

**DEFINITIVE COURSE RECORD**

Course Title	<b>BSc (Hons) Sport, Health and Exercise [progression route]</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>120 Credits Level 6: 120 Credits</b>
Mode of Attendance	<b>Full-time</b>
Standard Length of Course <sup>3</sup>	<b>1 year full-time</b>
Intended Award	<b>BSc (Hons) Sport, Health and Exercise [progression route]</b>
Named Exit Awards	<b>None</b>
Entry Requirements <sup>4</sup>	<b>Applicants will normally have completed a Foundation Degree or similar equivalent such as 240 level 4 and 5 credits in a related discipline.</b>
Delivering Institution(s)	<b>University of Suffolk at East Coast College (Great Yarmouth)</b>
UCAS Code	<b>C640</b>

This definitive record sets out the essential features and characteristics of the BSc (Hons) Sport, Health and Exercise [progression route] course. The information provided is accurate for students entering level 6 in the 2017-18 academic year<sup>5</sup>.

**Course Summary**

The progression year allows holders of suitable foundation degrees to top-up to a full BSc (Hons) degree whilst remaining locally. Students will continue apply the themes of developing transferrable skills and academic knowledge whilst demonstrating greater levels of autonomy. Students on the course will study a range of exciting and wide ranging modules; including: Physical Performance Science, Functional Movement Education, Wider determinants of Health, Sustainable Professional Practice and a Dissertation. It is intended that the skills and knowledge developed on this modules can be applied to a wide-range of populations including the general population and athletes; students will be encouraged to consider all individuals to be occupational athletes and assess the impact of their occupation on their health.

<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](#).

## DEFINITIVE COURSE RECORD

### Course Aims

- Provide an intellectually stimulating programme based upon the academic study of sport, health and exercise;
- Develop an in-depth understanding of selected specialist subjects related to sport, health and exercise, and the wider context of the field;
- Develop technical, transferable and professional skills appropriate to career development;
- Develop the ability to apply knowledge in a range of contexts;
- Engender independence in with a focus on lifelong learning and continuous professional development.

### Course Learning Outcomes

The following statements define what students graduating from the BSc (Hons) Sport, Health and Exercise (progression route) 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>.

#### A: Knowledge and Understanding

A1: Demonstrate a systematic understanding of key aspects of sport, health and exercise, some of which is at the forefront of the sport, health and exercise discipline

A2: Demonstrate an ability to deploy accurately established techniques of analysis and enquiry in sport, health and exercise

#### B: Cognitive Skills

B1: Devise and sustain arguments, and/or to solve problems, using ideas and techniques, some of which are at the forefront of the sport, health and exercise discipline

B2: Describe and comment upon particular aspects of current research, or equivalent advanced scholarship, in sport, health and exercise

B3: Demonstrate an understanding of the uncertainty, ambiguity and limits of knowledge

B4: Demonstrate the ability to manage own learning, and to make use of scholarly reviews and primary sources

#### C: Practical Skills

C1: Apply methods and techniques to review, consolidate, extend and apply knowledge and understanding, and to initiate and carry out projects within the field of sport, health and exercise

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

## DEFINITIVE COURSE RECORD

C2: Critically evaluate arguments, assumptions, abstract concepts and data (that may be incomplete), to make judgements, and to frame appropriate questions to achieve a solution - or identify a range of solutions - to a problem

C3: Communicate information, ideas, problems and solutions to both specialist and non-specialist audiences

### D: Transferable/Key Skills

D1: Demonstrate initiative and personal responsibility

D2: Demonstrate decision-making in complex and unpredictable contexts within the field of sport, health and exercise

D3: Demonstrate the learning ability needed to undertake appropriate further training in sport, health and exercise

### Course Design

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

- The Frameworks for Higher Education Qualifications of UK Degree-Awarding Bodies (October 2014)
- Sector Skills Council – Skills Active National Occupational Standards
  - Promoting Physical Activity (2006)
  - Sport and Exercise Science (2010)
  - Exercise and Fitness (currently under review)
- QAA Benchmark statement: Hospitality, Leisure, Sport and Tourism (2008)

### Course Structure

The BSc (Hons) Sport, Health and Exercise (progression route) comprises modules at level 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 <sup>7</sup>
Level 6			
	Undergraduate Dissertation	40	M
	Functional Movement Education	20	R
	Wider Determinants of Health	20	R
	Sustainable Professional Practice	20	R
	Physical Performance Science	20	R

<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](#)

## DEFINITIVE COURSE RECORD

### Awards

On successful completion of the course, students will be awarded a BSc (Hons) Sport, Health and Exercise.

### Course Delivery

The course is delivered at the University of Suffolk at East Coast College (Great Yarmouth). Students studying full-time on BSc (Hons) Sport, Health and Exercise are likely to have approximately 7-8 contact hours for level 6. The contact hours will be a mix of lecture, seminar, practical activity, Virtual learning, group and individual tutorials. Students will normally be expected to undertake 34 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 80% coursework (including reports, presentations, reflective learning journals and research projects), 10% time-constrained essay and 10% 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) Sport, Health and Exercise (progression route) will be charged tuition fees as detailed below.

Student Group	Tuition Fees
Full-time UK/EU	£9,250 per year
Full-time International	£11,580 per year

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

Students are likely to incur other costs for optional equipment amounting to approximately £200 per year.

### 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](#).