

**DEFINITIVE COURSE RECORD**

Course Title	<b>BA (Hons) Applied Sport</b>
Awarding Bodies	<b>University of Suffolk</b>
Level of Award <sup>1</sup>	<b>FHEQ Level 6</b>
Professional, Statutory and Regulatory Bodies Recognition	<b>None</b>
Credit Structure <sup>2</sup>	<b>360 Credits Level 4: 120 Credits Level 5: 120 Credits Level 6: 120 Credits</b>
Mode of Attendance	<b>Full-time and part-time</b>
Standard Length of Course <sup>3</sup>	<b>3 years full-time</b>
Intended Award	<b>BA (Hons) Applied Sport</b>
Named Exit Awards	<b>None</b>
Entry Requirements <sup>4</sup>	<b>Typical Offer: 112 UCAS tariff points, BBC (A-level) / DMM (BTEC) (or equivalent) from relevant subjects e.g. A-level PE, A-level Biology, BTEC Level 3 in Sport and Exercise Sciences, BTEC Level 3 in Sports Coaching Grades C (or equivalent grade) or above in GCSE or equivalent in Math, English, Science  Any offer of a place will be subject to a satisfactory enhanced Disclosure and Barring Service (DBS) check. Applicants need to apply for this and pay the fee before sending it to the University.</b>
Delivering Institution(s)	<b>University of Suffolk at West Suffolk College</b>
UCAS Code	<b>C620</b>

This definitive record sets out the essential features and characteristics of the BA (Hons) Applied Sport course. The information provided is accurate for students entering level 4 in the 2019-20 academic year<sup>5</sup>.

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

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

<sup>3</sup> 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](#).

<sup>4</sup> Details of standard entry requirements can be found in the [Admissions Policy](#)

<sup>5</sup> 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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### **Course Summary**

The course is specifically designed for students interested in gaining the essential skills and targeted knowledge base needed in order to reach their full potential in what is an ever evolving and fast-paced industry. The programme of study is responsive and flexible and as current as possible, encouraging a culture of self-reflection and continuous professional development in students. The staff team includes university lecturers and sporting professionals, such as coaches currently operating within the current environment. These together with various guest lectures given by those working across a diverse range of disciplines provide an academically rigorous and current learning environment.

### **Course Aims**

The overall aim of the course is to support the development of graduates with a multi-disciplinary approach that covers both conceptual and contextual frameworks. The thematic aim of the course is to develop individuals with work related skills and knowledge of individual order to operate effectively in the current sport, exercise and active leisure industry. The course aims are:

1. To facilitate learning so that students can apply an understanding of anatomical, physiological, psychological and sociological concepts and theories in sport and active leisure industries.
2. To develop students' critical awareness of the sports industry, including business, cultural and ethical dimensions of professional practice.
3. To promote an awareness of issues facing the contemporary sport and leisure professional, and how to develop practice to stay current.
4. To enable students to identify and plan for reducing barriers to individuals engaging in sport and active leisure.
5. To facilitate learning so that students can plan, delivery and evaluate practical physical activities for a range of clients and professional settings.
6. Demonstrate a flexibility in your approach to coaching, reflecting a range of profiles, with specific reference to special needs for clients, reasonable adjustment, or client's individual needs.
7. To develop students' competency in relevant sport-related knowledge and skills such as coaching in sport, and the ability to reflect, evaluate and revise practice to reflect current best practice.
8. To develop critical awareness of research in sports professional and its relevance for informing professional practice.

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### **Course Learning Outcomes**

The following statements define what students graduating from the BA (Hons) Applied Sport 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)<sup>6</sup>.

1. Effectively demonstrate awareness of the contemporary theories and concepts for your area of the sport industry within a relevant work experience placement.
2. Assess social and cultural influences associated with adapted physical activity and sport for specific populations.
3. Produce a critical appraisal of the theory and practice of planning, delivering and evaluating for an individual/group sport for the instruction and exercise of clients, using a wide variety of requirements with the aid of current research.
4. Demonstrate competency and knowledge of techniques and methods to cater for differentiation in the field of sports coaching and physical education.
5. Demonstrate critical knowledge of your sport specialism(s) with relevant understanding of changing practices.
6. Justify the selection and application of contemporary techniques specific to particular injuries and rehabilitation programmes.
7. Produce a dissertation by collating and interpreting data and existing research, and by devising an appropriate methodology which allows you to draw conclusions from your research.

### **Course Design**

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

- Events, Hospitality, Leisure, Sport and Tourism: 2016

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

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### Course Structure

The BA (Hons) Applied Sport 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 title	Credits	Module type <sup>7</sup>	Timing
<b>Level 4 modules</b>			
Anatomy for Sport	20	R	Semester 1
Developing Professional and Academic Skills	20	R	Semester 1
Introduction to Sport Development and Sociology in Sport	20	R	Semester 1
Introduction to the Principles of Sport Coaching and Physical Activity	20	R	Semester 2
The Business of Sport	20	R	Semester 2
Physiology of Fitness	20	R	Semester 2
<b>Level 5 modules</b>			
Application of Psychology for sport and exercise	20	R	Semester 1
Sports Nutrition	20	R	Semester 1
Contemporary Issues in the Sport Environment	20	R	Semester 1
Coaching and Sports Leading in an Educational Setting	20	O	Semester 2
Sports Development in Practice	20	O	Semester 2
Exercise, Health and Lifestyle	20	O	Semester 2
Sports Therapy Techniques	20	O	Semester 2
Research Methods	20	M	Semester 2
<b>Level 6 modules</b>			
Inclusive Physical Activity and Sport	20	R	Semester 1
Work-Based Learning	20	R	Semester 1
Analysis of Performance	20	O	Semester 2
Advanced Training Techniques	20	O	Semester 2

<sup>7</sup> 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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Module title	Credits	Module type <sup>7</sup>	Timing
Policies and Practices in Physical Education	20	O	Semester 2
Sports Injuries	20	O	Semester 2
Dissertation	40	M	Semester 1 and 2

The optional modules at Level 5 and 6 will be available each year, however they may require pre-requisite knowledge and/or study experience (see module specifications) in order for a student to study them.

### Awards

On successful completion of the course, students will be awarded a BA (Hons) Applied Sport.

### Course Delivery

The course is delivered at the University of Suffolk at West Suffolk College. Students studying full-time on the course are likely to have approximately 36 contact hours per module. The contact hours will be a mix of lectures and small group seminars with 1.5 hours per week of practical workshops. Students will normally be expected to undertake 20 hours of independent study in an average week per module, but should be prepared for this to vary based on assignment deadlines and class tasks. Modules will include set guided reading that will be given in preparation of the weekly learning session. There is an expectation for students to carry out professional observation and practice throughout their time on the course. Each level will offer a requisite module which develops professional and employability skills.

The University's Online-learning Environment is used extensively. This provides students with access to materials from learning experiences as well and wider materials to encourage their independent study. It also allows the course team to provide interactive learning experiences, innovative methods of formative and summative assessments, and a mode of necessary communication both with and between the students in the forms of tutor and peer support and learning.

### 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 mostly coursework (including essays, presentations, video assessments) and multiple choice and short answer exams.

### 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.

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**Course Costs**

Students undertaking BA (Hons) Applied Sport will be charged tuition fees as detailed below.

Student Group	Tuition Fees
Full-time UK/EU	£9,250 per year
Part-time UK/EU	£1,454 per 20 credit module
Full-time International	£13,330 per year
Part-time International	£2,220 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 are required to complete a DBS check that may incur a cost.

**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](#).