

DEFINITIVE COURSE RECORD

Course Title	BSc (Hons) Sport and Exercise Science
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) Sport and Exercise Science
Named Exit Awards	DipHE Sport and Exercise Science, CertHE Sport and Exercise Science
Entry Requirements ⁴	Typical offer: 120 UCAS tariff points (or above), 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	C600

This definitive record sets out the essential features and characteristics of the BSc (Hons) Sport and Exercise Science course. The information provided is accurate for students entering level 4 in the 2019-20 academic year.⁵

Course Summary

BSc (Hons) Sport and Exercise Science is the scientific study of human responses and adaptations to physical activity, exercise and sport. It includes the study of physiology (including nutrition), biomechanics and psychology. In broad terms, it is possible to split each of those specialist areas of study into two main themes: (1) sports performance, and (2) exercise, physical activity, health and wellbeing.

The degree is a rigorous scientific programme of study, emphasising the importance of the scientific method and empirical evidence based knowledge. We are an applied science, so subject matter will prepare you for the exciting variety of professional employment on offer within our areas of expertise. One of the key design and delivery principles of your degree is

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](#)

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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that you will be able to use advanced, research grade equipment to support your learning of theoretical science. This provides you with excellent employability skills and experiences; the curriculum is designed to meet this need.

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 Hospitality, Leisure, Sport and Tourism benchmark statements (2008) inform the BSc (Hons) Sport and Exercise Science design.

Programme aims are:

- Enable students to make effective use of their knowledge and understanding of the disciplines underpinning sport and exercise science
- Provide students with the knowledge and skills required for employment, both within the field of sport and exercise, and general graduate level employment
- Develop the skills necessary for the coherent communication of scientific data and information
- Develop students' ability to monitor and critically evaluate human responses to testing methodologies
- Provide students with the skills required to critically evaluate contemporary sport and exercise science research literature
- Provide students with an understanding of the influence of behaviour on sports performance, exercise and health
- Engage students with the contemporary developments in sport and exercise science
- Develop students' critical appreciation of the relationship between sport and exercise activity and intervention in a variety of participant groups
- Develop students' ability to monitor human health and performance through exercise testing, and prescribe appropriate and critically justified interventions
- Provide students with an understanding of the multidisciplinary approaches used to ameliorate the effects of physical inactivity
- Enable students to become independent learners

Course Learning Outcomes

The following statements define what students graduating from the BSc (Hons) Sport and Exercise Science 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 4/5/6 awards as set out by the UK Quality Assurance Agency (QAA).⁶

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

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Knowledge and Understanding

1. Demonstrate critical knowledge and appreciation of contemporary research advances in sport and exercise science
2. Demonstrate critical knowledge and appreciation of the relationship between sport and exercise activity and interventions, in a variety of participant groups

Cognitive Skills

3. Critically analyse the validity and reliability of a range of performance testing and monitoring procedures
4. Critically evaluate the significance of testing results with respect to normative data
5. Obtain and integrate science based evidence to formulate and test hypotheses relevant to sport and exercise

Practical Skills

6. Design, plan, and conduct a sport and exercise science investigation, and critically evaluate the significance of the outcomes
7. Demonstrate the acquisition of problem solving techniques including the ability to critically collate and analyse original data and draw conclusions

Key Skills

8. Demonstrate Graduate key skills in the areas of Improving Own Learning, Communication, IT, Problem Solving, Numeracy, Working with Others
9. Exercise initiative and personal responsibility in undertaking a task (e.g. Research Project)

Course Design

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

- Hospitality, Leisure, Sport and Tourism (2008)

Course Structure

The BSc (Hons) Sport and Exercise degree comprises modules at levels 4, 5 and 6.

Module Specifications for each of these modules are 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	M

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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	Introduction to Psychology	20	M
	Introduction to Sport and Exercise Psychology	20	M
	Mechanics of Human Movement	20	M
	Anatomy for Sport and Exercise Science	20	M
	Introduction to Exercise Physiology	20	M
Level 5			
	Research Methods for Sport and Exercise Science	20	M
	Statistics for Sport and Exercise Science	20	M
	Sport and Exercise Psychology	20	M
	Sport and Exercise Biomechanics	20	M
	Exercise Physiology	20	M
	Physical Activity and Exercise Behaviour	20	O
	Exercise Metabolism	20	O
Level 6			
	Dissertation	40	M
	Applied Sport Psychology	20	O
	Applications of Exercise Psychology	20	O
	Ergonomics in Sport	20	O
	Clinical Exercise Biomechanics	20	O
	Sports Performance Physiology	20	O
	Clinical Exercise Physiology	20	O
	Nutrition for Sport Performance	20	O
	Obesity and Energy Homeostasis	20	O

Awards

On successful completion of the course, students will be awarded a BSc (Hons) Sport and Exercise Science. Students who leave the course early may be eligible for a DipHE Sport and Exercise Science, 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.

Course Delivery

The course is delivered at Ipswich. Students studying full-time on BSc (Hons) Sport and Exercise Science are likely to have approximately 300 contact hours for level 4, 300 contact hours for level 5 and 300 contact hours for level 6. The contact hours will be a mix of lectures, practical activities, seminars 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

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approximately mostly coursework (including essays, reports, presentations, practical skills demonstrations, reflective learning journals and research projects), and 3 written examinations at level 4, 1 oral examination at level 5 and up to 3 written and oral examinations at level 6 depending on the module options chosen.

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) Sport and Exercise Science 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 may choose to incur other costs for University/degree branded sports clothing, although this is entirely optional.

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](#).