final degree classification, but you must maintain a satisfactory grade profile during your year away. While the department has ongoing relationships with a number of international institutions, specific study-abroad options cannot be guaranteed.

Details of Professional Accreditation

The course is not currently accredited, but it has been awarded endorsement for the BASES (British Association of Sport and Exercise Sciences) Undergraduate Programme Endorsement scheme. Graduates from the course are eligible for accreditation with BASES following further development activities.

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 subject). 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

<https://www.bath.ac.uk/courses/undergraduate-2019/sport-exercise-and-health/>

Details of Support Available to Students

University of Bath students attending courses 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
- University of Bath Undergraduate Prospectus <http://www.bath.ac.uk/study/ug/prospectus/subject/sport-exercise-science>