

DEFINITIVE COURSE RECORD

Course Title	BSc (Hons) Exercise Prescription and Public Health
Awarding Bodies	University of Suffolk
Level of Award ¹	FHEQ Level 6
Professional, Statutory and Regulatory Bodies Recognition	None
Credit Structure ²	360 Credits Level 4: 120 Credits Level 5: 120 Credits Level 6: 120 Credits
Mode of Attendance	Full-time and Part-time
Standard Length of Course ³	3 years full-time
Intended Award	BSc (Hons) Exercise Prescription and Public Health
Named Exit Awards	DipHE Exercise Prescription and Public Health CertHE Sport and Exercise Science
Entry Requirements ⁴	112 UCAS tariff points (or above). BBC (A-Level), DMM (BTEC). Applicants must have a science-based subject (P.E. and Psychology are accepted as science subjects). Plus, five GCSEs at grade C or above (or equivalent) to include English, Mathematics and Science.
Delivering Institution(s)	University of Suffolk
UCAS Code	C6L4

This definitive record sets out the essential features and characteristics of the BSc (Hons) Exercise Prescription and Public Health course. The information provided is accurate for students entering level 4 in the 2023-24 academic year⁵.

Course Summary

Exercise prescription is a dynamic and rapidly evolving scientific discipline aimed at understanding how exercise can be used effectively to manage clinical conditions and improve human health. This course utilises a multidisciplinary approach to provide students with knowledge of the science of exercise to prevent and manage disease, prolong life, and

¹ For an explanation of the levels of higher education study, see the [QAA Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies \(2014\)](#)

² All academic credit awarded as a result of study at the University adheres to the [Higher education credit framework for England](#).

³ Where the course is delivered both full-time and part-time, the standard length of course is provided for the full-time mode of attendance only. The length of the part-time course is variable and dependent upon the intensity of study. Further information about mode of study and maximum registration periods can be found in the [Framework and Regulations for Undergraduate Awards](#).

⁴ Details of standard entry requirements can be found in the [Admissions Policy](#) and further details about Disclosure and Barring Checks (DBS) can be found on the [University's DBS webpage](#).

⁵ The University reserves the right to make changes to course content, structure, teaching and assessment as outlined in the [Admissions Policy](#).

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promote human health. It covers the key aspects and principles of clinical exercise physiology, exercise referral and public health and policy. Through innovative and applied sessions, students will develop a range of practical and analytical skills relevant to a career in exercise prescription and public health. Our aim is to create employment-ready graduates and hence the course has a strong vocational element, providing a unique opportunity to acquire the additional qualifications needed for a career in exercise referral. The course benefits from a close working relationship with industry experts and is taught by an international team of research-active academics. Both ensure that the course is relevant to future employment, is contemporary and at the forefront of the discipline.

Course Aims

The aims are the general educational intentions that underpin the programme as experienced by students. The programme aims and learning outcomes have been informed by and developed in consultation with the relevant QAA subject benchmark statements and the QAA Framework for Higher Education Qualifications 2008. The Health Studies (2019) and Events, Hospitality, Leisure, Sport and Tourism benchmark statements (2019) inform the BSc (Hons) Exercise Prescription and Public Health course design.

1. Enable students to make effective use of their knowledge and understanding of public health, and the disciplines underpinning exercise prescription.
2. Provide students with the knowledge and skills required for employment, both within the fields of exercise prescription and public health, and general graduate level employment.
3. Develop the skills necessary for the coherent communication of scientific data and information.
4. Develop students' ability to monitor and critically evaluate human responses to testing methodologies.
5. Provide students with the skills required to critically evaluate contemporary public health and exercise science research literature.
6. Provide students with an understanding of the influence of behaviour, lifestyle and other factors on engagement with physical activity and health.
7. Engage students with the contemporary developments in exercise prescription and public health, including changes in policy and/or guidelines.
8. Develop students' critical appreciation of the relationship between exercise activity and intervention in a variety of participant groups.
9. Develop students' ability to monitor human health through appropriate exercise testing and prescribe appropriate and critically justified interventions.
10. Provide students with an understanding of the multidisciplinary approaches used to ameliorate the effects of physical inactivity.
11. Enable students to become independent learners.

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Course Learning Outcomes

The following statements define what students graduating from the BSc (Hons) Exercise Prescription and Public Health course will have been judged to have demonstrated in order to achieve the award. These statements, known as learning outcomes, have been formally approved as aligned with the generic qualification descriptor for level 6 awards as set out by the UK Quality Assurance Agency (QAA)⁶.

1. Demonstrate systematic and critical knowledge and understanding of contemporary research advances in exercise prescription and public health.
2. Demonstrate systematic and critical knowledge and understanding of the relationship between physical activity interventions and health, in a variety of participant groups including patients with clinical conditions.
3. Demonstrate systematic and critical knowledge and understanding of the relationship between public health interventions and population health.
4. Critically analyse the validity and reliability of a range of exercise testing and monitoring procedures for patients with a range of clinical conditions.
5. Critically evaluate the significance of testing results and data sets with respect to normative data.
6. Design, plan, and conduct appropriate investigation, and critically evaluate the significance of the outcomes, with respect to exercise prescription and/or public health.
7. Design and implement appropriate provision informed by critical appraisal of appropriate data, relevant policy and guidelines, and scholarly advances in exercise prescription and public health knowledge.
8. Demonstrate the acquisition of problem-solving techniques including the ability to critically collate and analyse original data and draw conclusions.
9. Exercise initiative and personal responsibility in undertaking research tasks.

Course Design

The design of this course has been guided by the following QAA Benchmarks / Competency Frameworks:

- Hospitality, Leisure, Sport and Tourism benchmark statements (2019)
- Public Health Skills and Knowledge Framework (2016)

⁶ As set out in the [QAA Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies \(2014\)](#)
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Course Structure

The BSc (Hons) Exercise Prescription and Public Health course comprises modules at levels 4, 5 and 6.

Module Specifications for each of these modules is included within the course handbook, available to students on-line at the beginning of each academic year.

	Module	Credits	Module Type ⁷
Level 4			
	Science in Sport	20	R
	Introduction to Sport and Exercise Biomechanics	20	R
	Introduction to Sport and Exercise Physiology	20	R
	Introduction to Sport and Exercise Psychology	20	R
	Practical Skills for Exercise Testing and Prescription	20	R
	Introduction to Public Health and Epidemiology	20	R
Level 5			
	Research Methods and Statistics	20	M
	Sport and Exercise Biomechanics	20	M
	Sport and Exercise Physiology	20	M
	Sport and Exercise Psychology	20	M
	Health Promotion	20	M
	Exercise Prescription	20	M
Level 6			
	Dissertation for Exercise Prescription and Public Health	40	M
	Clinical Exercise Physiology	20	M
	Public Health Policy	20	M
	Contemporary Issues in Public Health	20	M
	Nutrition for Health and Sport Performance	20	M

Awards

On successful completion of the course, students will be awarded a BSc (Hons) Exercise Prescription and Public Health. Students who leave the course early may be eligible for a DipHE Exercise Prescription and Public Health, on successful completion of 240 credits including all mandatory modules at levels 4 and 5, or a CertHE Sport and Exercise Science, on successful completion of 120 credits including all mandatory modules at level 4.

⁷ Modules are designated as either mandatory (M), requisite (R) or optional (O). For definitions, see the [Framework and Regulations for Undergraduate Awards](#)

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Course Delivery

The course is delivered at Ipswich. Students studying full-time on BSc (Hons) Exercise Prescription and Public Health are likely to have approximately 240 tutor-structured learning hours for level 4, 240 tutor-structured learning hours for level 5, and 170 tutor-structured learning hours for level 6. The tutor-structured learning hours, which will be a blend of face-to-face and online provision, will be a mix of lectures, seminars, practical activities, and workshops. Students will normally be expected to undertake 30 hours of independent study in an average week but should be prepared for this to vary based on assignment deadlines and class exercises.

Course Assessment

A variety of assessments will be used on the course to enable students to experience and adapt to different assessment styles. The assessment methods used will be appropriate to assess each module's intended learning outcomes. Assessment on the course overall will be approximately 83% coursework (including essays, reports, presentations, group work, reflective learning journals and research projects), 3% examinations and 14% practical assessments.

Course Team

The academic staff delivering this course are drawn from a team that includes teaching specialists and current practitioners. All staff are qualified in their subjects with their own specialist knowledge to contribute.

Course Costs

Students undertaking BSc (Hons) Exercise Prescription and Public Health will be charged tuition fees as detailed below.

Student Group	Tuition Fees
Full-time UK	£9,250 per year
Part-time UK	£1,454 per 20 credit module
Full-time EU/International	£14,598 per year
Part-time EU/International	£2,433 per 20 credit module

Payment of tuition fees is due at the time of enrolment and is managed in accordance with the Tuition Fee Policy.

Students may choose to incur other costs for University/degree branded sports clothing, although this is entirely optional. As are memberships to professional societies. They are encouraged, but optional.

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For some employment opportunities you will need to undertake additional vocational qualifications such as a L2 Fitness Instructor/L3 Personal Trainer and L3 Exercise Referral. If you wanted to specialise in a specific role (e.g., as a cardiac rehabilitation instructor), you would also need to complete a L4 vocational qualification in Cardiac Rehabilitation. If you would like to discuss this in more detail, please contact the Course Leader.

Academic Framework and Regulations

This course is delivered according to the Framework and Regulations for Undergraduate Awards and other academic policies and procedures of the University and published on the [website](#).