University of Suffolk

DEFINITIVE COURSE RECORD

Course Title	FdSc Sport, Health and Exercise
Awarding Bodies	University of Suffolk
Level of Award[1]	FdSc Level 5
Credit Structure[2]	240 Credits Level 4: 120 Credits Level 5: 120 Credits
Mode of Attendance	Full-time
Standard Length of Course[3]	2 years full-time
Intended Award	FdSc Sport, Health and Exercise
Named Exit Awards	CertHE Sport, Health and Exercise
Entry Requirements[4]	80 UCAS tariff points (or above), CDD (A Level), MMP (BTEC) GCSE English and Mathes at grade 4
Delivering Institution(s)	East Coast College (Great Yarmouth Campus)
UCAS Code	CL65

This definitive record sets out the essential features and characteristics of the FdSc Sport, Health and Exercise course. The information provided is accurate for students entering level 4 in the 2027/2028 academic year[5].

Course Summary

This course is designed for those who are committed to sport, health and exercise and have a passion to make a positive contribution to the health and lifestyle of their local community. Students will have access to excellent facilities. Teaching staff have in-depth vocational expertise from the public and private sectors, as well as research interests in exercise, the sociological aspects of sport and exercise and contemporary issues in sport, health and exercise. The course has been set up in response to skills shortages in the sports industry. It has been designed after lengthy talks with employers, including health organisations and gyms, about the needs of the industry and the health needs of the population

Course Aims

1. Develop fitness professionals with vocational experience and academic knowledge
2. Promote active and health lifestyles by addressing community health challenges and encouraging sustainable habits through understanding issues in community engagement.

[1] For an explanation of the levels of higher education study, see the QAA Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies (2024)
[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.

3. Enhance awareness of professional roles in community activity, sport, health, and exercise contexts.
4. To provide vocationally relevant work-based experiences that benefit the organisation, community and the learner
5. To develop understanding of human physiology and the effects that sport and exercise has on health.
6. To equip students with the specialist and transferrable skills required for employment/self-employment in the sector
7. To provide a preparation for further undergraduate/postgraduate work in sport, health and exercise and related subject areas

Course Learning Outcomes

The following statements define what students graduating from the FdSc Sport, Health and Exercise 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 4/5 awards as set out by the UK Quality Assurance Agency (QAA)[6].

1. Demonstrate detailed knowledge and understanding of the effects of sport and exercise intervention on the participant.
2. Demonstrate an ability to monitor, analyse, diagnose, and prescribe action towards sport, health and exercise targets
3. Critically analyse the factors involved in the delivery of enhanced sport performance and exercise
4. Investigate, synthesize and communicate issues within the sector to others
5. Produce detailed exercise and activity plans and strategies for individuals and groups
6. Demonstrate and evaluate techniques for monitoring progress for individuals and groups
7. Integrate existing legislative and professional guidelines within professional contexts
8. Develop management of own learning and workloads in order to meet deadlines and targets within cost and quality dimensions.
9. Present, evaluate and interpret qualitative and quantitative data in order to develop lines of argument and make sound judgements in accordance with basic theories and concepts of their subject(s) of study.
10. Apply appropriate problem-solving approaches and communicate the results in a structured and coherent manner.

[6] As set out in the QAA Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies (2024)

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Course Design

The design of this course has been guided by the following:
QAA Subject Benchmark Statement Events, Hospitality, Leisure, Sport and Tourism (November 2019)
QAA Subject Benchmark Statement Health Studies (April 2024)
National Occupational Standards produced by SkillsActive
The Sector Skills Council
CIMSPA Standards)
REPS

Course Structure

The FdSc in Sport, Health and Exercise comprises modules at levels 4 and 5.

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			
	Sport and Exercise Physiology	20	Requisite
	Social and Psychological Perspectives	20	Requisite
	Personal Development	20	Requisite
	Exercise Prescription and Testing	20	Requisite
	Representative Coaching Pedagogy	20	Requisite
	Work-Experience as a Resource for Learning	20	Requisite
Level 5			
	Contemporary Issues in Physical Activity	20	Requisite
	Skills in Research	20	Requisite
	Nutrition and Weight Management	20	Requisite
	Public Health Promotion	20	Requisite
	Advanced Training Techniques	20	Requisite
	Individualised Work-based Learning	20	Requisite

Awards

On successful completion of the course, students will be awarded a FdSc in Sport, Health and Exercise. Students who leave the course early may be eligible for a CertHE Sport, Health and Exercise on successful completion of 120 credits including all mandatory modules at level 4.

Course Delivery

The course is delivered at East Coast College (Great Yarmouth Campus) and The Place. Students studying full-time are likely to have approximately 9 contact hours for level 4 and 9 contact hours for level 5. The contact hours will be a mix of lectures, seminars and practical

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

activity and students will also be required to participate in 40 hours of work placement over the two years. In the first instance it is the responsibility of the student to locate a work placement, however support will be provided with the process. Students will normally be expected to undertake 17.5 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 50% coursework (including essays, reports, presentations, group work, reflective learning journals and research projects), 25% examinations and 25% practical assessments.

Course Team

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

Course Costs

Students undertaking FdSc in Sport, Health and Exercise will be charged tuition fees as detailed below.

Student Group	Tuition Fees
Full-time UK	£9,000 per year
Part-time UK	N/A

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

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.