

DEFINITIVE COURSE RECORD

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

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 2023-24 academic year⁵.

Course Summary

The essence of the progression route is to continue to provide you with academic and professional training in the health and exercise sector, with the intention of having a positive impact upon your own health and fitness understanding so that you can have a positive impact upon the general health of others. In a unique perspective the programme looks to treat individuals as 'occupational athletes' and seeks to assess and train them accordingly with the aim of having a positive impact upon general health, fitness and time lost from work. The programme is a rigorous scientific programme of study, emphasising the importance of the scientific method and empirical evidence-based knowledge and will develop your systematic understanding, acquisition of coherent/detailed knowledge, some at the forefront of the discipline' whilst allowing you to demonstrate the qualities and transferable skills necessary for employment.

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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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)⁶.

1. 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;
2. Demonstrate an ability to deploy accurately established techniques of analysis and enquiry in sport, health and exercise;
3. 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;
4. Describe and comment upon particular aspects of current research, or equivalent advanced scholarship, in sport, health and exercise;
5. Demonstrate an understanding of the uncertainty, ambiguity and limits of knowledge;
6. Demonstrate the ability to manage own learning, and to make use of scholarly reviews and primary sources;
7. 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;
8. 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;
9. Communicate information, ideas, problems and solutions to both specialist and non-specialist audiences;
10. Demonstrate initiative and personal responsibility;

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

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11. Demonstrate decision-making in complex and unpredictable contexts within the field of sport, health and exercise;
12. 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 / Professional Standards:

- Hospitality, Leisure, Sport and Tourism (2019);
- Skills Active National Occupational Standards (2006, 2010, 2011);
- CIMSPA Professional Standards;
- CIMSPA Population Specialisms;
- CIMSPA Environment Specialisms.

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 ⁷
Level 6			
	Undergraduate Dissertation	40	M
	Functional Movement Education	20	R
	Wider Determinants of Health	20	R
	Sustainable Professional Practice	20	R
	Physical Needs Analysis	20	R

Awards

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

Course Delivery

The course is delivered at East Coast College (Great Yarmouth). Students studying full-time on BSc (Hons) Sport, Health and Exercise [progression route] are likely to have approximately 7-8 contact hours a week. The contact hours will be a mix of lecture, seminar, practical activity, on-line learning and 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 mostly coursework (including essays, reports, reflective learning journals and research projects), along with a time-constrained essay and practical assessments.

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 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	£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 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](#).